



## **CYCLING AUSTRALIA MASTERS NATIONAL CHAMPIONSHIPS 2017**

### **BECOME A NATIONAL CHAMPION**

The Cycling Australia (CA) Masters National Championships is held annually and includes a road race, criterium and individual time trial event across three days. Riders can compete in all three but it is not compulsory. The championships are provisionally scheduled for the late August 2017 in Queensland. Places are awarded in 5 year age categories across men and women for each event and an overall champion.

The Exercise Institute is planning to support a group of approximately 15 riders from Western Australia. These riders will be well prepared through goal identification and training delivery.

### **COSTING**

1. **Training Program \$250 per person per month** - Outlined below is the costs of the training program and structure. Riders will need to commit for the full term of the training program.
2. **Travel** Costing for flights, accommodation and transfers for the event when CA has confirmed exact dates and location at riders expense
3. **CA License** All riders will need to purchase their own full CA license either Masters or Elite category.
4. **Event Race Clothing** will be available to purchase but is not compulsory. We welcome you in any clothing.

### **SEVEN MONTH TRAINING PROGRAM**

A seven month training program will commence on starting 30<sup>th</sup> January 2017

1. All training, testing, and programming related services for the seven month period



2. Baseline power profiling, dependant on your goal of Time Trial, Road Race, or Criterium. Can include anaerobic power and Vo2max power assessment
3. Optional direct Vo2max testing on a given day for additional \$100 gold standard of aerobic fitness testing
4. Strength Training program (highly advisable considering the on average 8-12% gain in power output in those completing this program), to be completed twice weekly
5. 1 x Weekly Indoor power training session - on your own or watt bikes
6. 1 x Weekly On Road Group Thursday Training session at Raffles, plus access to other group training sessions Tues, Weds Friday.
7. 1 x Weekend On Road Group Saturday Training session at Raffles
8. Access to DEXA Scan composition measures, altitude training systems and inspiratory testing and training at discounted rates. Clients receive a 5% discount on these premium services
9. Access to tertiary qualified exercise trainers, strength and conditioning experts, and physiologists.
10. A structured training diary delivered via Training Peaks
11. 2x 20% off service vouchers for [Vault Cycle Services](#)

This is a total value of \$580 per month as a minimum.

### **More information and to register**

Please contact us [enquiries@bradhall.com.au](mailto:enquiries@bradhall.com.au) for any further information or questions.

*You can register and commence training on a monthly payment plan for a period of seven months. The program can be purchased anytime, though the 'contract' period commences 30<sup>th</sup> Jan 2017, places are limited. Please sign on to the program here: [Masters Championship Program 2017](#)*