

Weekly Ladies Ride – Skills and Fitness *Calendar Term 2 | 10 Apr – 22 Jun*

Our Weekly Ladies Rides are meant to improve your fitness and skills on the bike. This is not a skills workshop but a training ride with the focus on skills application and fitness build up. Every training session is different but typically we include 15 minutes skills drills to repeat techniques and 85 minutes riding time in the trails to practice difficult sections and apply newly learned techniques. We give you lots of skills tips during the ride and practice everything you struggle with to transform you into a confident and skilled rider.

We run monthly skills workshops – beginner to advanced level – typically the last Sunday of the months from 9-12h00 in Bloemendal. Venue might change over the year. Please view our Facebook page for regular updates on our skills workshops.

Before joining our weekly training, we encourage you to attend our **Introduction to Mountain Biking** course. It's running every Saturday from 16-17h30 alternating between Bloemendal in Durbanville and Deer Park/Table Mountain. Whether you are a newbie or seasoned mountain biker, we'll be testing your skills and build your foundation to ensure your transition into the Ladies groups is smooth and fun.

Our **Beginner Level 1-2** training rides are for ladies that do not have or have very little mountain biking experience. These sessions focus primarily on practicing techniques and getting you comfortable riding easy single trails. Please view the program at the end of this document under 'Single Track Foundation' to understand what you can expect to learn. Once you mastered these techniques you will transition to our intermediate rides where you enhance your skills but also fitness and strength will play a more important role.

BEGINNER LEVEL 1-3

Tuesday 9h00-11h00 & 17-19h00 Northern Subs Coaches: Hanli or Katja		Thursday 9h00-11h00 & 17-19h00 Southern Subs/Town Coaches: Amy or Katja		Saturday 8h00-10h00 Northern/Southern Subs/Cape Town Coaches: Amy, Hanli or Katja	
Date	Location	Date	Location	Date	Location
10 April	Meerendal	12 April	Rhodes Memorial	14 April	Tokai
17 April	Bloemendal	19 April	Deer Park	21 April	Bloemendal
24 April	Bottelary Hills	26 April	Green Belts/Cecilia Forest	28 April	Table Mountain / Signal Hill / Blockhouse / Plum Pudding
1 May	Nitita/B-Gums	3 May	Tokai/Snake Trails	5 May	Contermanskloof
8 May	Meerendal	10 May	Deer Park/Table Mountain	12 May	Rhodes Memorial Kirstenbosch/ Green Belts/
15 May	Bottelary Hills	17 May	Green Belts/ Constantia Bike Park	19 May	Bottelary Hills
22 May	Contermanskloof	24 May	Rhodes Memorial/UCT XCO course	26 May	Tokai
29 May	Nitita/B-Gums	31 May	Tokai/Vasbyte	2 June	Bloemendal/ Hillcrest/ Bloemendaler
5 June	Fair Cape Loop	7 June	Green Belts/Cecilia Forest	9 June	Table Mountain / Signal Hill / Blockhouse / Plum Pudding
12 June	Meerendal	14 June	Deer Park/Table Mountain	16 June	Hoogekraal/Cobra/Fair Cape
19 June	Bloemendal	21 June	Rhodes Memorial/UCT XCO course	23 June	Tokai

BreakAway Rides

Our **Intermediate skills rides** require a minimum of 6 months regular riding experience (minimum once a week), road or mountain bike and good base fitness to be able to ride 2 hours continuously. For those riders that lack fitness but have intermediate skills, we have one additional coach joining to look after you and slowly build up your fitness. The stronger riders go at their own pace together with the leading coach. Ask our coaches for skills and fitness evaluation if you are unsure of your level.

INTERMEDIATE - ADVANCED LEVEL 4-10

Wednesday 9h00-11h00 Intermediate L 3-7 (2 coaches if needed) Coaches: Hannele & Katja Skills: 50%/Fitness 50%		Thursday 9h00-11h00 Intermediate-Advanced L 5-10 (2 coaches if needed) Coaches: Hannele & Katja Skills: 50%/Fitness 50%		Saturday 9h00-11h00 Intermediate-Advanced L 5-10 (1 coach) Coaches: Hannele or Katja Skills: 50%/Fitness 50%	
Date	Location	Date	Location	Date	Location
11 April	Hoogekraal/Fair Cape Loop	12 April	Kirstenbosch/ Constantia/ Green Belts	14 April	Tokai/Silvermine
18 April	Meerendal	19 April	TBM Rhodes Memorial	21 April	Bloemendal/ Hillcrest/ Bloemendaler
25 April	Bloemendal/ Majik Forest	26 April	Table Mountain Deer Park/Signal Hill	28 April	Table Mountain / Signal Hill / Blockhouse / Plum Pudding
2 May	Contermanskloof	3 May	Constantia Bike Park/ Green Belts	5 May	Contermanskloof/ Meerendal
9 May	Hoogekraal/ Cobra	10 May	TBM Rhodes Memorial	12 May	Rhodes Memorial Kirstenbosch/ Green Belts/
16 May	Hillcrest, Nitida	17 May	Table Mountain Deer Park/Signal Hill	19 May	Bottelary Hills
23 May	Contermanskloof	24 May	Kirstenbosch/ Constantia/ Green Belts	26 May	Tokai/Mast/Snake Trails
30 May	Bloemendaler	31 May	TBM Rhodes Memorial	2 June	Bloemendal/ Hillcrest/ Bloemendaler
6 June	Bottelary Hills	7 June	Constantia Bike Park/ Green Belts	9 June	Table Mountain / Signal Hill / Blockhouse / Plum Pudding
13 June	Meerendal	14 June	Table Mountain Deer Park/Signal Hill	16 June	Hoogekraal/Cobra/Fair Cape
20 June	Hoogekraal/Fair Cape Loop	21 June	Kirstenbosch/ Constantia/ Green Belts	23 June	Tokai/Silvermine

BreakAway Rides

Module		Single Track Foundation (Level 1-3)	Intermediate (Level 4-7)	Advanced (Level 8-10)
Requirements		can brake, steer, pedal, and balance bike without support	completed beginners level or able to perform listed techniques	Completed intermediate level or able to perform listed techniques
Program		<ul style="list-style-type: none"> • Getting to know your mountain bike • Bike Safety & maintenance • Learning the 'attack position' and correct weight shifting • Correct gear selection • Effective braking • Negotiating small trail obstacles incl. A-frames, bridges, rocks, roots, smaller drops • Bike balancing • Bike body separation • Vision and Mind • Pumping, loading unloading • Cornering foundation 	<ul style="list-style-type: none"> • Front wheel lift, manual and wheelie • Rear wheel lift • Negotiating rock gardens, sand, roots • Fast Cornering flat bends and berms • Cornering on gradients • Switch back practice • Learning to jump small drop offs, steps, and ramps safely and in control • Fitness training will be introduced to improve endurance and speed 	<ul style="list-style-type: none"> • Learn American bunny hop • Efficient and smooth riding • Riding larger drop offs, steps, and ramps (XCO level) • Negotiating steep terrain (up/down) • Slow Speed drills incl. endos, side hops, static hop • Fitness training for improved endurance and speed
Beginner Level	Level 1	No or limited riding experience, fitness irrelevant		
	Level 2	Can ride basic trails, learning foundation techniques, 3-6 months regular practice time, fitness irrelevant		
	Level 3	Proficient in Single Track Foundation techniques, low fitness level i.e. requires breaks every 20-30 minutes and cannot ride for over 60 minutes continuously. Does not work out or ride weekly.		
Inter-mediate Level	Level 4	Proficient in Single Track Foundation techniques, good base fitness i.e. able to ride over 2 hours undulated terrain, does weekly fitness training and frequent rides.		
	Level 5	Good bike handling, can do most of the listed techniques, low fitness level (see above L3)		
	Level 6	Good bike handling, can do most of the listed techniques, good fitness (see above L4)		
	Level 7	Very good bike handling, can do all the listed techniques L1-7, good or very good fitness		
Advanced Level	Level 8	Very good bike handling, can do all the L1-7 techniques, learning advanced techniques, good or very good fitness		
	Level 9	Excellent bike handling, can do most of the listed techniques, good or very good fitness		
	Level 10	Excellent bike handling, can do all the listed techniques, excellent fitness		