

Term 3 –

Tuesday 15<sup>th</sup> July

Thursday 17<sup>th</sup> July

4:30pm

- New riders check bikes, helmets
- Warm up on Track 2 lines, 1 lap turns

4:40pm

- Form - 2 x 10sec x 2 Laps - top of straight and footpath to clubhouse.
- High cadence - 3 x 10sec x 2 Laps – top of straight, bridge on straight and footpath to clubhouse

Skills – All

- Basic Corning / Weaving between cones

Exp riders – one hand, pair up

- Basic Braking - clipping in, accelerating, braking inside box and unclipping. Exp Riders – switching feet when clipping in and unclipping,
- 2 Laps – In pairs ride around each other (earth circling the sun)
- 2 laps – human slalom on track – groups – weaving through riders

Efforts

2-4 x 1 lap efforts run as a handicap – slowest first then 2 laps easy as a group between efforts

Younger group –

Extra skills on path – Clipping in without looking, braking, riding one hand

5:50pm Warm down on track

4:30pm

- Warm up on Track Avg 28km/hr – 2 lines, 1 lap turns

4:40pm

- Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.
- High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse

5 efforts x 3 rider Sprint lead outs- 1 lead out rider down straight, 2 sprinting after bridge, easy lap in-between

Efforts –

Older group – 4 x 5min with 2 min easy in between  
8min set are 30/30 (30 sec on/30sec off) ride at own pace

5:20pm – Skills

- 2 Laps – In pairs ride around each other (earth circling the sun)
- one hand riding. Passing chickens/waterbottles/tennis balls on hats
- Circle of doom if grass is cut
- Cone wars
- Aus Tag

Tuesday 22<sup>nd</sup> July

<p>4:30pm –</p> <ul style="list-style-type: none"><li>-New riders check bikes, helmets</li><li>- Warm up on Track</li></ul> <p>4:40pm</p> <ul style="list-style-type: none"><li>-Form - 2 x 10sec x 2 Laps - top of straight and footpath to clubhouse.</li><li>-High cadence - 3 x 10sec x 2 Laps – top of straight, bridge on straight and footpath to clubhouse</li></ul> <p>Skills – All on grass</p> <ul style="list-style-type: none"><li>-one hand riding. Passing chickens/waterbottles/tennis balls on hats</li><li>-Corning on grass- Weaving between cones (make a circuit)</li></ul> <p>Exp riders – one hand, pair up</p> <ul style="list-style-type: none"><li>- 2 Laps – In pairs ride around each other (earth circling the sun)</li><li>- 2 laps – human slalom on track – groups – weaving through riders</li></ul> <ul style="list-style-type: none"><li>- Set up cones on track</li><li>-1 leg pedaling - 3 x Laps Older, 2 Laps for younger riders.</li><li>¼ left leg, ¼ both. ¼ right. ¼ both 1 Lap easy at end of set</li></ul> <p>Efforts</p> <p>2-4 x 1 lap efforts run as a handicap – slowest first then 2 laps easy as a group between efforts</p> <p>Younger group –</p> <p>Extra skills on path – Clipping in without looking, braking, riding one hand</p> <p>Break up with 2 laps around track</p> <p>5:50pm Cool down on track</p> <p><b>Brisbane Junior Tour</b></p>	
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Thursday 24<sup>th</sup> July

<p>4:30pm –</p> <ul style="list-style-type: none"><li>- Warm up on Track Avg 28km/hr</li></ul> <p>4:40pm</p> <ul style="list-style-type: none"><li>-Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.</li><li>-High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse.</li></ul> <p>4:50pm – Skills</p> <p>2 Laps – In pairs ride around each other (earth circling the sun)</p> <ul style="list-style-type: none"><li>- one hand riding. Passing chickens/waterbottles/tennis balls on hats</li><li>- Circle of doom if grass is cut</li><li>- Cone wars</li><li>- Aus Tag</li></ul> <p>Track – groups depending on numbers &amp; coaches</p> <ul style="list-style-type: none"><li>-1 leg pedaling - 4 x Laps Older, 3 Laps for younger riders.</li><li>¼ left leg, ¼ both. ¼ right. ¼ both 1 Lap easy at end of set</li></ul> <p>Pyramid</p> <p>30 sec on, 30 sec off, 1min on, 1 min off</p> <p>2 min on, 2 min off, 3min on, 3min off</p> <p>2min on, 2min off, 1min on, 1min off,</p> <p>30 sec on, 30 sec off x 2 min easy - older group repeat</p> <p>Cool down</p> <p><b>Brisbane Junior Tour</b></p>	
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Tuesday 29<sup>th</sup> July

<p>4:30 –</p> <ul style="list-style-type: none"><li>-New riders check bikes, helmets</li><li>- Warm up on Track</li></ul> <p>4:40</p> <ul style="list-style-type: none"><li>-Form - 2 x10sec x 2 Laps - top of straight and footpath to clubhouse.</li><li>-High cadence - 3 x 10sec x 2 Laps – top of straight, bridge on straight and footpath to clubhouse</li></ul> <p>Skills – All on grass</p> <ul style="list-style-type: none"><li>-Crit Cross course</li></ul> <p>Cornering – short circuit single then pairs</p> <p>U turn practice</p> <p>5:10– Track – groups depending on numbers &amp; coaches ,</p> <p>Set up cones on track</p> <ul style="list-style-type: none"><li>-1 leg pedaling - 3 x Laps Older, 2 Laps for younger riders.</li></ul> <p>¼ left leg, ¼ both. ¼ right. ¼ both 1 Lap easy at end of set</p> <p>2-4 x 1 lap efforts run as a handicap – slowest first then 2 laps easy as a group between efforts</p> <p>Younger group –</p> <p>Extra skills on path – Clipping in without looking, braking, riding one hand</p> <p>Break up with 2 laps around track</p> <p>5:50pm Cool down on track</p> <p><b>Darren Smith Classic</b></p>	<p>4:30 –</p> <ul style="list-style-type: none"><li>- Warm up on Track Avg 28km/hr</li></ul> <p>4:40</p> <ul style="list-style-type: none"><li>-Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.</li><li>-High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse.</li></ul> <p>4:50 – Skills</p> <ul style="list-style-type: none"><li>- Corning – short circuit in pairs</li><li>- U turn practice</li></ul> <p>Track – groups depending on numbers &amp; coaches</p> <ul style="list-style-type: none"><li>-1 leg pedaling - 4 x Laps Older, 3 Laps for younger riders.</li></ul> <p>¼ left leg, ¼ both. ¼ right. ¼ both 1 Lap easy at end of set</p> <p>Efforts – Use Cones as markers for start sprint</p> <p>5 laps, 1 effort each lap from far corner on straight to finish</p> <p>2 easy laps</p> <p>5 laps, 1 effort from far corner on straight to finish to finish</p> <p>2 easy laps</p> <p>5 laps, doubles – sprint from far corner on straight, hold high pace and sprint uphill past clubhouse</p> <p>Younger group does 3 laps per effort</p> <p>Cool down on track at least 3 laps</p> <p><b>Darren Smith Classic</b></p>
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Thursday 31<sup>st</sup> July

Tuesday 5<sup>th</sup> August

<p>4:30 –</p> <ul style="list-style-type: none"><li>-New riders check bikes, helmets</li><li>- Warm up on Track</li></ul> <p>4:40</p> <ul style="list-style-type: none"><li>-Form - 2 x 10sec x 2 Laps - top of straight and footpath to clubhouse.</li><li>-High cadence - 3 x 10sec x 2 Laps – top of straight, bridge on straight and footpath to clubhouse</li></ul> <p>Skills – All on grass</p> <ul style="list-style-type: none"><li>- Skills circuit with plank and bunny hopping</li></ul> <p>5:10– Track – groups depending on numbers &amp; coaches ,</p> <p>Set up cones on track</p> <ul style="list-style-type: none"><li>-1 leg pedaling - 3 x Laps Older, 2 Laps for younger riders.</li><li>¼ left leg, ¼ both. ¼ right. ¼ both 1 Lap easy at end of set</li></ul> <p>Efforts – Discuss sprinting etiquette</p> <p>3 lap lead outs with 1 easy in between</p> <p>Teams of 2 or 3 x 2 sets.</p> <p>Front rider lead out at approximately 30km/hr. rider comes off wheel between bridge and line. Explosive sprint.</p> <p>Change gearing and length of sprint per set</p> <p>Younger group –</p> <p>Extra skills on path – Clipping in without looking, braking, riding one hand</p> <p>5:50pm Cool down on track</p> <p><b>QLD CX and Gravel state champs - Rockhampton</b></p>
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Thursday 7<sup>th</sup> August

<p>4:30 –</p> <ul style="list-style-type: none"><li>- Warm up on Track Avg 28km/hr</li></ul> <p>4:40</p> <ul style="list-style-type: none"><li>-Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.</li><li>-High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse</li></ul> <p>4:50pm – Skills</p> <ul style="list-style-type: none"><li>-Skills circuit with plank and bunny hopping</li></ul> <p>5:10 – Track – groups depending on numbers &amp; coaches</p> <ul style="list-style-type: none"><li>-1 leg pedaling - 4 x Laps Older, 2 Laps for younger riders.</li><li>¼ left leg, ¼ both. ¼ right. ¼ both 1 Lap easy at end of set</li></ul> <p>Efforts -</p> <p>Efforts – Use Cones as markers for start sprint</p> <p>6 laps, 1 effort each lap from far corner on straight to finish</p> <p>2 easy laps</p> <p>6 laps, 1 effort from far corner on straight to finish</p> <p>2 easy laps</p> <p>6 laps, doubles – hard from far corner on straight, hold high pace and sprint uphill past clubhouse</p> <p>Younger group does 3 laps per effort</p> <p>Cool down on track at least 2 laps</p> <p><b>Elimbah Road Race</b></p> <p><b>QLD CX and Gravel state champs - Rockhampton</b></p>
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Tuesday 12<sup>th</sup> August

4:30 –  
-New riders check bikes, helmets  
- Warm up on Track  
4:40  
-Form - 2 x 10sec x 2 Laps - top of straight and footpath to clubhouse.  
-High cadence - 3 x 10sec x 2 Laps – top of straight, bridge on straight and footpath to clubhouse  
Skills – All on grass – Circle of doom  
- Skills circuit with plank and bunny hopping  
  
5:10– Track – groups depending on numbers & coaches ,  
Set up cones on track  
-1 leg pedaling - 3 x Laps Older, 2 Laps for younger riders.  
¼ left leg, ¼ both. ¼ right. ¼ both 1 Lap easy at end of set  
  
Efforts – Discuss sprinting etiquette  
3 lap lead outs with 1 easy in between  
Teams of 2 x 2 sets.  
Front rider lead out at approximately 30km/hr. rider comes off wheel between bridge and line. Explosive sprint.  
Change gearing and length of sprint per set  
  
Younger group –  
Extra skills on path – Clipping in without looking, braking, riding one hand  
  
5:50pm Warm down on track  
  
**Hamilton crit - Nundah**  
**Hamilton U9-U13 Club Champs Road Race**

Thursday 14<sup>th</sup> August

4:30 –  
- Warm up on Track Avg 28km/hr  
4:40  
-Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.  
-High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse  
  
4:50pm – Skills  
- Cornering with TT Bars  
  
Efforts – TT pacing based session  
2 x 6 lap TT with 2 lap easy in between. U15/U17  
2 x 5laps TT with 2 laps easy in between, U13/U15  
Held start  
Hold TT Pace  
  
Cool down on track at least 2 laps  
  
**Hamilton crit – Nundah - Saturday**  
**Hamilton U9-U13 Club Champs Road Race**  
***Itt series – Sunshine coast***  
***Qld Hill Climb Champs - Yandina***

Tuesday 19<sup>th</sup> August

Thursday 21<sup>st</sup> August

4:30 –

- New riders check bikes, helmets
- Warm up on Track

4:40

- Form - 2 x 10sec x 2 Laps - top of straight and footpath to clubhouse.
- High cadence - 3 x 10sec x 2 Laps – top of straight, bridge on straight and footpath to clubhouse

Skills – All

-Circle of doom

- Skills circuit with plank and bunny hopping
- Track standing and held TT start on Grass

TT Starts x 1 laps x 3– build up to speed until bridge in SSS then easy to Finish line. Concentrate on gear selection, start timing, form, small track

Efforts – TT pacing based session

2 x 4 lap TT with 2 lap easy in between. U15/U17

2 x 3 laps TT with 2 laps easy in between, U13

2 x 2 laps U9/U11

Younger group –

Extra skills on path – Clipping in without looking, braking, riding one hand

5:50pm Cool down on track

4:30 –

- Warm up on Track Avg 28km/hr

4:40

- Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.
- High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse

4:50pm – Skills

- Cornering with TT Bars

Efforts – TT pacing based session

2 x 7 lap TT with 2 lap easy in between. U15/U17

2 x 6 lap TT with 2 laps easy in between, U13/U15

Held start

Hold TT Pace

Cool down

***Lifecycle Classic Road Race***

Tuesday 26<sup>th</sup> August

<p>4:30 –</p> <ul style="list-style-type: none"><li>-New riders check bikes, helmets</li><li>- Warm up on Track</li></ul> <p>4:40</p> <ul style="list-style-type: none"><li>-Form - 2 x 10sec x 2 Laps - top of straight and footpath to clubhouse.</li><li>-High cadence - 3 x 10sec x 2 Laps – top of straight, bridge on straight and footpath to clubhouse</li></ul> <p>Skills – All</p> <ul style="list-style-type: none"><li>--Corning on infield or end of road – u turns, Cornering with speed</li><li>-Track standing and held TT start on Grass</li></ul> <p>TT Starts x 1 laps x 3– build up to speed until bridge in SSS then easy to Finish line. Concentrate on gear selection, start timing, form, small track</p> <p>Efforts – TT pacing based session</p> <ul style="list-style-type: none"><li>2 x 4 lap TT with 2 lap easy in between. U15/U17</li><li>2 x 3 laps TT with 2 laps easy in between, U13</li><li>2 x 2 laps U9/U11</li></ul> <p>Younger group –</p> <p>Extra skills on path – Clipping in without looking, braking, riding one hand</p> <p>5:50pm Cool down on track</p> <p><b>Hamilton Club Champs Saturday/Sunday</b></p>
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Thursday 28<sup>th</sup> August

<p>4:30 –</p> <ul style="list-style-type: none"><li>- Warm up on Track Avg 28km/hr</li></ul> <p>4:40</p> <ul style="list-style-type: none"><li>-Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.</li><li>-High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse</li></ul> <p>Skill – Clip in starts on Grass</p> <p>5:10 – Track – groups depending on numbers &amp; coaches</p> <ul style="list-style-type: none"><li>-1 leg pedaling - 4 x Laps Older, 2 Laps for younger riders.</li><li>¼ left leg, ¼ both. ¼ right. ¼ both 1 Lap easy at end of set</li></ul> <p>Efforts – 4 lap lead outs with 1 easy in between</p> <p>Teams of 2 or 3 x 4 sets.</p> <p>Front rider lead out at approximately 30km/hr. rider comes off wheel between bridge and line. Explosive sprint.</p> <p>Change gearing and length of sprint per set</p> <p>Cool down</p> <p><b>Hamilton Club Champs Saturday/Sunday</b></p>
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Tuesday 2<sup>nd</sup> September

4:30 –  
-New riders check bikes, helmets  
- Warm up on Track  
4:40  
-Form - 2 x 10sec x 2 Laps - top of straight and footpath to clubhouse.  
-High cadence - 3 x 10sec x 2 Laps – top of straight, bridge on straight and footpath to clubhouse  
  
Skills – All  
-Limbo, Cone wars, Circle  
  
Efforts-  
4 x 1 lap efforts run as a handicap – slowest first then 2 laps easy as a group between efforts  
  
Younger group –  
Extra skills on path – Clipping in without looking, braking, riding one hand  
  
5:50pm Warm down on track  
  
**Charles Coin RR**  
**QTT Series**

Thursday 4<sup>th</sup> September

4:30 –  
- Warm up on Track Avg 28km/hr  
4:40  
-Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.  
-High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse  
  
Efforts – 4 lap lead outs with 1 easy in between  
Teams of 2 or 3 x 4 sets.  
Front rider lead out at approximately 30km/hr. rider comes off wheel between bridge and line. Explosive sprint.  
Change gearing and length of sprint per set  
  
Cool Down  
  
**Charles Coin RR**  
**QTT Series**



Tuesday 9<sup>th</sup> September

4:30 –  
-New riders check bikes, helmets  
- Warm up on Track  
4:40  
-Form - 2 x 10sec x 2 Laps - top of straight and footpath to clubhouse.  
-High cadence - 3 x 10sec x 2 Laps – top of straight, bridge on straight and footpath to clubhouse  
  
Skills – All  
- Limbo, Cone wars, Circle  
  
Efforts – practice racing – give feed back after each  
2 x 10min crit races  
  
5:50pm Warm down on track

Thursday 11<sup>th</sup> September

4:30 –  
- Warm up on Track Avg 28km/hr  
4:40  
-Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.  
-High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse  
  
TT – 6 Laps timed  
  
Relay/Madison - 3 in teams 10 min race. Passing off bidon. Resting riders can keep circuiting the track. Pass must be made in on short circuit.  
  
5:50pm Warm down on track

Tuesday 16<sup>th</sup> September

4:30 –

-New riders check bikes, helmets

- Warm up on Track

Group ride on Footpath

Thursday 18<sup>th</sup> September

4:30 –

- Warm up on Track Avg 28km/hr

4:40

-Form – 2 x 10sec x 1 Laps - top of straight and footpath to clubhouse.

-High cadence - 3 x 10sec x 1 Laps – top of straight, bridge on straight and footpath to clubhouse

Group Ride on Footpath

***National Champs - RR***

<p>2-4 x 1 lap efforts run as a handicap – slowest first then 2 laps easy as a group between efforts</p> <p>Paceline practice 3 x 5 laps with 2 easy in between (walk through Safety aspects)</p> <p>Effort 1 last line of bridge to finish Effort 2 – last line of bridge to finish hold pace up hill 2 laps easy in between Oldest group x 7 Younger groups x 3-5</p> <p>Efforts Efforts – Chase game 8-10 efforts – 1 lap , 1 rider off the front and group chase (coach decides on track) easy laps in between.</p> <p>Efforts – practice racing – give feed back after each 2 x 10min crit races</p> <p>4 x 1 lap efforts run as a handicap – slowest first then 2 laps easy as a group between efforts</p> <p>Efforts Pass bidons between riders on track x 3 laps</p> <p>3 x long efforts greater then 100 cadence Oldest 6 laps, middle 5 laps, young 5 laps, 2 x easy in between</p> <p>Fun races</p>	<p>TT – 6 Laps timed Riders to circle track once completed until all riders are</p> <p>Younger group – 2 x 5 sprints with 2 laps easy in between Set 1 bridge to up past club house (use cones as markers) Set 2 Club house to back corner (cones a markers)</p> <p>Older group – 3 x 8min with 2 min easy in between 8min set are 20/40 (20 sec on/40sec off) ride at own pace</p> <p>Younger group – 2 x 6 sprints with 2 laps easy in between Set 1 bridge to up past club house (use cones as markers) Set 2 Club house to back corner (cones a markers)</p> <p>Older group – 3 x 8min with 2 min easy in between 8min set are 30/30 (30 sec on/30sec off) ride at own pace</p> <p>Younger group – Younger group – Chase game x 10 1 rider off front and group chase to finish line, 1 easy lap in between</p> <p>Older group – 3 x 8min with 2 min easy in between 8min set are 40/20 (40 sec on/20sec off) ride at own pace</p> <p>Pyramid 30 sec on, 30 sec off, 1min on, 1 min off 2 min on, 2 min off, 3min on, 3min off 2min on, 2min off, 1min on, 1min off, 30 sec on, 30 sec off x 3 min easy - older group repeat</p> <p>Pyramid 1min on, 30 sec off, 2min on, 30 sec off,</p>
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<p>Relay/Madison - 3 in teams 10 min race. Passing off bidon. Resting riders can keep circuiting the track. Pass must be made in on short circuit.</p> <p>2/3 up teams tt races / different abilities grouped together – 2-4 laps Must stay together</p> <p>4 laps, 1 effort each lap from far corner on straight 2 easy laps 4 laps, 1 effort from far corner on straight 2 easy laps 4 laps, doubles – sprint from far corner on straight, hold high pace and sprint uphill past clubhouse</p> <p>5 laps, 1 effort each lap from far corner on straight 2 easy laps 5 laps, 1 effort from far corner on straight 2 easy laps 5 laps, doubles – sprint from far corner on straight, hold high pace and sprint uphill past clubhouse</p> <p>6 laps, 1 effort each lap from far corner on straight 2 easy laps 6 laps, 1 effort from far corner on straight 2 easy laps 6 laps, doubles – sprint from far corner on straight, hold high pace and sprint up hill past clubhouse</p>	<p>3min on, 30 sec off Long recovery (5 min) , Repeat</p> <p>TT Starts x 1 laps x 3– build up to speed until bridge in SSS then easy to Finish line. Concentrate on gear selection, start timing, form</p> <p>Efforts – TT pacing based session 2 x 5 lap TT with 2 lap easy in between. U15/U17 2 x 4 laps TT with 2 laps easy in between, U13/U15 Held start Hold full TT Pace</p> <p>TT Starts x 1 laps x 3– build up to speed until bridge in SSS then easy to Finish line. Concentrate on gear selection, start timing, form</p> <p>Efforts – TT pacing based session 2 x 6 lap TT with 2 lap easy in between. U15/U17 2 x 5laps TT with 2 laps easy in between, U13/U15 Held start Hold TT Pace</p> <p>Efforts – TT pacing based session 2 x 7 lap TT with 2 lap easy in between. U15/17 2 x 6 laps TT with 2 laps easy in between, U13/U15 Held start Hold TT Pace</p>
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