

## FIT Uncoached Rides Schedule 2021

### Wednesdays (hills or interval efforts, bunch rides)

|                | <b>Intermediate (6.00-7.15)</b>   | <b>Intermediate Plus (6.00-7.30)</b>  |
|----------------|---|---|
| <b>1st Wed</b> | <b><u>Mt Pleasant</u></b><br><i>Regroup after the crest on Northcott Dr. Adjust length/intensity of hill repeat climbs to suit (full or half laps of Gen. Bridges Drive). Give way to marching cadets. On return, use lights to turn R onto King George Terrace, or (mapped) continue straight up to Parliament House.</i><br><br><i>Leave gate by 6.55 for a 7.15 return<br/>Leave gate by 7.10 for a 7.30 return.</i> | <b><u>Eucumbene Dr/Weston Creek (30km)</u></b><br><i>Regroup at the corner of Eucumbene and Warragamba; go straight ahead at the light at Dixon Dr (onto Unwin st) to get to Heysen St. Use Heysen St bikepath.</i><br><br><i>Avoid catter Merge on Adelaide Ave (exit to Curtin/Deakin then bacl onto Adelaide Ave). Option of World Cup loop for extra Kms.</i>   |
| <b>2nd Wed</b> | <b><u>Schlick St</u></b><br><br><i>3-4 loops, flat break, 3 loops. Shortcut (down Arkana St) or steeper loop up (Fitzgerald St) are options.</i><br><br><i>Regroup top of Schlick St by 7.05am for a 7.15 return</i>  | <b><u>Arboretum (30km-ish)</u></b><br><i>At Arboretum take either the first left (Forest Drive) to go clockwise and take the loop out left to the Himalayan Cedars on the descent; or chose to go straight ahead and do the climb anti-clockwise (slightly easier). You should have time for three loops (each loop with Cedars is about 4.5 km). Total ride with 3 climbs is 30km.</i><br><i>Leave by 7.05 for a 7.30 return . Return route is via bike path on the eastern side of Lady Denman Drive, to Dunrossil Drive, turn right, then left onto Cotter Road which runs into Adelaide Avenue and return</i> |
| <b>3rd Wed</b> | <b><u>Mugga Way (Red Hill Option)</u></b><br><i>Regroup at the top of Melbourne Ave (small carpark just off Mugga way) before proceeding to efforts. Optional extension up Red Hill for extra challenge.</i><br><br><i>Leave Melb Ave bus stop by 7.05 for a 7.15 return<br/>Leave Melb Ave bus stop by 7.20 for a 7.30 return.</i>   | <b><u>Majura Parkway (33km)</u></b><br><i>Regroup on left after Fed Hwy climb, BEFORE the Horsepark lights. Cross intersection onto Horsepark as a bunch, taking the left lane as a group.</i>  |
| <b>4th Wed</b> | <b><u>Yarralumla Fast Loops</u></b><br><i>Use the first loop as orientation/warmup. Then do 3-4 loops, check timings and either take a break (no effort loop) and do further 2-3 effort loops (regroup by 7.05am) , or come home creatively (mapped).</i>   | <b><u>Stromlo</u></b><br><br><i>Regroup by 7.00am at bottom of hill, for a 7.30 return</i>  |
| <b>5th Wed</b> | <b><u>Curtin (20km)</u></b><br><i>Hilly ride. Regroup points: a) crest of Stonehaven, and b) just after Red Hill turnoff (regroup carpark). If time, full lap of Mugga Way can be completed</i>   | <b><u>Kambah Pool (35km)</u></b><br><br><i>Turn earlyyy for less Km. Avoid catter Merge on Adelaide Ave (exit to Curtin/Deakin then bacl onto Adelaide Ave).</i>  |

#### **Intermediate**

A structured, uncoached group ride for cyclists that have undertaken some previous group riding skills training and who want to increase fitness and develop more advanced bunch riding skills. Rides vary in length from 15-25km, and we usually travel about 20km/hr. We regroup often.

#### **Intermediate Plus**

Rides are suitable for people with some fitness *and* some experience riding in a group. The group has a range of set ride routes of varying intensity around 25-35km. You need to be comfortable with bunch riding at above 22km/hr and fixing a flat (although there's plenty on hand to assist). The ride will regroup as necessary (e.g after a long climb, or following a series of hill repeats) and rest assured no one will get left behind

### Fridays (bunch ride)

|                | <b>Intermediate (6.00-7.15)</b>  | <b>Intermediate Plus (6.00-7.30)</b>   |
|----------------|--|--|
| <b>1st Fri</b> | <b><u>Heysen St</u></b><br><br><i>Same route until Weston (Int turn L onto Namatjira St, Plus continues straight)</i><br><br><i>Use the new path down Heysen St</i>  | <b><u>Kambah Pool (35km)</u></b><br><br><i>Turn earlyyy for less Km. Avoid catter Merge on Adelaide Ave (exit to Curtin/Deakin then bacl onto Adelaide Ave).</i>   |
| <b>2nd Fri</b> | <b><u>Hackett (22km)</u></b><br><br><i>Same route until Antil St (Int turns R into Hackett, Plus continues straight on)</i><br><br><i>Return via bike path over Kings Ave (give way to pedestrians) and get back on road in front of the lake flags.</i> | <b><u>Gungahlin (35km) *long</u></b><br><br><i>Return is a via Duffy St in Hackett and is a bit turn-y but it avoids heavy traffic on Nothbourne and Limestone (and is the same way intermediates come home)</i> |
| <b>3rd Fri</b> | <b><u>Narrabundah/TGA (19km-ish)</u></b><br><i>Watch out for kangaroos on TGA hill. If time, may do repeats of TGA and/or extend return all the way down to past Deakin shops to the lake and home along Alexandrina Drive.</i>                          | <b><u>Woden/TGA (33km)</u></b><br><br><i>Route updated to head towards Woden and return into Yarralumla before heading up Mugga way.</i><br><br><i>Regroup at top of Mugga way (after u-turn)</i>                |
| <b>4th Fri</b> | <b><u>Oconnor (19km)</u></b><br><i>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>                                  | <b><u>Coppins - 29km (undulating)</u></b><br><br><i>Aim to stay together riding along William Hovel undulations. Regroup at the top of Coppins Crossing climb (once the road widens out).</i>                    |
| <b>5th Fri</b> | <b><u>Deakin Curtin Loop (20km)</u></b><br><br><i>Regroup at top of Melbourne ave, in the 'regroup carpark', just before Mugga Way.</i>  | <b><u>Woden/TGA (33km)</u></b><br><br><i>Route updated to head towards Woden and return into Yarralumla before heading up Mugga way.</i>   |