

Training Schedule 2017

APRIL – Chapter 3	T.U.G	Declan Mc Evoy
An indepth look at how we take, use and give information while riding.		
MAY - Chapter 4 -	Road Signs and Markings	John Mc Donnell
Looking at road signs, speed limits and Road markings and using them to warn us of approaching hazards.		
JUNE - Town Riding		Pat O Brien
Covering all aspects of town riding including roundabouts, Junctions, T Junctions Stops, Yield, Positioning, Lifesavers etc..		
JULY –Chapter 5	Acceleration Sense	Mo Garvey
Developing competence at using throttle in response to changing road and traffic conditions.		
SEPTEMBER – Chapter 4	Night Riding	Pat O Brien
Hazards inherent with riding at night and the limitations and advantages when riding in darkness or in poor light.		
OCTOBER Chapter 5	Braking and changing gear	Declan Mc Evoy
The use of engine braking, brakes and gears will be covered as well as the use of block/sequential gear changing and looking at brake/gear overlap.		
NOVEMBER	Bends and Countersteering	John Mc Donnell
Looking at how we corner and steer and the importance of using body weight and countersteering to counteract the forces at work while cornering.		
DECEMBER	Positioning	Mo Garvey
Correct road positioning for the many hazards both real and potential while riding		

2018

JANUARY –Chapter 4	Observational Links	Pat O Brien
Not taking familiar roads for granted. Practive using observational links. What to look out for		
FEBRUARY -	Separation Distance	Mo Garvey
Safe stopping/following distance will be covered		
MARCH -	Overtaking	Declan McEvoy
Safe and well planned out overtaking manoeuvres.		