

**WATT!!....**

**Is it all about the power?!**

**Cycling Performance and monitoring workshop.**



Performance Coaching  
www.energylink.com.au

Everything you need to know about **cycling performance and power**

**Saturday 4<sup>th</sup> July** 1:00 pm to 5:30pm Balmoral Triathlon Clubhouse, Balmoral Beach.

**Saturday 24<sup>th</sup> July** 1:00pm to 5:30pm Hills District Venue

**Presented by** Ron Bonham – National Technical Director, Cycling Australia

**In conjunction with** Bruce Thomas – 4 times Australian Ironman Champion, Level 2 Triathlon Coach and Director of Energy Link Triathlon Coaching.

Join us for this hands-on approach to **“Cycling with power”**. Learn about, understand and evaluate the concept of training with power and find out if it is an effective tool for YOU!

**Topics covered:**

- **Cycling Performance Assessment and monitoring**
- **Are you getting enough feedback from your training**
- **The training process.**
- **Monitoring intensity**
- **Training with power**
- **Power equipment breakdown**
- **Question time.**



\$50.00 includes a jam packed presentation, manual and afternoon tea.  
The workshop is limited to 20 people.

To find out more please call 0412 438 095 or email [coaching@energylink.com.au](mailto:coaching@energylink.com.au)

To confirm you place, please complete the slip below and email, fax or post details.

.....  
**Application Form:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Session you would like to attend? **4<sup>th</sup> July** Balmoral or **24<sup>th</sup> July** Hills District Norwest

**Payment details:**

Post: Cheques can be made out to: **Energy Link** and posted to:  
**7 Cobblestone Court, Glenhaven NSW 2156**

Fax/email: (02) 9899 6004 or email: [coaching@energylink.com.au](mailto:coaching@energylink.com.au)

Credit Card: Visa MasterCard

Name on card: \_\_\_\_\_

Card number: \_\_\_\_\_

Expiry: \_\_\_\_ / \_\_\_\_