

Enduro and MotoCross Training, Mitterteich (Germany) (M-ID: 2995)

<https://www.motourismo.com/en/listings/2995-enduro-and-motocross-training-mitterteich-germany>



from €180.00

Dates and duration (days)

On request

2 days

05/08/2021 - 05/09/2021 2 days

06/19/2021 - 06/20/2021 2 days

07/17/2021 - 07/18/2021 2 days

08/21/2021 - 08/22/2021 2 days

Either make your first tire turns on loose ground or improve your off road skills under ideal conditions and under the guidance of a dedicated and professional team with many years of experience!

You will be surprised what you are "capable of" under these circumstances and how quickly a broad grin will be forced into your sweaty face.

We teach off-road riding from the basics, e.g. braking, handling, vehicle settings, physical preparation, clothing. We will lead you to "unexpected" successes, even if in the evening muscle groups unknown to you until then "speak up". You ride and train in groups of about 6-8 participants per trainer, but you can change at any time if you feel under- or, respectively, overstrained.

On the second day they put their new experiences and skills into practice in "free riding". On request, a trainer will go out on the enduro track every hour on the hour with a small group or individual riders.

Character: From "MILD to WILD!" on the motocross/enduro grounds of MSC Stiffland/Mitterteich (150km east of Nuremberg in Bavaria, Germany).

The program:

Timetable/Daily schedule (Saturday)

from 08:00 breakfast

08:45 Official welcome, introduction of the trainers, introduction

09:00:

- Vehicle Preparation Demonstration
- Warm-up training in rider clothing
- Motorcycle gymnastics and one track inspection (on request)

09:15:

Group division and subsequent basic training

09:30: Topic: Braking

- Single wheel braking
- different substrates
- Sitting or standing position
- different paces

10:30:

Topic: Handling, stabilizing, gaze control

- Slalom
- Riding an eight
- Squares
- Partner exercises
- Weight shift during ascents and descents

11:30:

Application of the basics in riding practice/course

- Meadow
- Children's course
- MotoCross track section
- Enduro track

12:00 – 13:00:

Lunch break followed by an information session

- Free riding
- Chassis adjustment
- Clothing tips
- "What I've always wanted to know but never dared to ask!"

14:00: Riding in the individual sections: MotoCross track, meadow, steep and downhill and sports rider training

15:30 - 16:00: Coffee break (upon request)

16:00 - 17:00: Local riding and jumping and sports rider training

17:00 - 18:00: Free riding in the sections, course and motocross track

18:30 - 19:00: Showers and personal hygiene

from 19:00: dinner

Schedule/daily schedule (Sunday)

from 08:00: breakfast

09:00 - 12:00: Free riding on the Enduro and Motocross track

12:00 - 14:00: Lunch

14:00 - 17:00: Free riding on the Enduro and Motocross track

Category	Motorcycle Training Course
Terrain	Offroad
Vehicle	your own motorcycle motorcycle rent optional
Tourguide / Coach	yes (guided)
Flight	no, not incl.
* PRICING	Minimal without optional extras, see pricing

Pricing

Enduro weekend - per participant (with own motorcycle) - 2 days:	€180.00
One day enduro training (Saturday) - per participant - 1 day:	€130.00
Enduro training free riding with trainers (Sunday) - per participant - 1 day:	€50.00
Rental motorcycle for 2 days Enduro training (plus 10,00 € petrol, payable on site)- 2 days:	€200.00
Rental motorcycle for 1 day enduro training (plus € 5.00 petrol, payable on site) - 1 day:	€140.00

Features

Enduro training on the motocross and enduro track of MSC Stiffland under the guidance of dedicated, professional and certified instructors.

Small groups (max. 6-7 drivers)

Riding seminar (basic training, special sections and exercises, individual training, children's course.

Physioprogram (warm-up training)

Free riding on the MotoCross and Enduro track

Special sections and exercises

Riding with instructor/ trainer on request (every hour an instructor/ guide accompanies the enduro track with riders)

Not included features

Petrol

Protective clothing

Rent a motorcycle

Everything not listed under benefits

More details

Target group: beginners, road/enduro riders, travel enduros, hobby endurists, sports riders, young riders (children and young people from 5 years of age).