

Want to improve your cycling and learn how to repair and maintain your bike?

## Cycling Essentials

Delivered in association with 'The Bike Inn' using their dedicated workshop in Appleby-in-Westmorland, Cumbria

- ✓ A 5 day comprehensive cycle repair & maintenance course for the keen amateur cyclist
- ✓ The course includes a professional bike fitting and performance coaching assessment with each attendee to ensure you are getting the best out of your cycling experience.
- ✓ Bring your own bike/s along to work on
- ✓ A team consisting of Cycling coaches and Trainers and Event staff are on hand with a wealth of knowledge to share . No prior knowledge is required.

## Who is the course for?

- ◆ This course is very much aimed at the amateur cycle enthusiast who uses their bike for their daily commute or enjoys cycling as a leisure activity and is seeking to gain the skills required to maintain and repair their bike
- ◆ There are no set pre- requisites for attending this course
- ◆ Attendees can bring their own bike/s to work on, or can use a bike from the workshop



## Course Content

- ◆ Systematic demonstration and then practise of all essential periodic bike checks
- ◆ Demonstration of home mechanics tool kit, consumables and spares identification and sourcing
- ◆ Supported strip, repair, service and assembly of your own bike/s
- ◆ Basic consumables such as cables, fluids and lubricants are provided. Any replacement parts needed, can be supplied at competitive prices provided they are available in stock or by speedy delivery

Bespoke Individual sessions will take place throughout the week looking at the following:

- ◆ Bike fit - attendees will be checked against their current bike. Adjustments or recommendations will be made and a report provided.  
For suspension bikes, we can offer suspension tuning and advice.
- ◆ Training plan- Attendees will have an assessment of their current training or regular cycling pattern. Advice will be provided on improving focus for achieving any goals (duration, performance, increased flexibility, weight loss etc.).  
Analysis will be through verbal discussion and/or interrogation of any online training tools you may already use (such as Strava, Training peaks etc.)

# What support will I receive?

The Bike Inn have a team of highly experienced Cycling Coaches and Trainers, Bike Fit experts, as well as a PT Instructor and Sports Psychologist who can provide advice on all aspects of cycling— the team will hold individual sessions with all attendees during the week.

Replacement parts can be provided at very competitive rates and basic consumables are provided during the course.

Staff at The Bike Inn are always on hand for post course support by phone or email.

For those who may consider the L3 Cycle Maintenance course, staff are on hand to discuss suitability and advise regarding content and course requirements.

## Further Study

Other CTP courses that will assist with this include:



- ◆ IMI L3 Cycle Maintenance (Blended Learning)
- ◆ First Aid at Work L3 Award

## Course Outcomes

Upon completion of the course, Service leavers will have gained the knowledge and practical skills to carry out most general repairs on their cycle for day to day commuting and leisure use.



The bike fit and assistance with training requirements will ensure that Service leavers are gaining maximum value from their cycling based on each individual's goals.

## Course Fees and How to Fund

The course is Non-Contract Funded and therefore the cost of the course is to be **paid direct to** the Course Booking & Information Centre in advance as soon as possible after course booking or your place may be re-allocated. Payment is to be made by credit/debit card over the phone.

A deposit of £50 must be paid at the time of booking to hold your place on the course.



### Cycling Essentials

£831.60

*IRTC funding and Standard Learning Credits may be used as part payment towards this course.*

<https://www.ctp.org.uk/resettlement-training>

To book your place on this course, contact us today  
01252 954007 | [CourseBookings@ctp.org.uk](mailto:CourseBookings@ctp.org.uk)