Mountain Biking Progression

Mountain Biking Progression

Warm-up & Stretches	Paved/Flat	Warm-up & Stretches		Paved/Flat
ABC-HQs safety check	Paved/Flat	ABC-HQs safety check		Paved/Flat
Bike fitting	Paved/Flat	Bike fitting		Paved/Flat
Safety equipment fitting (Minimum and extras)	Paved/Flat	Safety equipment fitting (Minimum	n and extras)	Paved/Flat
Positioning (Neutral, Power Position, Bike/Body sep)	Paved/Flat	Positioning (Neutral, Power Positio	n, Bike/Body sep)	Paved/Flat
Setting bike down or getting in/out of bike	Paved/Flat	Setting bike down or getting in/out of bike		Paved/Flat
Brake box	Paved/Flat	Brake box	rake box	
Quick brake line (position and vision)	Paved/Flat	Quick brake line (position and visi	ion)	Paved/Flat
Cone course - wiggles, turns, stop boxes	Paved/Flat	Cone course - wiggles, turns, stop l	e course - wiggles, turns, stop boxes	
Cone course - wiggles, turns, stop boxes	Dirt/Flat	Cone course - wiggles, turns, stop boxes Dirt/		Dirt/Flat
Off-road props (rocks, boards, sticks, slight grades)	Dirt/Flat	Off-road props (rocks, boards, sticks, slight grades) Dirt		Dirt/Flat
Challenge Game (slow, most figure 8s, tripods, etc.)	Dirt/Flat	Challenge Game (slow, most figure	8s, tripods, etc.)	Dirt/Flat
Shifting	Dirt/Flat	Shifting		Dirt/Flat
Shifting	Dirt/Gentle Hills	Shifting		Dirt/Gentle Hills
Group Riding Rules/Etiquette/Road Rules	Stationary	Group Riding Rules/Etiquette		Stationary
Intro Ride	Dirt Road	Intro Ride		Dirt Road
Novice Ride Gentle Off-Road	w/ limited hazards	Novice Ride	Gentle Off-Road	w/ limited hazards

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Warm-up & Stretches ABC-HQs safety check Bike fitting Safety equipment fitting (Minimum and extras) Positioning (Neutral, Power Position, Bike/Body sep Setting bike down or getting in/out of bike Brake box Quick brake line (position and vision) Cone course - wiggles, turns, stop boxes Cone course - wiggles, turns, stop boxes Off-road props (rocks, boards, sticks, slight grades) Challenge Game (slow, most figure 8s, tripods, etc.) Shifting Shifting Group Riding Rules/Etiquette Intro Ride Novice Ride Gentle Off-Road	Paved/Flat Dirt/Flat Dirt/Flat Dirt/Flat Dirt/Gentle Hills Stationary Dirt Road w/ limited hazards	Warm-up & Stretches ABC-HQs safety check Bike fitting Safety equipment fitting (Minimum and extras) Positioning (Neutral, Power Position, Bike/Body se Setting bike down or getting in/out of bike Brake box Quick brake line (position and vision) Cone course - wiggles, turns, stop boxes Cone course - wiggles, turns, stop boxes Off-road props (rocks, boards, sticks, slight grades) Challenge Game (slow, most figure 8s, tripods, etc. Shifting Shifting Group Riding Rules/Etiquette Intro Ride Novice Ride Gentle Off-Roa	Paved/Flat Paved/Flat Paved/Flat Paved/Flat Dirt/Flat Dirt/Flat
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