Tour de Cure Training Calendar - Rider Level 2020 to 2021

Date				15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug	10-Aug	17-Aug	24-Aug	31-Aug	7-Sep	14-Sep	21-Sep	28-Sep	5-Oct	12-Oct	19-Oct	26-Oct	2-Nov	9-Nov	16-Nov	23-Nov	30-Nov	7-Dec	14-Dec	21-Dec	28-Dec	4-Jan	11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	5-Apr	12-Apr
Holidays																													Xmas	Xmas					Aus Day											EASTER	
Event	Tour Dates	Duration																																												
Signature Tour 20	8 Oct to 16 Oct	9 days	Week from event	16	15	14	13	12	11	10	9	8	7	6	5	4 Book Bike Svc	3	2 Bike Service	1	Tour 8 Oct																												
Fundraising	**Milestones**					**Fundraising**		**50%**				**Fundraising**		**75%**						**Fundraising**	**100%**																											
Signature Tour 20	Refer to Sig Tour Training Plan		Ability	Level 3	Level 3	Level 3	Level 3	Level 4	Level 4	Level 4	Level 4	Level 4	Level 4	Level 4	Level 4	Level 5	Level 5	Level 5	Level 5	Level 5																											
Signature Tour 20 Tour Experience	8 Oct to 16 Oct	2 days	Week from event	16	15	14	13	12	11	10	9	8	7	6	5	4 Book Bike Svc	3	2 Bike Service	1	Tour 8 Oct / 15 Oct																												
Fundraising	**Milestones**			25%		**Fundraising**		50%				**Fundraising**		75%					**Fundraising**	**100%**																											
Signature Tour 20 Tour Experience	Refer to Sig Tour Training Plan		Ability	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 4	Level 4	Level 4	Level 4	Tour Ready																											
VIC Discovery 2020	20 Nov to 22 Nov	3 days	Week from event	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4 Book Bike Svc	3	2 Bike Service	1	Tour 20 Nov																					
Fundraising	**Milestones**							**Fundraising**		25%		**Fundraising**		50%					**Fundraising**	75%					**Fundraising**	**100%**																					
VIC Discovery 2020			Ability	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 4	Level 4	Level 4	Level 4	Tour Ready																					
SA Discovery 2021	9 to 11 Apr	3 days	Week from event																								26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4 Book Bike Svc	3	2 Bike Service	1	Tour 9 Apr
Fundraising	**Milestones**																																		**Fundraising**	25%		**Fundraising**		**50%**				**Fundraising**	75%						**Fundraising**	**100%**
SA Discovery 2021	Refer to SA Training Plan		Ability																								Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 2	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 4	Level 4	Level 4	Level 4	Tour Ready
																																			Xmas	Xmas					Aus Day											EASTER	

You are required to attend a minimum of five x 50km+ TDC organised rides prior to Tour. You will be assessed by the TDC Ride Leadership team at the organised rides, and given a 'Skill Level' and a 'Fitness Level'.
Your overall 'Tour Ready Level' will be the lower of these two levels to give you the opportunity to upskill if necessary. Do you have questions? Ask your Ride Leader on your next ride.

Tour Ready Level	Min Rq for Tour	Standard	Achievement	SKILL LEVEL		FITNESS LEVEL	
				Skill / Bike	Skill / Peloton	Fitness / Strength	Fitness / Endurance
Level 1	**Entry Level**	New Rider	New Learner	Learning 1. Can clip in/out 2. Braking & steering skills 3. Gear changing	N/A	N/A	N/A
Level 2	**16 Wks prior to 2-4 day Tours** **28 Wks Sig Tour**	Intro	Learning Bike Skills / Learning peloton skills on closed roads	Learning 1. Can ride in all handlebar positions (hoods, flats, drops) 2. More effective gear changing 3. Multi riding positions	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	10-30km flat @ 20+km/h	10-50km per week
Level 3	**12 Wks prior to 2-4 day Tours** **20 Wks Sig Tour**	Intro +	Learning peloton & bike skills on public roads	Learning 1. Effective cadence 2. Descending, incl. drops riding position 3. Descends in the drops	Learning 1. Comfortable riding sideby-side in a peloton 2. Spacing control within a peloton 3. Efficient peloton dynamics 4. Descending in a peloton	30-70km @ 22-24km/h on flat terrain	50-100km per week
Level 4	**4 Wks prior to 2-4 day Tours** **12 Wks Sig Tour**	Intermediate	**Minimum requirement for 2-4 day tour or Tour Experience**	Learning 1. Descending techniques 2. Eating & drinking while riding 3. Gear changing according to terrain	Learning Peloton skills 1. Rollers vs climbs 2. Gears vs gradient vs speed 3. Climbing as a peloton 4. Effective anticipation & movement	90-120km on flat & hilly terrain @ 23-26km/h in a peloton (23km/h solo)	150-250km per week
Level 5	**4 wks prior to Sig Tour**	Experienced	Any TdC Tour ready, in a peloton. Min level medic	1. Confident descending technique 2. Comfortable handling in all road & weather conditions	1. Comfortable in a peloton in all riding conditions 2. Constant fine tuning of peloton dynamics	100-150km at 1000-1500m @26-30km/h in a peloton (24-26km/h solo)	200-300 km per week (with back to back long ride)
Level 6		Advanced	Reliable & competent 'engine room' and peloton tuner. Min. Day mechanics	Higher level of bike handling in all road & weather conditions	Higher peloton dynamic skills incl. 1. Finer skills of 'engine room' 2. Finer skills of midpeloton dynamics 3. Shepherd / mentor riders	120-150km at 1500m @ 28-32/km/h in a peloton (25- 29km/h solo)	250+ km per week (with multiple back to back rides)
Level 7		Advanced Ride Leader	Trainer & ride leader on tour	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills	Ride Management development 1. Higher level peloton dynamics fine tuning 2. Actively managing 'people vs skill' 3. Accident site management training 4. Briefing & training skills	120-150km at 1500m @ 28-32/km/h in a peloton (25- 29km/h solo)	300+ km per week (with multiple back to back ride)
Level 8		Advanced Peloton Manager & 2IC	Assessor/Trainer of trainers/PM & 2IC on tour	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills	Advanced peloton management development 1. Higher actively managing 'people vs skills' 2. Assign & monitor roles 3. Higher briefing & training skills 4. Higher 'on-tour' traffic management 5. Effective leadership	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)	300+ km per week (with multiple back to back ride)