



HEREFORD & DISTRICT WHEELERS C C

www.herefordwheelers.com

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TURBO TRAINING - WINTER 2016 – 17

**THURSDAY EVENINGS
(OCTOBER 2016 TO MARCH 2017)**

**VENUE;
SUTTON ST NICHOLAS VILLAGE HALL
(HR1 3ZS)**

Entry to hall from 18:45hrs

**Session starts 19:15hrs prompt with Turbo Training
followed by stretching and strengthening exercises.**

Sessions last approximately 1½ hrs.

Cost £2.00

**Open to members of H&DWCC's only
& includes tea and biscuits.**

British Summer Time – Ends; 30.10.16 & Begins; 26.03.17

THURSDAY NIGHT SCHEDULE 2016/17

Wk No.

2016

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| 01 | 06 OCT - INITIAL MEETING; INFORMATION ABOUT TRAINING + TURBO SESSION |
| 02 | 13 OCT - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 03 | 20 OCT - FUNCTIONAL THRESHOLD POWER TEST & TURBO SESSION |
| 04 | 27 OCT - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 05 | 03 NOV - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 06 | 10 NOV - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 07 | 17 NOV - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 08 | 24 NOV - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 09 | 01 DEC - FUNCTIONAL THRESHOLD POWER TEST & TURBO SESSION |
| 10 | 08 DEC - 10 mile CHRISTMAS HANDICAP TURBO TIME TRIAL |
| 11 | 15 DEC - NO TRAINING |
| 12 | 22 DEC - NO TRAINING |
| 13 | 29 DEC - NO TRAINING |

2017

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| 14 | 05 JAN - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 15 | 12 JAN - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 16 | 19 JAN - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 17 | 26 JAN - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 18 | 02 FEB - FUNCTIONAL THRESHOLD POWER TEST & TURBO SESSION |
| 19 | 09 FEB - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 20 | 16 FEB - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 21 | 23 FEB - TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 22 | 02 MAR- TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 23 | 09 MAR- TURBO SESSION + STRENGTH & STRETCHING EXERCISES |
| 24 | 16 MAR- FUNCTIONAL THRESHOLD POWER TEST & TURBO SESSION |
| 25 | 23 MAR- TURBO SESSION + STRENGTH & STRETCHING EXERCISES |