



A Evening of Cycling - Insights & Development

Thursday 1st July - UL Arena

Paralympic Cycling Ireland in association with the BDO Get BACK Challenge presents an evening of coaching and information including a Q&A with three time Tour de France winner **Greg LeMond**. All proceeds from the event will fund the development of the Irish Paralympic Cycling Team.

This event is designed to cater for Cyclists or Triathletes of all standards from those preparing for sportives to more advanced levels.

Event Details

5.30pm - 7pm Cycling Ireland Coaching Session

- Coaching session with National High Performance Coaches
- Watt bike testing and training progression plan outline for event specific training
- Participants will leave with a power profile and cycling progression plan.

7.30pm - 9pm Discussion with Greg LeMond and Guests

1. Preparation & Training Insights - London 2012
Members of Irish Paralympic Cycling Team including current silver medal winner of 2010 Paralympic UCI World Pursuit Championships **Catherine Walsh**
2. Transition from World Rowing Champion to elite women's cycling squad.
Sinéad Jennings, ex World Rowing Champion on preparations for London 2012
3. From Road to Track
David O'Loughlin on transition from road cycling to track in Beijing 2008
4. Insights of a Tour Champion
Questions and Answers Session with **Greg LeMond**,
3 time Tour de France winner and former world champion.



Date: Thursday 1st July 2010

Venue: University of Limerick Arena

Price: Coaching & Discussions €65, Discussion only €45

Online booking: www.uch.ie

Telephone: 061 331549

Limited Tickets Available for this event and must be Pre-booked

