

10 Week training programme

- FB: sowetorocksmtb
- IG: sowetorocks
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Soweto Rocks

a proper mountain bike tour

Welcome to Soweto Rocks

- Wakanda
- Thank you
- Mtb: XC, XCR, DH, Freeride
- Bmx: Stance, Freestyle, XR, pumptrack, slopestyl
- Road: Track, Fixie, Time trial, CX, CXR,
- Swimming
- Running/Trail running
- Hiking
- Camping and sleepovers
- Duathlon and Triathlon
- Other activities

Internal aspects

- Fairy express

1. Teens
2. Strength ×2
3. 26" 27.5" 29"
4. Tubeless
5. Experience in mtb and road ^K
6. Training beyond cycling
7. Sharing group pace
8. Medium and High pace
9. Less water stops and unofficial breaks
10. Cleats and toe straps
11. No crying, complaining

- Pixies

1. New and younger members
2. 20" 24" 26"
3. Patch kit (...)
4. No experience
5. From training wheels
6. 7 years and older
7. Slow to medium pace
8. Flat pedals
9. Lead by an adult

Discipline and attendance

- Please attend training, if you can't please provide Musa with reason
- Miss 2 trainings without reason = 2 × exercise than others
- Vulgar language or swearing is not allowed = 2 week bench
- Chain of command
- No cooperation with other teammates = 1 week bench
- Always listen, stop answering back for no reason
- No exercise or training, No ride!
- Never leave a soldier behind
- Always share, there's no "I" in "TEAM"
- Always keep left, pass right
- No overtaking the person in front without permission
- Always call it ("passing right") before overtaking
- Never stop on the route, move away immediately

Signals

