



**I already had a few seasons of racing under my belt and wondered if it was possible to eke any more watts out, I felt that someone who knew what they were doing might be able to.**

**A couple of riders I knew were already coached by 360 Cycling so I sent the email asking if they would coach me.**

I did start a little bit late in the 2024 season with the coaching but did indeed manage to eke out a few extra watts with power PB`s for 20 mins and 60 mins, and a PB for 50 miles.

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Running was part of the training so I decided in my infinite wisdom to enter a half marathon in December. The training was duly tweaked and I managed to break my 9 year old PB over than distance which I was really pleased with.



Training sessions are structured and based around me and each session is reviewed and feedback given.

I find the feedback helpful at times when you think you have done really badly on a training session and not quite managed to hit the numbers, but you get some positive comments.

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# Debbie Moss

- Training sessions can be re-scheduled or changed if necessary to deal with the things life occasionally throws at you. All in all 360 Cycling are great to deal with and are responsive to your individual needs. Highly recommended.

Pos	Rank	Name	Club	Category	Score
1	28 ←	Deborah Moss < B19	Springfield Financial Racing Team	Female Veteran 50-54	2880
2	41 ↑ 1	Lisa Davis < C2	DRAG2ZERO	Female Veteran 50-54	329
3	51 ↑ 1	Michelle Lindley < C4	Poole Wheelers Cycling Club	Female Veteran 50-54	3458
4	65 ←	Claire Hall < C7	Parenesis-TougHuman Cycling	Female Veteran 50-54	3882
5	67 ←	Karen Ayles < C8	Shaftesbury CC	Female Veteran 50-54	3981
6	87 ←	Sarah Harrison < C13	Trek Sheffield	Female Veteran 50-54	4601
7	92 ←	Claire Harrison < C14	Congleton CC - MyWindsock	Female Veteran 50-54	4667
8	101 ←	Amy Sole < C16	Full Moo Cycling	Female Veteran 50-54	4865
9	103 ←	Harriet Orridge < C16	Bicester Millennium CC	Female Veteran 50-54	4902
10	106 ←	Sarah Wilkinson < C16	Blaydon CC	Female Veteran 50-54	4936
11	128 ←	Jacqui Lane < C20	Eastbourne Rovers CC	Female Veteran 50-54	5307
12	130 ←	Penny Thorn < C20	Port Sunlight Wheelers	Female Veteran 50-54	5396
13	140 ←	Sarah Kelman < D2	St Ives CC	Female Veteran 50-54	5542
14	144 ←	Claire Lee < D3	Shaftesbury CC	Female Veteran 50-54	5658
15	150 ←	Marianne Carpenter < D3	Bath Cycling Club	Female Veteran 50-54	5699
16	155 ↓ 1	Maria Weymouth < D4	Mid Devon Cycling Club	Female Veteran 50-54	5777
17	162 ←	Jude Paterson < D5	RT 23	Female Veteran 50-54	5866