

LTR (CLUB) SKILLS CURRICULUM

	Learn to Ride <i>Build skills and confidence on a specific type of bike.</i>	Learn to Race Beginner <i>For riders wishing to build confidence riding in a group.</i>	Learn to Race Intermediate <i>For riders pursuing upgrades and competitive events.</i>	Learn to Race Advanced <i>For riders learning to race as a team.</i>	Learn to Race Elite <i>For riders pursuing success at the highest level.</i>
ROAD	ROAD 6 1x 2 hour clinic using controlled spaces to develop basic road skills.	ROAD 54 2x 2 hour clinic using controlled & open spaces to learn group riding skills.	ROAD 43 2x 2 hour clinic using controlled & open spaces to learn racing skills	ROAD 32 1x 6 hour clinic using controlled & open spaces to learn team skills.	ROAD 21 1x 6 hour clinic using controlled & open spaces to learn elite skills.
TRACK	<i>In Development</i>	<i>In Development</i>			
BMX	<i>In Development</i>	<i>In Development</i>			
MTN BIKE	<i>Consult your local PMBIA-affiliated business or instructor team for beginner, intermediate, and advanced instruction</i>				
CYCLOCROSS	<i>In Development</i>	<i>In Development</i>			
PARA	<i>In Development</i>				

Program	Learning Outcomes	Venue Considerations
Level 6 <i>LTRide ROAD6</i> Delivered over 1x 2-hour weeknight evening lesson	Pedal Posture (hip hinge, pelvic floor) Brake Modulation Cornering (vision, legs, arms, hips) 1-Hand Riding (signals) Wheel Lifts Gears & Cadence (silent shifting)	Closed area, parking lot with nearby grass (IE: School parking lots)
Level 7 <i>LTRace ROAD54</i> Delivered over 2x 2-hour weekend morning sessions. Earn Road Cat.4 upgrade.	Touch tires (on grass) Shoulder bump (on grass) Corner with a partner Follow a wheel Introduction to pacelines (single, rotation, combo) Stand & Pedal (introduction to sprint/climbing)	Session 1: Closed area (paved and grass) Session 2: Quiet practice course and open roads (IE: Richmond, Pitt Meadows, Fort Langley)
Level 8 <i>LTRace ROAD43</i> Delivered over 2x 2-hour weekend afternoon sessions. Earn 5 upgrade points towards Road Cat.3	Taking a feed bottle Seated Accelerations Standing Sprints Moving in the pack Pacelines at speed Cornering at speed	Session 1: Closed area (paved and grass) Session 2: Quiet practice course and open roads (IE: Richmond, Pitt Meadows, Fort Langley)
Level 9 <i>LTRace ROAD32</i> Delivered over 1x 6-hour weekend session. Earn 5 upgrade points towards Road Cat.2	Sprinting off a wheel Breaking Away Agility under duress Steady-state intervals Team Time Trial Echelon	Closed area (paved and grass), and quiet open roads (IE: Fort Langley)
Level 10 <i>LTRace ROAD21</i> Delivered over 1x 6-hour weekend session. Earn 5 upgrade points towards Road Cat.1	Caravan Etiquette Caravan Feeding No-hand skills Leadouts Pack Etiquette Race Dynamics	Closed area (paved and grass), and quiet open roads (IE: Fort Langley)