



Training Calendar 2023 Rider & Skill Level

Date Holidays				8-May	15-May	22-May	29-May	5-Jun	12-Jun	19-Jun	26-Jun	3-Jul	10-Jul	17-Jul	24-Jul	31-Jul	7-Aug	14-Aug	21-Aug	28-Aug	4-Sep	11-Sep	18-Sep	25-Sep	2-Oct	9-Oct	16-Oct	23-Oct	30-Oct	6-Nov					
Can4Cancer 2023				5-7 Nov	3 days	Week from event	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Tour 5-7 Nov		
Fundraising				Milestones				Fundraising										25%		Fundraising			50%		Fundraising			75%		Fundraising			100%		
Can4Cancer 2023				Ability				Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 4	Level 4	Level 4	Level 4	Tour Ready
Level	Standard	Bike Skills			Peloton Skills			Strength			Endurance			Achievement																					
Level 1	New Rider	Learning 1. Can clip in/out 2. Braking & steering skills 3. Gear changing			N/A			N/A			N/A			New Learner																					
Level 2	Intro	Learning 1. Can ride in all handlebar positions (hoods, flats, drops) 2. More effective gear changing 3. Multi riding positions			Learning 1. To ride in close proximity to others (2 up, 4 up, 6 up – mini group) 2. Singles / Doubles movement 3. Turning & lane changing 4. Calling obstacles & peloton movement			10-30km flat @ 20+km/h			10-50km per week			Learning Bike Skills / Learning peloton skills on closed roads																					
Level 3	Intro +	Learning 1. Effective cadence 2. Descending, incl. drops riding position 3. Descends in the drops			Learning 1. Comfortable riding side-by-side in a peloton 2. Spacing control within a peloton 3. Efficient peloton dynamics 4. Descending in a peloton			30-70km @ 22-24km/h on flat terrain			50-100km per week			Learning peloton & bike skills on public roads																					
Level 4	Intermediate	Learning 1. Descending techniques 2. Eating & drinking while riding 3. Gear changing according to terrain			Learning Peloton skills 1. Rollers vs climbs 2. Gears vs gradient vs speed 3. Climbing as a peloton 4. Effective anticipation & movement			90-120km on flat & hilly terrain @ 23-26km/h in a peloton (23km/h solo)			150-250km per week			Minimum requirement for 2-4 day tour or stages																					
Level 5	Experienced	1. Confident descending technique 2. Comfortable handling in all road & weather conditions			1. Comfortable in a peloton in all riding conditions 2. Constant fine tuning of peloton dynamics			100-150km at 1000-1500m @ 26-30km/h in a peloton (24-26km/h solo)			200-300 km per week (with back to back long ride)			Any TdC Tour Ready, in a peloton. Min level medic																					
Level 6	Advanced	Higher level of bike handling in all road & weather conditions			Higher peloton dynamic skills incl. 1. Finer skills of 'engine room' 2. Finer skills of midpeloton dynamics 3. Shepherd / mentor riders			120-150km at 1500m @ 28-32/km/h in a peloton (25- 29km/h solo)			250+ km per week (with multiple back to back rides)			Reliable & competent 'engine room' and peloton tuner. Min. Day mechanics																					
Level 7	Advanced Ride Leader	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills			Ride Management development 1. Higher level peloton dynamics fine tuning 2. Actively managing 'people vs skill' 3. Accident site management training 4. Briefing & training skills			120-150km at 1500m @ 28-32/km/h in a peloton (25- 29km/h solo)			300+ km per week (with multiple back to back ride)			Trainer & ride leader on tour																					
Level 8	Advanced Peloton Manager & 2IC	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills			Advanced peloton management development 1. Higher actively managing 'people vs skills' 2. Assign & monitor roles 3. Higher briefing & training skills 4. Higher 'on-tour' traffic management 5. Effective leadership			120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)			300+ km per week (with multiple back to back ride)			Assessor/Trainer of trainers/PM & 2IC on tour																					