

# TRIEVENTS-PIHC WOMEN'S CYCLE SKILLS COURSE

**Conducted by nationally qualified cycle coaches, Perth Integrated Health Clinic's Cycling Course is an INNOVATIVE and UNIQUE way of participating in health and fitness whilst gaining cycling skill and a comprehensive knowledge base related to cycling.**

**For women  
of ALL ages  
and ALL  
skill levels**

**This course is held in conjunction with our synergy partner TriEvents.**

The course begins with a Health Assessment to take baseline health parameters, followed by an introductory session to ensure bike and helmet fit.

Over the 8 week program (1 x a week practical sessions) you **participate in practical cycling sessions** which cover:

- pedalling
- interval training
- hill climbing
- cornering
- sprints
- surges
- group riding
- drafting etc

Theory sessions include:

- nutrition for cycling;
- injury prevention by an Occupational Therapist;
- feet biomechanics by a Podiatrist;
- performance enhancement by an Exercise Physiologist

PIHC practitioners conduct clinical treatment & bike ergonomics for cyclists at all levels including world champions, national and state level cyclists.



**AVANTIplus**  
CYCLE SPECIALIST  
Cannington

**Course Dates:**

**Tuesdays, 9 Mar to 27 April 2010**

**6:30am — 7:30am**

Cost-\$290 including all practical and theory sessions pre and post assessment & PIHC cycling jersey.

**To register or for more information, please contact Director Sportif Ian Wee on 9240 5266 or [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)  
Refer: [www.pihc.com.au/cycling](http://www.pihc.com.au/cycling)**

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