

PERTH INTEGRATED HEALTH CYCLING GROUP



PIH Northern Districts
Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522

PIH Cycling Group
www.pihc.com.au/cycling

Melville Aquatic Fitness Centre
Marmion St, Booragoon
Tel: 9364 8626

Ruyi Enterprises Pty Ltd
ABN: 67 131 803 239

P.O Box 1574, Applecross, 6953
ABN: 73 069 383 900
ACN: 069 383 900

PIHCG MesoCycle Training Program

1. What is The Mesocycle Training Program?

A mesocycle represents a phase of training with a duration of time.

The goal of the planner is to fit the mesocycles into the overall plan timeline-dependent also on the life style, commitments and work load of the person. At PIHCG a balanced lifestyle of family-loved ones, cycling and rest is always crucial. The goal in mind is to make sure the body peaks for the high priority events or target goals by improving each cycle along the way.

The PIHCG cycling coach will provide you with a progressive plan to guide you along your individualised training program.

Mid Phase

This phase consists of the general preparation and specific preparation. Usually the mid preparation is the longest of the two phases.

End Goal Phase

This phase may contain a few main competitions and or target events each containing a pre-competitive and a main competition if you have one in mind.

2. Who conducts The Mesocycle Training Program?

The Mesocycle Program at PIHCG are conducted by qualified Level 1 Cycle coaches. The program requires you have a base fitness test performed by a Perth Integrated Health –Health Professional. The PIHCG Cycling Coach will sit down with you to access your target goals and current level of Cycling ability and accomplishments. Taking into account your current strengths, abilities and commitments the Coach will then create your individualised PIHCG Mesocycle plan.

3. What will happen at my initial session?

For the initial session you will need to come along in comfortable fitness clothing. You will have a session with a fitness consultant who will assess your maximum Heart rate. It is a good idea to



PERTH INTEGRATED HEALTH CYCLING GROUP



PIH Northern Districts
Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522

PIH Cycling Group
www.pihc.com.au/cycling

Melville Aquatic Fitness Centre
Marmion St, Booragoon
Tel: 9364 8626

Ruyi Enterprises Pty Ltd
ABN: 67 131 803 239

P.O Box 1574, Applecross, 6953
ABN: 73 069 383 900
ACN: 069 383 900

turn up fresh, and not after a hard exercise session, as this could affect the results of your assessment. You should not have exerted for at least an hour before this assessment. Wearing your Bib / Nix with a T-shirt or cycling jersey is suitable. Wear sports shoes and there is no need for specific cycling shoes recessed MTBs or racing shoes. Your maximum HR is used as part of the input into your specific training program. Thresholds for this Heart Rate will be measured in the course of the assessment and this is then used by the PIHCG Cycling Coach for your progression plans. After the assessment, for most instances you will then have your appointment with the PIHCG Cycling Coach. He will go over a cycling related questionnaire to get a complete picture of your current cycle Fitness. This will include determining:

- your current kms/week
- your cycling goals for this training period
- a list of your other commitments (family, sporting etc)
- any health considerations

4. How much is it for a Mesocycle assessment?

Perth Integrated Health charges an Initial Consultation fee for this assessment being: \$70.00 per person. The Heart Rate Threshold calculations are charged at \$55.00 per person. The latter component should be claimable should you have appropriate and adequate private health coverage.

The fee schedule described above is subject to change without notice so you need to enquire at the time of your booking. Follow up sessions with the PIHCG Cycling Coach is payable at \$50.00 per session per 15 minutes. The PIHCG Cycling Coach will decide with you the frequency of the follow up sessions.

5. What happens during the Mesocycle Assessment?

Prior to attending this assessment, the administration staff at Perth Integrated Health will confirm your appointment date and time. Any cancellations made within 24 hours of the appointed date and time will incur a full cancellation fee due as this will otherwise inconvenience the practitioner and consultant schedules.



PERTH INTEGRATED HEALTH CYCLING GROUP



PIH Northern Districts
Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522

PIH Cycling Group
www.pihc.com.au/cycling

Melville Aquatic Fitness Centre
Marmion St, Booragoon
Tel: 9364 8626

Ruyi Enterprises Pty Ltd
ABN: 67 131 803 239

P.O Box 1574, Applecross, 6953
ABN: 73 069 383 900
ACN: 069 383 900

You will also be emailed a Mesocycle Training planning questionnaire which you will need to complete and bring along to the session. Please present 15 minutes before the initial appointment time provided to you, in your cycling/sporting attire ready for the assessment. The appointed practitioner will commence the session by putting you on the Whole Body Vibration (WBV) machine to allow you to warm up prior to your Heart Rate test. You will then have your blood pressure taken.

The practitioner will then be put onto the Ergo cycle machine to perform the Max HR test. This is done by getting you to cycle at a predetermined Cadence with the pedalling resistance being increased progressively every minute. The Practitioner monitors your heart rate to see when your heart rate peaks and you are unable to continue at the set cadence.

Participants will then see the PIHCG Cycle Coach for review of their Mesocycle Questionnaire. The results of this session are used to create the basis for your individualised Mesocycle training plan. We will develop a plan to take into account your commitments and goals as part of the creation of the plan.

With all this information gathered the cycle coach will book a follow up session for between two to three weeks. During this time the coach will create your plan which will be emailed to you prior to the next follow up session.

6. What happens during the Mesocycle Follow up session?

At the follow up session the coach will present your personalised cycle plan. You can then discuss the requirements of the plan and how the individual parts of the plan build together. If there are any final adjustments required these can also be made at this time.

7. What happens during the Mesocycle Review session?

If for reason of sickness, injury, holidays or unscheduled interruptions to your routine you are unable to continue with your plan for an extended period you may need to book a review session. At this session your current plan is reviewed based on where you are currently at. If you have had a significant period off the bike you may need to a new benchmark to base your plan on.

At this stage you may decide to also plan for a review session.

Alternatively you may have exceeded your expectations with regard to your training development and therefore a review of your plan and new Max HR tests may be required. With this new benchmark test we can then look to plan your next levels of development.



PERTH INTEGRATED HEALTH CYCLING GROUP



PIH Northern Districts
Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522

PIH Cycling Group
www.pihc.com.au/cycling

Melville Aquatic Fitness Centre
Marmion St, Booragoon
Tel: 9364 8626

Ruyi Enterprises Pty Ltd
ABN: 67 131 803 239

P.O Box 1574, Applecross, 6953
ABN: 73 069 383 900
ACN: 069 383 900

Note: The cost for the PIHCG Bike Mesocycle Assessment is correct as of the 1 August 2012 and can be subject to change without notice.

8. Interim Session Correspondence

As this is a consultancy based program we do not engage in in-between session correspondences by email or fax. This is contrary to the one on one personalised structure of the program.

If you have an urgent need to consult your Cycling Coach you are encouraged to book in for a normal consultation session no different from how you would do with your health practitioner, lawyer or accountant.

Any general queries may be directed to our Cycling email at: cycling@pihc.com.au Please give more than 48 hours for a response to be effected as this is not the primary portal which we encourage inter session correspondence.

9. Bookings

At present all such consultancy sessions and assessments are undertaken at Perth Integrated Health – Northern Districts Centre in Balcatta.

For an appointment please contact us at: 9240 5266 or email: appointments@pihc.com.au

Ian Wee
Director Sportif
Perth Integrated Health Cycling Group

