

	Under 13	Under 15	Under 17
Monday	Free Day	Track 4-5pm	Time Trial Ride: 5min easy 4min fast 5min easy x 4 reps
Tuesday	Track 4-5pm Racing every 2nd week 6-8pm	Intervals: 20-30km 6 marker post fast 4 easy x 5 Racing 6-8pm 2nd week	Intervals 35-50km 2min easy 2min fast x 5 reps Racing 6-8 every 2nd week
Wednesday	Medium Ride: 20-25km steady pace 25-28kmph	Medium Ride: 25-35km steady pace 27-29kmph	Medium Ride: 30-40km steady pace 28-30kmph
Thursday	Time Trial Ride: 5min easy 4 min fast 5min easy x 2 reps	Time Trial Ride: 5min easy 4min fast 5min easy x 3 reps	Track 4-5pm
Friday	Free Day	Free Day	Free Day
Saturday	Road Race	Road Race	Road Race
Sunday	Long Ride; 30-35km 24-27kmph pace	Long Ride 35-45km 26-28kmph pace	Long Ride 60-80km 27- 29kmph pace