



# Around The Bay in a Day 2010

**\$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

The screenshot displays the 'Ridewiser ATB Program City Rider' interface. It features a calendar view for the month of September 2010, with a grid of colored cells representing riding days and intensity levels. A 'Personal Feedback Section' is visible on the right, with columns for 'Pos' (Positive) and 'Neg' (Negative) feedback. At the bottom, there is a 'Completion Tally' section showing progress for various tasks, and a 'Heart-rate levels & training intensity legend'.

% Completion & Scoring Tally

Heart-rate levels & training intensity legend

TRAINING PROGRAMS

More info:- Phone Ridewiser 9534 7785 or Email [admin@ridewiser.com.au](mailto:admin@ridewiser.com.au)