



LTR Weekly Summary*

Week 1 Learn to Ride 1 -- INTRO

Week 2 Learn to Ride 2 -- CONTACT

Week 3 Learn to Ride 3 -- CORNERING

Week 4 Learn to Ride 4 -- HILLS

Week 5 Learn to Race 1 -- ATTACK!

Week 6 Learn to Race 2 -- LEADOUT

Week 7 Learn to Race 3 -- PELOTON

Week 8 Learn to Race 4 -- ECHELON

Week 9 Learn to Race 5 -- CONTACT REDUX

Week 10 Learn to Race 6 -- RACE NIGHT!!

Week 11 Learn to Race 7 -- TEAMWORK

Week 12 Learn to Race 8 -- FEEDING

Week 13 Learn to Race 9 -- SPRINTING

Week 14 Learn to Race 10 -- MORE

RAIN DATE Learn to Race -- RAIN

*Subject to change. In the case of rain (if LTR is not cancelled) the lesson will focus on riding and racing in the rain, and schedule will resume the following week.

Novice racers should attend Weeks 1-4. Returning racers may start with Week 5. Novice racers should complete Week 10 before considering racing MWCrit Tuesdays.