

SUPERCHARGE YOUR CYCLE WITH **KEN BRYSON**

MAY 16TH, 2023 – 13:00 BST | RIGRUN RECOVERY ZONE

Get ready to join the next RigRun International Bike Leaderboard, as Cycling and Triathlon Coach, Ken Bryson shares his top tips for optimising your ride, including:



- Correct bike position and how minor tweaks to your setup can protect muscles and improve posture
- How you can embrace your personal physiology and strengths to improve your biking performance
- How workouts on stationary bikes offshore and road bikes at home can complement each other during a RigRun event

Visit rigrun.co.uk/recovery-zone for more details.

**INCLUDES PRIZE DRAW ENTRY TO
WIN A 1-HOUR BIKE OR RUN COACHING
SESSION AT TOTAL ENDURANCE!**



Scan the QR code to
join the webinar!

