

Westerley Winter Clubruns, Coaching and Turbo Training Sessions 2011-2012

WCC Clubruns Meeting Weds 14 September 2011

We agreed the new following format for runs over the winter

2 fixed route standard rides A – Hilly and B-Flat, arranged every other week, so in other words, there will be 2 rides per month. The in the between Sundays there will still be a run starting from Harefield route to be decided on the day.

Tom Newman has a hilly route which is about 40 miles long. We need someone to suggest a flat route similar distance or slightly longer as we are aiming for 3 hour rides from Harefield.

Saturday rides were discussed although not met with enormous enthusiasm they were a possibility again every other Saturday. Again meet at Harefield 9am.

Dates as follows for both Saturday and Sunday

Saturday	Sunday	Route - Type
	30 October	B – Flat
5 November	6 November	MTB ride – Roly C
	13 November	A – Hilly
19 November	20 November	Route TBA
	27 November	Meet 10am 2 hours only as after dinner ride
3 December	4 December	Route TBA
	11 December	A – Hilly
17 December	18 December	Christmas ride, meet 10 am.

Regarding speed of runs, some members struggle with the pace as the fitter riders wanted a more strenuous workout, which is understandable. So depending on numbers on the run, if the less energetic don't want to hang on so to speak, we'll make an on the spot decision and let the fitter go on. This seemed the fairest compromise.

Wednesday night clubroom activities

28 September – max HR test, - organised Tom Newman all who have turbo's please bring them along. Start time 8pm

Turbo training sessions – 2 November, 16 November, 30 November – all start 8pm

End of season meeting, Tom will forward a questionnaire to everyone enabling them to formulate their answers beforehand. Date 12 October – start 8pm

Other topics dates to be agreed could involve, Diet (everyone brings along details on what they have eaten and drunk during the past week with estimated calories. , Position – we can have a digital camera on hand, Warm Up procedure, Stretching and fast course details.