



Around The Bay in a Day 2009

\$65 Plan

* **12-Week duration**

* **Daily details**

* **Fortnightly view**

Daily details on riding volume & intensity

Extra tips on diet, core strength & recovery activities

Personal feedback area & Condition-monitoring table

% Completion & Scoring Tally

Heart-rate levels & training intensity legend

PROGRAMS

More info:- Phone Ridewiser 9534 7785 or Email admin@ridewiser.com.au