

Team Vitality

Women's Month on Zwift with Di White

Join professional cycling coach Di White as she gears up to share her insights with you this Women's Month. You can join to cycle and listen in on Zwift or only listen in on Zoom, the choice is yours. We hope to see you there!

AUGUST		
Date	**Time**	**Event**
Thursday, 11 August	19:00	Topic: Finding time to train is hard between juggling work, home and kids. What type of workouts are most beneficial if time is limited and what tips can you share? Ride: Women's Zwift Ride in London Join on Zwift Join on Zoom
Thursday, 18 August	19:00	Topic: Should women adapt their training intensity and volume pending the stages of their menstrual cycle and what would that look like? Ride: Women's Zwift Ride in France

		Join on Zwift Join on Zoom
Saturday, 20 August	07:15	Join us for an in-person ride! Venue: Bidon Bistro, The Cradle Distance: • 30 km's for beginner riders • 45 km's for intermediate and advanced riders Pace: 20 – 24 km/hr Reserve your spot by sending us an email at RSVPTeamvitality@discovery.co.za.
Thursday, 25 August	19:00	Topic: Common mistakes women make when trying to exercise more and lose weight. Ride: Women's Zwift ride in Neokyo Join on Zwift Join on Zoom

See you on Zwift or Zoom.

Di White