

Training Calendar 2023 to 2024 Rider & Skill Level 8 Day Signature Tour or 3 day Tour

Fundraising

Fundraising 100%

Level 5 Level 5

evel 4 Level 4 Level 4

100%

Ready

Tour

			Week																								ı
8/9 Day Tour	Signature Tour	8/9 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 Book Bike Svc	
Fundraising	Milestones				Fu		undraising	ng 25%			Fundraisin		undraising	50%	50%				Fundraising		75%						
8/9 Day Tour			Ability	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 3	Level 4	Level 4	Level 4	Level 4	Level 4	Level 4	Level 5	Level 5	Level 5	
3 Day Tour		3 days	Week from	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4 Book	
Fundraising	Milestones	Milestones event											Fundraisi		undraising	25%			F		undraising 50%		Fundraising 75%		Bike Svc 75%	H	
3 Day Tour			Ability	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 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 4		Level 4	I
Level	Standard		riomey	Bike Skills		Level1	Lever1	Lever1	Lever1	Peloton S		Leverz	Leverz	Leverz	LEVELZ	LEVELZ	Leverz	Strength	Levers	Levers	Levers	Endurance			chievemen		
Level 1	el 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+			2. Descending incl. drops riding position						Learning 1. Comfortable riding sideby-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 Avg Power @ 1.5Wkg					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). AVG power 1.8Wkg				150-250km per week			Minimum requirement for 2-4 day tour or stages				
Level 5	Experienced			Confident descending technique Comfortable handling in all road & weather conditions						Comfortable in a peloton in all riding conditions Constant fine tuning of peloton dynamics						100-150km at 1000-1500m @26-30km/h in a peloton (24-26km/h solo) Avg Power 2.2-2.5Wkg				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) AVG Power 2.4-2.8 W/Kg					250+ km per week (with multiple back to back rides)			Reliable & competent 'engine room' and peloton tuner. Min. Day mechanics			
Level 7	Advanced Ride Le	ader		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 and 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				