



### Woolies Training Calendar 2024 Rider & Skill Level

Date	13-Nov	20-Nov	27-Nov	4-Dec	11-Dec	18-Dec	25-Dec	1-Jan	8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	12-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	1-Apr	8-Apr	15-Apr	22-Apr	29-Apr	6-May	13-May			
Holidays							Xmas	NY			Aus Day										Easter			Anzac						
Woolies on Wheels 2024	12 to 14 May	3 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	3	2 Bike Service	1	Tour 12-14 May
Fundraising	Milestones																													
Woolies on Wheels 2024			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	Level 4	Level 4	Level 4	Level 4	Tour Ready

Level	Standard	Bike Skills	Peloton Skills	Strength	Endurance	Achievement
Level 1	New Rider	Learning 1. Can clip in/out 2. Braking & steering skills 3. Gear changing		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 +	Learning 1. Effective cadence 2. Descending, incl. drops riding position 3. Descends in the drops	Learning 1. Comfortable riding side-by-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	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)	150-250km per week	Minimum requirement for 2-4 day tour or stages
Level 5	Experienced	1. Confident descending technique 2. Comfortable handling in all road & weather conditions	1. Comfortable in a peloton in all riding conditions 2. Constant fine tuning of peloton dynamics	100-150km at 1000-1500m @26-30km/h in a peloton (24-26km/h solo)	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)	250+ km per week (with multiple back to back rides)	Reliable & competent 'engine room' and peloton tuner. Min. Day mechanics
Level 7	Advanced Ride Leader	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 Manager & 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