



Members Are You Missing Out!!?

Some of you may be fully into the Cross season and others may have just had a rest period over the last few weeks but wherever you are, our winter training programme is well under way! Now's the time to think about taking your training more seriously! The **Welwyn Coaching Team** have arranged regular training sessions, for both **Youth & Senior riders** over the winter, to help prepare you for next season. ☺

All Training Sessions are based at or leave from **Gosling Sports Park, Welwyn Garden City, AL8 6XE**

- ****Mondays:** 7:30pm – 8:30pm **Club Circuit Training** – Studio1 Trackside Reception
- ***Tuesdays:** 7pm – 9pm **Cyclo-Cross Training** U14,U12 & U10
- ***Wednesdays:** 7pm – 9pm **Road Bikes on the Track** Experienced Riders
- ***Wednesdays:** 7pm – 9pm **Cyclo-Cross Training** Seniors, Juniors & U16
- **Thursdays:** 8pm – 9:15pm **Turbo/Roller Session** – LifeStyle Studio Tennis Reception
- **Fridays:** (We will be setting up specific Workshops in the future; details to follow.)
- ***Saturdays:** 9am – 11am **Go-Ride Off Road Youth Session** (U10's 9-10:30am)
- ***Saturdays:** 9am – 11am **Road Bikes on the Track** Seniors, Juniors & U16
- ***Saturdays:** 9am **Off Road Ride** (Subject to Navigators being available) Trackside
- ***Saturdays:** 9am **Road Ride** (Subject to Navigators being available) Trackside
- **Sundays:** 9:15am **Club Run** (Subject to Navigators being available) Tennis Reception

**Open session with priority given to Welwyn Members arriving 10mins before start time. **New start time.*

We ask all our Racing members to support and take advantage of these sessions! Check out the Welwyn Face Book and our web site for up to date information:

www.welwynwheelers.org.uk

Wherever your training is at the moment, have fun and we hope to see you all soon! Remember improved skills and fitness is won through good training, if you don't use it, you lose it and that goes for our coached sessions too! Without your support the sessions can't run! Remember all our coaches are volunteers putting in many hours of their own time to give you quality training sessions.

Francis Gallacher

Welwyn Coaching Team