



## A member's view on the Personalised Training Program

"At the beginning of this year I decided I needed to set some clear goals to get my cycling back on track. Having a training regime that was patchy at best for the previous 18 months, I sat down with Cameron and we talked about some goals.

I had decided to race for the first time for the CCC Sky High Racing team. So we set some targets starting with the Battle on the Border in May. Sheree then performed a lactate threshold test to assess my fitness and from there Cameron designed a training program based on the results of my LTT, my goals and how much time I can spend training each week.

I've got to say, the impact the Personalised Training Program has had on my cycling has been amazing.

Firstly, the program is unique to me, based on my goals, my fitness and my time. Secondly, I'm accountable to Cameron, not just myself. Sure, it comes down to me to do the training, but being accountable to a coach really keeps me focussed on my results. I'm keen for my next Lactate Threshold Test to see my improvement.

To take your cycling to another level, sign up for Cams Cycle Coaching Personalised Training Program."

Matt Schlyder  
June 4 2013



Matt at the top of the Falls Creek climb – March 2014

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