

April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		<p>Focus – Welcome back or introduction to the program. We'll still meet and discuss the program goals, individual goals and answer any questions. We'll also be discussing road safety basics. If weather permits, we'll do a short ride that focuses on road safety.</p> <p>Location / Start Time – LU Fieldhouse Parking Lot (Nearest Oliver Road) at 6 pm</p> <p>Ride Route (best estimate) - Fieldhouse for balance, then Oliver road to Belrose to John St. Road and west out of town.</p> <p>Leader(s) – Dave Maclsaac, Gary Timmons</p>		TT 10 km		
29	30					
		Notes				

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Focus – Individual and Group Riding Skills - Balance, contact (bumping). Introduction/re-introduction to 'two-up' group riding etiquette and safety. Location / Start Time – LU / 6 pm Ride Route (best estimate) – Fieldhouse for balance, then Innova Park for a group ride. Leader(s) – Gary Timmons, Dave MacIsaac</p>	2	<p>3</p> <p>TT 15 km</p>	4	5
6	7	<p>8</p> <p>Focus – Individual and Group Riding Skills – Two-up riding, switching/pulling off at the front and general group riding etiquette. We'll discuss this weekend's first road race of the season! Location / Start Time – LU / 6 pm Ride Route (best estimate) – West of town on John St. Rd. Leader(s) – Gary Timmons, Dave MacIsaac</p>	9	<p>10</p> <p>TT 11 km</p>	11	<p>12</p> <p>TBCC Road Race #1</p>
13	14	<p>15</p> <p>Focus – Individual and Group Riding Skills – Balance, contact while riding, road safety reminders. If we get time, we'll work on some criterium skills such as cornering. Location / Start Time – LU / 6 pm Ride Route (best estimate) – Innova Park Leader(s) – Gary Timmons, Dave MacIsaac</p>	16	<p>17</p> <p>TT 10 km</p>	18	<p>19</p> <p>Ontario Youth Cup Race - Barrie</p>
20	21	<p>22</p> <p>Focus – Individual and Group Riding Skills - We'll be riding this weekend's Lappe Loops race course. Location / Start Time – Mapleward and Dawson Rd (HW 102) / 6 pm Ride Route (best estimate) – Mapleward north to Lappe Loops course. Leader(s) – Gary Timmons, Dave MacIsaac</p>	23	<p>24</p> <p>TT 15 km</p>	25	<p>26</p> <p>TBCC Road Race #2</p>
27	28	<p>29</p> <p>Focus – Group Riding Skills – Introduction / re-introduction to single and double pacelines. We'll get up to speed and work on holding that wheel. We'll discuss the first criterium this weekend! Location / Start Time – LU / 6 pm Ride Route (best estimate) – Innova Park Leader(s) – Gary Timmons, Dave MacIsaac</p>	30	<p>31</p> <p>TT 20 km</p>		
		Notes				

June 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 TBCC Criterium # 1	4	5 Focus – Continue work on single/double pacelines. How to decide which one to use. Discuss establishing and chasing breakaways. Location / Start Time – LU / 6 pm Ride Route (best estimate) – Straight, flat roads west of town or Slate River Valley Leader(s) – Gary Timmons, Dave MacIsaac	6	7 TT 40 km	8	9
10	11	12 Focus – Individual Skills – Sprinting - Proper positioning on the bike, gear shifts and basic rules in preparation for the second criterium this weekend! Location / Start Time – LU / 6 pm Ride Route (best estimate) – Innova Park Leader(s) – Gary Timmons, Dave MacIsaac	13	14 TT 4 km (Hill Climb)	15	16 Ontario Youth Cup Race - Queensville
17 TBCC Criterium # 2	18	19 Focus – Individual Skills - Short hillclimbs – Strategy, positioning, gearing/shifting for hill climbing. We'll be doing some short, fast hill climbs. Location / Start Time – Mapleward and Dawson Rd (HW 102) / 6 pm Ride Route (best estimate) – Mapleward north to Lappe Loops course. Leader(s) – Gary Timmons, Dave MacIsaac	20	21 TT 10 km	22	23 TBCC Road Race #3
24	25	26 Focus – Individual Skills – Chasing or 'Bridging' to breakaways exercise. Judging distance and effort. Location / Start Time – LU / 6 pm Ride Route (best estimate) – Innova Park or John Street Rd. Leader(s) – Gary Timmons, Dave MacIsaac	27	28 TT 15 km	July 1	2
July 3		Notes				

July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Focus – Group and Individual Skills - Bringing it all together. Making a break, bridging a break, pacelines and sprinting. We'll have mock criterium race and learn as we go. Location / Start Time – LU / 6 pm Ride Route (best estimate) – Innova Park or John Street Rd. Leader(s) – Gary Timmons, Dave Maclsaac	4	5 TT 40 km	6	7
8	9	10 Focus – Individual Skills - We'll preview the Triple Crown TT and try a timed practice. We'll be discussing the Triple Crown this weekend. Location / Start Time – LU / 6 pm Ride Route (best estimate) – John St. to Mapleward to Governemnt Rd. Leader(s) – Gary Timmons, Dave Maclsaac	11	12	13 Tripple Crown TT 5 km	14 Tripple Crown Road Race
15 Triple Crown Crit.	16	17 Focus – Group and Individual Skills - Long steady group ride. Back to the basics of two-up riding. Discuss Triple Crown this weekend. Location / Start Time – Mapleward and Dawson Road / 6 pm Ride Route (best estimate) – Mapelward north Leader(s) – Gary Timmons, Dave Maclsaac	18	19 TT 20 km	20	21
Provincial Road Race Championships - Barrie						
22	23	24 Focus – Group and Individual Skills - Another group ride with some steep climbs on the weekends Pike Lake punisher race course. Location / Start Time – Onion lake Rd and Wardrope Ave / 6 pm Ride Route (best estimate) – Onion Lake Rd to Pike lake Rd and return Leader(s) – Gary Timmons, Dave Maclsaac	25	26 TT 15 km	27	28 TBCC Road Race #4 Pike Lake Punisher
29	30	31 Focus – Individual Skills – Sprinting- match sprints at Innova park. Location / Start Time – LU / 6 pm Ride Route (best estimate) – Innova Park Leader(s) – Gary Timmons, Dave Maclsaac				
		Notes				

August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 TT 4 km Hill Climb	3	4
5	6	7 Focus – To be determined Location / Start Time – LU / 6 pm Ride Route (best estimate) – To be determined Leader(s) – Gary Timmons, Dave MacIsaac	8	9 TT 40 km	10	11
12 TBCC Criterium # 3	13	14 Focus – To be determined Location / Start Time – LU / 6 pm Ride Route (best estimate) – To be determined Leader(s) – Gary Timmons, Dave MacIsaac	15	16 TT 20 km	17	18
Ontario Youth Cup Race - Markham						
19	20	21 Focus – To be determined Location / Start Time – LU / 6 pm Ride Route (best estimate) – To be determined Leader(s) – Gary Timmons, Dave MacIsaac	22	23 TT 15 km	24	25 TBCC Road Race #5
26	27	28 Focus – To be determined Location / Start Time – LU / 6 pm Ride Route (best estimate) – To be determined Leader(s) – Gary Timmons, Dave MacIsaac	29	30 TT 11 km	31	
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