

Tour de Cure Rider Skill and Fitness Level Guide



Discipline	Level 1	Level 2	Level 3	Level 4
	<i>New Rider</i>	<i>Intro</i>	<i>Intro – Incl. Levels 3-, 3, 3+</i>	<i>Intermediate – Incl. 4-, 4, 4+</i>
Bike Skills	Learning 1. Can clip in/out 2. Braking & steering skills 3. Gear changing	Learning 1. Can ride in all handlebar positions (hoods, flats, drops) 2. More effective gear changing 3. Multi riding positions	Learning 1. Effective cadence 2. Descending, incl. drops riding position 3. Descends in the drops	Learning 1. Descending techniques 2. Eating & drinking while riding 3. Gear changing according to terrain
Peloton Skills	N/A	Learning 1. To ride in close proximity to others (2 up, 4 up, 6 up – mini group) 2. Singles / Doubles movement 3. Turning & lane changing 4. Calling obstacles & peloton movement	Learning 1. Comfortable riding side-by-side in a peloton 2. Spacing control within a peloton 3. Efficient peloton dynamics 4. Descending in a peloton	Learning Peloton skills 1. Rollers vs climbs 2. Gears vs gradient vs speed 3. Climbing as a peloton 4. Effective anticipation & movement
Strength	N/A	10-30km flat @ 20+km/h	30-70km @ 22-24km/h on flat terrain	90-120km on flat & hilly terrain @ 23-26km/h in a peloton (23km/h solo)
Endurance	N/A	10-50km per week	50-100km per week	150-250km per week
Achievement	New Learner	Learning Bike Skills / Learning peloton skills on closed roads	Learning peloton & bike skills on public roads	Minimum requirement for 2-4 day tour or stages

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Discipline	Level 5	Level 6	Level 7	Level 8
	<i>Experienced Intermediate – incl. 5-, 5, 5+</i>	<i>Advanced</i>	<i>Advanced – Ride Leaders</i>	<i>Advanced – Peloton Managers & 2ICs</i>
Bike Skills	<ol style="list-style-type: none"> Confident descending technique Comfortable handling in all road & weather conditions 	Higher level of bike handling in all road & weather conditions	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills
Peloton Skills	<ol style="list-style-type: none"> Comfortable in a peloton in all riding conditions Constant fine tuning of peloton dynamics 	Higher peloton dynamic skills incl. <ol style="list-style-type: none"> Finer skills of ‘engine room’ Finer skills of mid-peloton dynamics Sheppard / mentor riders 	Ride Management development <ol style="list-style-type: none"> Higher level peloton dynamics fine tuning Actively managing ‘people vs skill’ Accident site management training Briefing & training skills 	Advanced peloton management development <ol style="list-style-type: none"> Higher actively managing ‘people vs skills’ Assign & monitor roles Higher briefing & training skills Higher ‘on-tour’ traffic management Effective leadership
Strength	100-150km at 1000-1500m @26-30km/h in a peloton (24-26km/h solo)	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)
Endurance	200-300 km per week (with back to back long ride)	250+ km per week (with multiple back to back rides)	300+ km per week (with multiple back to back ride)	300+ km per week (with multiple back to back ride)
Achievement	Any TdC Tour Ready, in a peloton. Min level medic	Reliable & competent ‘engine room’ and peloton tuner. Min. Day mechanics	Trainer & ride leader on tour	Assessor/Trainer of trainers/PM & 2IC on tour