



Grand Fondo World Championship Program 2017

BEING THE BEST YOU CAN BE

The World Cycling Championships will be held in Albi, southern France in 2017. We aim to assist you toward your best ever form and fitness for this event through a program that qualifies you for the event through one of the regional qualifiers.

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. **CA License** All riders will need to purchase their own full CA license either Masters or Elite category.
3. **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 30th 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 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 30th Jan 2017, places are limited. Please sign on to the program here: [Masters Championship Program 2017](#)