



## **GROUP RIDES OPEN TO ALL**

The following group training rides are open to all interested in participating. Some have structured drills and others are free-for-alls. Most depart exactly on time. If you have a regular ride to add then let us know at [newsletter@bermudabicycle.org](mailto:newsletter@bermudabicycle.org)

**Saturday** - 6:15AM ride to Dockyard (moderate pace) departs "Johnny Barnes Round-about (Foot-of-the-Lane, Paget), and back to Hamilton (not so moderate). Finish for coffee at Miles. Road

Alternative ride starts at 7:30 at Flagpole, 2 hours plus, reasonable pace, all welcome.

**Sunday** - 8:00AM Flagpole in Hamilton, heading east via North Shore. The pace quickens as the ride progresses. Road

**Monday** - 5:00AM - Road training - "Johnny Barnes Round-about" (Foot-of-the-Lane, Paget) -90-120 minutes

**Tuesday** - 5:00AM - Road training - "Johnny Barnes Round-about" (Foot-of-the-Lane, Paget) -90-120 minutes - High intensity specific workout.

**Tuesday** - 5:30AM - Road training - Flagpole - approx 90 minutes

**Wednesday**- 5:00AM - Road training - "Johnny Barnes Round-about" (Foot-of-the-Lane, Paget) -90-120 minutes

**Thursday** - 5:30AM - Road training - Flagpole - approx 90 minutes

**Thursday** - 5:00AM - Road training - "John Barnes Round-about" (Foot-of-the-Lane, Paget) -90-120 minutes - High intensity specific workout.

**Friday** - 5:00AM - Road training - "Johnny Barnes Round-about" (Foot-of-the-Lane, Paget) -90-120 minutes

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