

## Mechanic Course UCI/WCC | 1st week Level 2

Start hour 8:00 Interval of time : 30 (in minutes)

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00		Preparation - Establishment of the course	Preparation - Establishment of the course	Preparation - Establishment of the course	Preparation - Establishment of the course		
8:30							
9:00	<b>Reception of the trainees</b>	Objectives of the day	Objectives of the day	Objectives of the day	Objectives of the day	Objectives of the day	
9:30	Presentation & visit					Tubless	Free
10:00	<b>Course / Building</b>	<b>Course / Disc brakes MTB</b>	<b>Course / Building</b>	<b>Course / Building</b>	<b>Course / Building Wheel</b>	<b>Course Suspensions</b>	
10:30	Full Road Bike Building	Theory Vocabulary	Full Road Bike Building	Full MTB Building	Theory Component Lacing front wheel	Theory system Ajustment	
11:00	Shimano 105 Mechanic Brakes		Shimano 105 Mechanic Brakes	Shimano SLX Brakes			
11:30							
12:00	Speedster	Scale	Addict	Scale			
12:30							
13:00	<b>Course / Building</b>	<b>Course / Disc brakes MTB</b>	<b>Course / Building</b>	<b>Course / Building</b>	<b>Course / Building Wheel</b>	<b>Course Bike maintenance</b>	
13:30						Washing Checking Lubrification	
14:00							
14:30						Full Road Bike Building	
15:00						Shimano 105Mechanic Gears	
15:30						<b>Disassembly the bike</b>	
16:00							
16:30					<b>Exam 1</b>		
17:00	<b>Reserve time</b>	<b>Reserve time</b>	<b>Reserve time</b>	<b>Reserve time</b>	Disc Brake MTB		
17:30	Feedback / Discussion	Feedback / Discussion	Feedback / Discussion	Feedback / Discussion			
18:00							