

FIT Intermediate Uncoached Ride Schedule

Suggested routes may be modified to accommodate preferences of the riders who are in attendance or to account for seasonal sunrise timings

Wednesday – Hills and Intervals		Friday – Bunch Ride	
1st Wed	<p>Parliament House https://www.mapmyride.com/routes/view/3370651822</p> <p><i>Notes: Warm up with a few loops of Old Parliament House first (not mapped). Experiment with gear and seating options for repeats. Loops up to Parliament House can be broken with a flat break around Parl house. Regroup by 7.10am at the top for return.</i></p>	1st Fri	<p>O'Connor loop https://www.mapmyride.com/routes/view/2700538459</p> <p><i>Notes: Ride can be made more challenging by a) cutting up through CSIRO or b) going all the way up David St to then ride along Dryandra St. Return via bike path over Commonwealth Ave.</i></p> <p><i>Ride may also link into Hackett loop along Ellenborough/Antil St for return variation.</i></p>
2nd Wed	<p>Schlick St https://www.mapmyride.com/routes/view/1941642086</p> <p><i>Notes: 3 loops, flat break, 3 loops. Shortcut (down Arkana St) or steeper loop up (Fitzgerald St) are options. Regroup by 7.05am top of Schlick St for return</i></p>	2nd Fri	<p>TGA Loop https://www.mapmyride.com/routes/view/1478519827</p> <p><i>Notes: Watch out for kangaroos on TGA hill. If time, may extend return all the way down to past Deakin shops to the lake and home along Alexandrina Drive.</i></p>
3rd Wed	<p>Yarralumla Long Hills https://www.mapmyride.com/routes/view/3370656631</p> <p><i>Notes: Longer effort is in two chucks (Weston park to Dog park, Dog Park to Church (Top of Denman St). Do one, the other, or combine (mapped). Regroup by 7.00am opposite Dog Park for return along lakefront.</i></p>	3rd Fri	<p>Hackett Loop https://www.mapmyride.com/routes/view/3370697017</p> <p><i>Notes: Return via bike path over Kings Ave (give way to pedestrians) and get back on road in front of the lake flags.</i></p> <p><i>Ride may also link into O'Connor loop at Antil St for return variation.</i></p>
4th Wed	<p>Yarralumla Fast Loops https://www.mapmyride.com/routes/view/3370662760</p> <p><i>Notes: Use the first loop as orientation/warmup. Do three loops, check timings and either take a break (no effort loop) and do further effort loops (regroup by 7.05am), or come home creatively (mapped).</i></p>	4th Fri	<p>Heysen St Loop https://www.mapmyride.com/routes/view/1980525284</p> <p><i>Notes: Shorter option – loop through Curtin instead of Weston. Alternate mid-section - skip Heysen St hill, continue on Streeton, then Namatjira (back of Weston Shops, Hindmarsh, and take Launceston into Lyons)</i></p>
5th Wed	<p>Mugga Way (1st pitch loops) https://www.mapmyride.com/routes/view/2385747337</p> <p><i>Notes: En route, regroup at the top of Melbourne Ave (just off Mugga way) before proceeding to efforts. Regroup at the top of the pitch (La Perouse St) by 6.55am to return together through Forest.</i></p>	5th Fri	<p>Hughes Loop https://www.mapmyride.com/routes/view/1968993611</p> <p><i>Notes: Focus on bunch communication to stay together and assist with navigation</i></p>

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