

FIT 6am Wednesday RIDES September - December 2011.xls

Date	Name	Route	Comment on routes
14-Sep-11	Red Hill Repeats	Exit the carpark onto Commonwealth Ave, to Adelaide Ave, follow until Hopeturn turn off, exit and turn right. Continue past Deakin shops and up Mugga Lane to the end. Turn around and head back to Red Hill. Do 3 repeats of Red Hill then return to the car park.	
21-Sep-11	Tuggeranong loop (Lindy's loop variation) 36km	Exit left onto C'wlth Ave and onto Adelaide Ave. Take exit left onto Cotter Road and follow all the way down until you turn left Streeton Drive. Follow Streeton Drive across and over Hindmarsh Drive until you reach Nmatjira Drive T-intersection. Turn right and follow to Tuggeranong Parkway/Drakeford Drive. Cross over and onto Sulwood Drive along base of Mt Taylor. When you reach Athlon drive, keep going through roundabout and follow steep rise until you get to Erindale drive roundabout. WARNING steep and then also steep as you turn left Erindale Drive. Ease off as you reach crest of hill to allow bunch to regroup. Follow Erindale Drive all the way over Hindmarsh Drive past Canberra hospital and then back along Adelaide Avenue to car park.	Not for the faint hearted - there is Sulwood Drive to Erindale round: steep climb or Erindale Drive (foll hill to the hospital) To be reviewed re traffic along St Athlon roundabout, also Erindale roundabout.
28-Sep-11	Horse Park Drive Loop	Exit onto Commonwelath Ave. Straight out to Federal Highway through the city to Horse Park Drive, along Horse Park Drive, turn left onto Anthony Rolfe, turn left on Kate Grace, turn left onto Flemington Rd, turn right onto Wells Station Dr, turn left onto Gungahlin Dr, turn left onto Barton Highway, turn left onto Northbourne Ave & back to the carpark.	Approx 30km all on roads with gc lanes & the climb up Federal Higl
05-Oct-11	Embassy Loop	Exit from carpark to Lobby, left @ Langton Cres, under Commonwealth Ave bridge to Alexandrina Drive, turn right. Follow Alexandrina Dr to Hopetoun Cct where you start your first effort- 10x1min efforts maintaining a cadence between 90 & 100 rpm with 1 min easy spin recovery between. Continue the effort sessions through Weston Pk & back to Hopetoun Cct, until finished. Regroup @ AIS rowing centre near Novar St entrance. Right from the centre into Brown St turn left @ Banks St & continue along rolling hills mainaining a cadence of 60 rpm & firm intensity uphill, to Denman St. Regroup after turning left - follow on Denman, Kintore then cross Novar St into Kintore/Guilfoyle St. right on Weston St, left onto Hopetoun right @ Schlick. Follow to Empire Circuit, turn left & continue right through to Chinese Embassy on Forster Cres. Left @ Coronation Dr, right @ roundabout Flynn Dr follow to carpark under Commonwealth Ave bridge, to Langton Cres & depending on time right or left @ Lobby up Federation Mall, warm down around Parliament House & back to carpark.	Efforts or intervals - 10x1min with firm intensity on the hills & regrou loop can be used on this route if i

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12-Oct-11	Mugga Way - Hill Session	Exit carpark to Lobby. Left @ Langton Cres to Alexandrina Dr. Turn right & follow to Hopetoun Cct. Turn left follow through Deakin to Mugga Way. Maintain a cadence of 60rpm up Mugga Way, go right to the top , return downhill then another hill effort, maintaining the same cadence.Regroup @ top of Mugga Way & if time, turn left onto Gowrie Dr & climb Red Hill. Regroup @ top & ride down safely, left at Stonehaven Cr and follow this, becomes Hopetoun & return the same way back to the carpark.	Strength - Endurance Session. S one- try & stay together working ; top of hills. There are the 2 optior time. Safety is required riding do nearing the roundabout at the bo
19-Oct-11	Sandy's loop - 35km	Exit left onto C'wlth Ave and onto Adelaide Ave. Continue towards Canberra Hospital (Woden) and turn right at the set of lights just before you reach the hospital, following the road around to the lights on Hindmarsh Drive, turn right. Follow road all the way to Duffy and turn right at Warragamba to the end and turn left onto Dixon Drive. Continue to end and turn right onto Streeton. Turn left into Heysen and climb the hill, under the parkway and follow road which turns into Devonport, continue to roundabout at Launceston where you turn right. Continue up hill to Hindmarsh and turn left.Turn left at lights onto Melrose Drive and continue along Adelaide Avenue. Left @ Hopetoun Cct, right at the end onto Alexandrina Drive back to car park.	
26-Oct-11	Di's Loop	From carpark onto Commonwealth Ave over Commonwealth Ave bridge, turn left onto the parkway & follow this until the slip way to Lady Denman Drive.Right onto Clunies Ross St to Barry Drive, turn left as though doing Bronny's loop. Contiue to Macarthur Ave, turn right & follow it right through the lights on Northbourne to Limestone Ave. Turn right & follow Limestone all the way to the War Memorial, then continue on Fairburn Ave until you come to the back entrance at Duntroon. Turn right into Robert Campell Rd right into General Bridges Rd, where you climb to the top of Mt Pleasant. Downhill then left at Tobruk Rd, left Northcott Drive until the roundabout behind Russell offices. Turn right into Constitution Ave follow that all the way to London Circuit where you turn left & take the slip way up to Commonwealth Ave and back to carpark.	A kick at beginning of ascent to M running out variation would be eit Parade to Constitution Ave or fur Campbell, then Blamey Cres to C
02-Nov-11	Sandy's Interval Sessions	Exit onto Commonwealth Ave. Go throught the city to Antill St Dickson.Right @ Antill & Option 1 - commence interval session up to Phillip Ave roundabout. Left & recovery along Phillip Ave, left @ Federal Highway, left @ Antill to do it all again. Aim to fit 3 intervals in. Option 2 -Same as above but intervals are form the roundabout up hill @ Antill to garage cnr of Federal Highway. Left & recovery ride left @ Phillip Ave & left @ Antill to do it all again x 3. Regroup to ride back as a group.	Interval session 1 - moderate har hard - Intervals should be at a co kms above race pace 2. hold @ r for everyone)
09-Nov-11	Stromlo Criterium Circiut	Exit left follow Commonwealth Ave to Adelaide Ave, take slipway onto Cotter Rd. Follow to Urriarra Rd, turn right, then left onto bike path to the Stromlo criterium circuit. MaryAnn to organise criterium	Criterium Session

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16-Nov-11	Kambah Pool Loop	Exit left from the carpark onto Adelaide Ave follow to Cotter Road left onto Streeton Drive. Follow Streeton Drive over Hindmarsh Drive and all work hard up Namatjira Drive. Continue until you come to Kambah Pool Rd, turn right & follow to Pool. On return turn left on Namatjira Dr & working together as a group up the hill, follow & turn right on Kapunda St (steep). Turn right @ Kalgoorlie, right onto Badimara St, follow to Hindmarsh Dr. Turn right continue then turn left up Launceston St Lyons. Another steep climb! You have 2 options here. Option 1. -follow to Yarra Glenn & return via Adelaide Ave OR Option 2 - Left on Marrawhen left onto Theadore St & follow this to Carruthers St, turn right & left onto Yarra Glenn & back to the carpark.	
23-Nov-11	Mt Stromlo Repeats	Exit the carpark onto Commonwealth Ave, to Adelaide Ave, follow until the Cotter Rd turnoff. Cotter Rd to Urriar Rd working hard up the hill - regroup, & continue to Mt Stromlo turnoff, turn right & start your first of 2 repeats trying to maintain a cadence of 60 rpm. If you think you won't make the 2 repeats, then only go half way up the mountain on the last one or when you see the others come back down. Regroup and practice short turns at the front of the bunch - back to the carpark.	An oldie but a goodie. Try & work short turns at the front coming ba
30-Nov-11	Horse Park Drive Loop	Exit onto Commonwelath Ave. Straight out to Federal Highway through the city to Horse Park Drive, along Horse Park Drive, turn left onto Anthony Rolfe, turn left on Kate Crace, turn left onto Flemington Rd, turn right onto Wells Station Dr, turn left onto Gungahlin Dr, turn left onto Barton Highway, turn left onto Northbourne Ave & back to the carpark.	Approx 30km all on roads with gc lanes & the climb up Federal Higl
07-Dec-11	Krissa's loop - 36km	Loop to Woden down Adelaide Avenue and return. Take Deakin exit at Hopetoun, turn right off exit ramp to come past Deakin Shops. Continue along as it becomes Mugga Way. Left @ La Perouse Street continue through roundabout at Red Hill Shops, right onto Dalrymple Street, then across Hindmarch Drive and left @ Narrabundah Lane, then left again onto Jerrabomberra Avenue and turn left onto Captain Cook Crescent, just past Narrabundah College. Turn left up Carnegie Crescent and then turn left onto La Perouse. Continue past Dalrymple Street to roundabout at Red Hill Shops. Turn left. Turn right into Cygnet crescent, turn left onto Endeavour Street and eventually turn left into Zeehan, left onto Mugga Way (one way section) and loop around top of Mugga Way to come back down Mugga Way. Follow Mugga Way all the way back to Deakin Shops. If close to 90 minutes, turn right once you've come under Adelaide Avenue to come back onto Adelaide Avenue, left onto State Circle and and back to West Block.	If early, continue along Hopetou and follow down to the lake to eit World Cup loop (with Fitzgerald & Weston Park and back along Ale

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