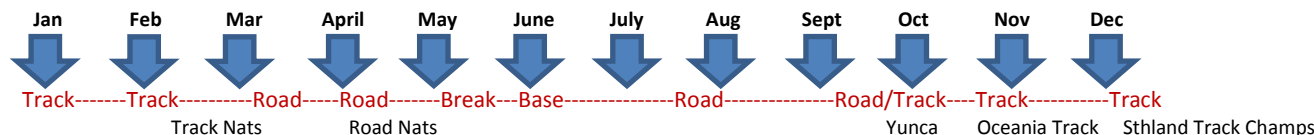


Cycling Southland – U19 - 2012-2013 Yearly Plan



Month / Year	Event	Focus
June 2012	<p>Club Track rolls – (Tuesday 5th June 7-8.30pm, Tuesday 26th June 6-7pm)</p> <p>Sprint Squad – (Mondays 7pm-8.30pm)</p> <p>Club Track Racing – (Tuesday 12th June 7pm-8.30pm)</p> <p>Performance Development Workshop – Strength & Conditioning Tues 19th June 6.30pm-8pm Sarah Ulmer Lounge</p> <p>Saturday Road Racing Begins (30th June – Waianiwa Time Trial - 1st in Winter Points Race Series)</p>	<p>Start of 6 week “Strength / Endurance” block: Starting to get into some base work on the road – strength work / longer / bigger gear efforts, longer rides in the weekends. Also a time to focus on aerobic endurance and muscular endurance (gym work) and core work.</p> <p>Cross training / Winter Sports - including Mountain biking. There is a night ride on Wednesdays 6pm from the Velodrome with Dave & Sier.</p> <p>Keeping legs ticking over on the track with club roll, and a couple of race nights. Also President’s Convoy on Mondays 6-7pm. Sprint Squads for the Sprinters!</p> <p>PERFORMANCE DEVELOPMENT WORKSHOP is on Strength & Conditioning this month. This contains important information so please come along!</p> <p>Technical / tactical routines / skills – do some research / watch races!</p> <p>Saturday Road Racing begins.</p>
July 2012	<p>Club Track rolls – (Tuesdays 3rd July 7-8.30pm, Tuesday 24th July 6-7pm)</p> <p>Sprint Squad – (Mondays 7pm-8.30pm)</p>	<p>Continue structured base / strength phase on road – moving into Strength / Power block near the end of the month, strength/conditioning work in the gym – CORE WORK remains vitally important!!</p> <p>There’s also room for winter sports, Mountain bike night rides leave on Wednesdays</p>

	<p>Club Track Racing – (Tuesday 7-8.30pm 10th June)</p> <p>Performance Development Workshop Recovery / Stretching – what does this all mean and how important is it? Tues 17th July 6.30pm-8pm Sarah Ulmer Lounge</p> <p>Saturday Road Racing 7th July – Donavon Points Race - 2nd Race in Winter Points Race Series 14th July - Woodstock 21st July – Gorge Road - 3rd Race in Winter Points Series 28th July – Riverton – Fairfax</p> <p>Corporate Pursuit – 8th & 15th July</p>	<p>6pm from the Velodrome.</p> <p>Performance Development Workshop – please come along!!!</p> <p>Keep legs ticking over on the track with club roll, and race night, also President’s Convoy Monday’s 6-7pm and Express Train which starts again on Thursday’s 6-7pm once the Corporate Pursuit is finished.</p> <p>Technical / tactical work</p> <p>Saturday Road Racing.</p>
<p>August 2012</p>	<p>Club Track roll – (Tuesday 7th August 7-8.30pm)</p> <p>Sprint Squad – (Mondays 7pm-8.30pm)</p> <p>Pre-Junior Worlds Track Carnival – 11th August (evening)</p> <p>Club Track Racing – (Tuesday 14th August 7-8.30pm)</p> <p>JUNIOR WORLD CHAMPS 22nd – 26th August</p>	<p>Strength / Power Phase. Introducing more intensity & moving into Speed / Power Phase.</p> <p>Once monthly Club Track Racing and Club Rolls – keep the legs ticking over on the track. Also President’s Convoy on Mondays 6-7pm and Express Train on Thursday’s 6-7pm.</p> <p>Junior Road Camp 17th-19th August at Borland Lodge– we hope some U19’s will be keen to come along as instructors we hope!</p> <p>Watching and Learning from Junior Worlds</p> <p>Saturday Road Racing</p>

	<p>Saturday Road Racing <i>4th August – Mabel Bush -(4th Race in Winter Points Race Series)</i> <i>11th August - Te Tipua – Beast of the East (5th & final Race in Winter Series)</i> <i>18th August – Waianiwa – Isla Bank</i></p>	
<p>September 2012</p>	<p>Club Track Racing – Every Tuesday 7-8.30pm starting Tuesday 4th September</p> <p>Sprint Squad – (Mondays 7pm-8.30pm)</p> <p>Endurance Squad Starting Friday 14th September 7pm – 9pm (apart from 28th September which will be 7.30pm-9pm due to Baxter & Neilson)</p> <p>SECONDARY SCHOOL TEAM SPRINT COMPETITION 30th SEPTEMBER (for Years 9-13)</p> <p>Saturday Road Racing <i>1st September – New Vale Coal Circuit.</i> Also 1st – 2nd September – Reiker Tour – Timaru. <i>8th September – SI Team Time Trial Champs</i> <i>15th September – Gorge Road Memorial</i> 22nd September – R & R Tour (Dunedin) <i>29th September – Browns Circuit</i></p>	<p>Build up to Yunca Tour – Speed / Power block: Intensity increases, volume decreases as the month goes on.</p> <p>Weekly track Racing – starts from Tuesday 4th September</p> <p>Age Group Squad Training Starting 14th September (7pm-9pm (7.30pm on 28th)</p> <p>Also President’s Convoy on Mondays 6-7pm and Express Train on Thursday’s 6-7pm.</p> <p>Those in years 9 -13 getting involved in the Secondary School Team Sprint Competition as a captain / coach of their team (and those who aren’t at school, maybe helping coach a team). Competition day is September 30th</p> <p>Saturday Road Racing – including Timaru Tour and R &R Tour (which, along with the Yunca, are both part of the BikeNZ Junior National Points Series)</p>

<p>October 2012</p>	<p>Club Track Racing – Tuesdays 7pm-8.30pm</p> <p>Sprint Squad – (Mondays 7pm-8.30pm)</p> <p>Endurance Squad Friday 7pm-9pm (apart from October 26th which will be 7.30pm-9pm due to Baxter & Neilson)</p> <p>Yunca Tour – 5-7th October</p> <p>ILT Track Carnival – 9th – 10th October</p> <p>Saturday Road Racing 13th October –Great Southern Cycle Challenge 20th October – Wednesday Worlds Circuit – Bluff 25th October – The Hell of the South 28th October – 3rd November – Tour of Southland</p> <p>Wednesday Worlds Starts on Wednesday 17th October</p>	<p>Yunca Tour - Road focus of month ILT Junior Track Carnival – Track focus of month</p> <p>Endurance Squad – Weekly on Fridays 7pm – 9pm (7.30pm on 26th).</p> <p>Weekly track racing</p> <p>President’s Convoy on Mondays 6-7pm and Express Train on Thursday’s 6-7pm.</p> <p>Saturday Road Racing and Wednesday Worlds starts on 17th October</p>
<p>November 2012</p>	<p>Oceania Track Champs – Adelaide, Australia November (dates to be confirmed)</p> <p>Endurance Squad Fridays 7pm-9pm (apart from 9th and 16th which will be from 7.30pm)</p> <p>Sprint Squad – (Mondays 7pm - 8.30pm and following Oceanias (following which, High Performance Squad ends) also Thursday’s 7-9pm)</p>	<p>Track Focus</p> <p>Weekly Track Racing</p> <p>Endurance squad (Fridays 7pm-9pm (7.30 on 9th & 16th)</p> <p>Also President’s Convoy on Mondays 6-7pm and Express Train on Thursday’s 6-7pm.</p> <p>Sprint Squad starts twice a week following Oceanias</p> <p>Saturday Road Racing</p>

	<p>Club Track Racing – (Every Tuesday 7pm-9pm)</p> <p>Saturday Road Racing 10 November – Woodlands Handicap 17th November – Myross Bush Points Race 24th November – Niagara Falls Café – Catlin’s Race</p>	
December 2012	<p>Club Track Racing – (Every Tuesday 7pm-9pm)</p> <p>Elite / U19 National’s Squad Session Fridays 7pm-9pm</p> <p>Sprint Squad – (Mondays 7pm -8.30pm and Thursdays 7-9pm)</p> <p>South Island Secondary School Track Champs 1st -2nd December</p> <p>Southland Track Champs - 7th -9th December</p>	<p>Focus of month: Southland Track Champs – Squads for Nationals will be selected following Southland Champs</p> <p>Weekly track racing, Age Group track sessions, Sprint Squad (twice weekly)</p> <p>Also President’s Convoy on Mondays 6-7pm and Express Train on Thursday’s 6-7pm.</p> <p>Stadium Closes on December 21st Christmas!!!</p>
January 2013	<p>Club Track Racing – (Every Tuesday 7pm-9pm)</p> <p>New Year Carnival – to be confirmed</p> <p>Elite / U19 National’s Squad Session Fridays 7pm-9pm</p> <p>Sprint Squad – (Mondays 7pm -8.30pm and Thursdays 7-9pm)</p>	<p>Track Focus Stadium Reopens on January 7th</p> <p>Track Racing, Squad Sessions, Carnival</p> <p>President’s Convoy on Mondays 6-7pm and Express Train on Thursday’s 6-7pm.</p>

<p>February 2013</p>	<p>Club Track Racing – (Tuesdays 7pm-9pm)</p> <p>Elite / U19 National’s Squad Session Fridays 7pm-9pm</p> <p>Sprint Squad – (Mondays 7pm -8.30pm and Thursdays 7-9pm)</p> <p>Elite Track Nationals – date to be confirmed</p>	<p>Track Focus – speed work in build-up to Track Nationals</p> <p>Track Racing and Nationals Squad Sessions</p>
<p>March 2013</p>	<p>Age Group Track Nationals</p> <p>Southland Road Champs</p>	<p>Track Focus till Track Nationals then a quick switch to Road Focus in the build-up to Club Road Nationals in Queenstown</p>
<p>April 2013</p>	<p>Te Awamutu Junior Tour – dates to be confirmed</p> <p>Rotorua Junior Tour – dates to be confirmed</p> <p>Club Road Nationals – Queenstown – dates to be confirmed (April or May!)</p>	<p>Road Focus</p> <p>Note: Te Awamutu & Rotorua Tours as well as Club Road Nationals Nationals are important selection races for BikeNZ Development Teams</p>
<p>Key:</p> <p>Track Sessions</p> <p>Track Racing</p> <p>Road Sessions</p> <p>Road Racing</p>		

Theory Workshops

