

## TRAINING PROGRAM 2017

Races No	Lib. Point	Basket date	Race date/training date	Series	Race point km	Race point training Lib.Time	Training from race point
	Ndabakazi	Tues /Wed / @ NFC	May 3, 2017	Training			Ndabakazi
	Ndabakazi	Fri / Sat @ NFC	May 6, 2017	Training			Ndabakazi
	Ndabakazi	Tues /Wed / @ NFC	May 10, 2017	Training			Ndabakazi
<b>A</b>	<b>Butterworth</b>	<b>Friday @ various clubs 12 may 2017</b>	<b>May 13, 2017</b>	<b>Baby/ training</b>	<b>77 km</b>	<b>10h00</b>	<b>Butterworth</b>
	Ndabakazi	Tues /Wed / @ NFC	May 17, 2017	Training			Ndabakazi
<b>B</b>	<b>Butterworth</b>	<b>Friday @ various clubs 19 May 2017</b>	<b>May 20, 2017</b>	<b>Baby/ training</b>	<b>77 km</b>	<b>10h00</b>	<b>Butterworth</b>
	Ndabakazi	Tues /Wed / @ NFC	May 24, 2017	Training			Ndabakazi
<b>C</b>	<b>Mthatha</b>	<b>Friday @ various clubs 26 May 2017</b>	<b>May 27, 2017</b>	<b>Baby/ training</b>	<b>176km</b>	<b>08H00</b>	<b>Mthatha</b>
	<b>Mthatha</b>	Tues /Wed / @ NFC	May 31, 2017	Training	176 KM		<b>Mthatha</b>
<b>D</b>	<b>Kokstad</b>	<b>Saturday @ various clubs 3/6/2017</b>	<b>June4 ,2017</b>	<b>Baby/ training</b>	<b>309 KM</b>	<b>08h00</b>	<b>Kokstad</b>
	Butterworth	Tues /Wed / @ NFC	June 7, 2017	Training	77 KM		Butterworth
<b>E</b>	<b>Kokstad</b>	<b>Saturday @ various clubs 10/06/2017</b>	<b>June 11 , 2017</b>	<b>Baby/ training</b>	<b>309 KM</b>	<b>08h00</b>	<b>Kokstad</b>

**Cost per training pannier is R60 a pannier and R80 to baby series race point.**

**Bookings to be made prior with Brian de Bruin at 060 425 0082 or 043 - 7211835**