

Day 1

- 10:00 -11:30 Frames
M-check
Sizing
Cleaning
Checking for frame damage/alignment
- 11:30 – 1:00 Bearings: Headset
Removal
Service
Demo: using a facing tool
Demo: using a headset press
- 1:00 -1:45 Lunch
- 1:45 – 3:00 Bearings: Bottom brackets
Crank removal
Bottom bracket removal
Demo: chasing BB threads
Installing a BB
- 3:00 – 4:45 Bearings: Hubs
Strip down and rebuild
- 4:45 – 5:00 Re-cap of session and questions

Day 2

- 10:00 – 10:15 Re-cap previous session
- 10:15 – 11:45 Wheels
Spoke replacement
Truing and dishing
Troubleshooting tyre and tube problems
Punctures
- 11:45 – 1:00 Brakes
Replacing brake blocks
Replacing cables
Effective setup and adjustment
- 1:00 – 1:45 Lunch
- 1:45 – 4:00 Gears
Frame alignment
Derailleur setup
Cable replacement
Troubleshooting gear problems
- 4:00 – 4:15 Test Ride
- 4:15 – 4:45 Re-cap both sessions
- 4:45 – 5:00 Exit questionnaires