



THE
CYCLE
COACH

Workshop

BEGINNER BIKE MAINTENANCE COURSE

MAKE YOUR OWN REPAIRS AND **MAINTAIN YOUR BIKE LIKE A PRO**

CONTENT

- » Perform preventative maintenance and annual services to keep your bike in good working order.
- » How to check key parts on your bike for wear and tear.
- » Tips & tricks to keep your bike in top condition.
- » Pre, during and post ride maintenance.
- » Understand what you can and can't fix.
- » Carry out basic repairs – and, if necessary, replace – the parts on your bicycle.
- » How to handle breakdowns on your ride.
- » What you need in a basic toolkit.

The Beginner Bike Maintenance Course will help you tackle your own bike maintenance and repairs, so you don't have to take it to the shop for routine tune-ups or call for help if you have an unexpected breakdown.

This 2hr hands on programme will show you how to keep your bike in top working order and provide you with the steps to take to ensure safety and comfort on your ride.

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