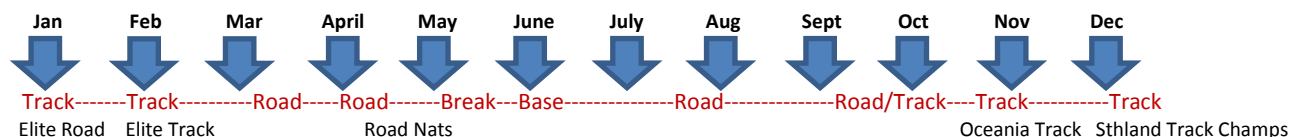


Cycling Southland – Senior - 2012-2013 Yearly Plan



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>NB: I have shied away from setting out training phases in this programme (apart from June/July which is a base phase for most people), because (unlike most of the other Age Squads) there are many different events on the Senior/Elite Spectrum – Oceansias, Elite Road Champs, Elite Track Nationals, Club Road Nationals etc.....and everyone is aiming for different things and therefore require different build ups)</p> <p>“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</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>Keeping legs ticking over on the track with club roll, race night, also President’s Convoy on Mondays 6-7pm</p> <p>Saturday Road Racing begins.</p>

<p>July 2012</p>	<p>Club Track rolls (<i>Tues 3rd July 7-8.30pm, Tues 24th July 6-7pm</i>)</p> <p>Sprint Squad (<i>Mondays 7pm-8.30pm</i>)</p> <p>Club Track Racing (<i>Tues 10th 7-8.30pm</i>)</p> <p>Performance Development Workshop Recovery / Stretching – what does this all mean and how important is it? <i>Tues 17th July 6.30pm-8pm Sarah Ulmer Lounge</i></p> <p>Saturday Road Racing <i>7th July – Donavon Points Race - 2nd Race in Winter Points Race Series</i> <i>14th July - Woodstock</i> <i>21st July – Gorge Road - 3rd Race in Winter Points Series</i> <i>28th July – Riverton – Fairfax</i></p> <p><i>Corporate Pursuit – 8th & 15th July</i></p>	<p>Continue structured base / strength phase on road and gym Mountain bike night rides - Wednesdays 6pm from the Velodrome.</p> <p>Performance Development Workshop – please come along!!!</p> <p>Keep legs ticking over on the track with club rolls and race night. Also Presidents Convoy on 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>Weekly Saturday Club Road Racing.</p>
<p>August 2012</p>	<p>Club Track roll – (<i>Tuesday 7th August 7-8.30pm</i>)</p> <p>Sprint Squad – (<i>Mondays 7pm-8.30pm</i>)</p> <p>Pre-Junior Worlds Track Carnival – <i>11th August (evening)</i></p> <p>Club Track Racing – (<i>Tuesday 14th August 7-8.30pm</i>)</p>	<p>Club roll, race night, Presidents Convoy on Monday’s 6-7pm and Express Train on Thursday’s 6-7pm</p> <p>Pre-junior Worlds Carnival</p> <p>Junior Worlds!</p> <p>Saturday Road Racing</p>

	<p>JUNIOR WORLD CHAMPS 22nd – 26th August Saturday Road Racing 4th August – Mabel Bush -(4th Race in Winter Points Race Series) 11th August - Te Tipua – Beast of the East (5th & final Race in Winter Series) 18th August – Waianiwa – Isla Bank</p>	
<p>September 2012</p>	<p>Club Track Racing – Every Tuesday 7-8.30pm starting Tuesday 4th September</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>Sprint Squad – (Mondays 7pm-8.30pm)</p> <p>Saturday Road Racing 1st September – New Vale Coal Circuit. 8th September – SI Team Time Trial Champs 15th September – Gorge Road Memorial 22nd September – Tour de Tairei (Dunedin) 29th September – Browns Circuit</p>	<p>Weekly track Racing – starts 4th September</p> <p>Endurance Squad - Starting 14th September (Friday’s 7pm-9pm (7.30pm on 28th))</p> <p>Presidents Convoy on Monday’s 6-7pm and Express Train on Thursday’s 6-7pm</p> <p>Saturday Road Racing – including South Island Team Time Trial Champs</p>
<p>October 2012</p>	<p>Club Track Racing – Tuesdays 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>Sprint Squad – (Mondays 7pm-8.30pm)</p>	<p>Weekly Racing, Endurance Squad – Weekly on Fridays 7-9pm (7.30pm on the 26th)</p> <p>Presidents Convoy on Monday’s 6-7pm and Express Train on Thursday’s 6-7pm</p> <p>Saturday Road Racing and Wednesday Worlds starts on 17th October</p>

	<p>(Yunca Tour – 5-7th October)</p> <p>(ILT Junior 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>November 2012</p>	<p>Oceania Track Champs – Adelaide, Australia - November (dates to be confirmed)</p> <p>Club Track Racing – (Every Tuesday 7pm-9pm)</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>Saturday Road Racing 10 November – Woodlands Handicap 17th November – Myross Bush Points Race 24th November – Niagara Falls Café Catlins</p>	<p>Oceania Track Champs – Dates to be confirmed</p> <p>Weekly Track Racing</p> <p>Endurance Squad (Fridays 7pm-9pm (7.30pm on 9th and 16th) Twice weekly Sprint Squad, following Oceanias</p> <p>Presidents Convoy on Monday's 6-7pm and Express Train on Thursday's 6-7pm</p> <p>Saturday Road Racing</p>

<p>December 2012</p>	<p>Club Track Racing – (Every Tuesday 7pm-9pm)</p> <p>Elite / U19 Squad Session Start up on Fridays 7pm-9pm</p> <p>Sprint Squad – (Mondays 7pm -8.30pm and Thursdays 7-9pm)</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, Squad Sessions (Elite and U19 National’s Squad Sessions start on Friday 14th (only one session in December before track closes for Christmas)</p> <p>Presidents Convoy on Monday’s 6-7pm and Express Train on Thursday’s 6-7pm</p> <p>Stadium Closes December 21st</p> <p>Christmas!!!</p>
<p>January 2013</p>	<p>Club Track Racing – (Every Tuesday 7pm-9pm – starting again on January 8th)</p> <p>Elite / U19 Nationals Squad Session Fridays 7pm-9pm – starting again on January 11th)</p> <p>Sprint Squad – (Mondays 7pm -8.30pm and Thursdays 7-9pm)</p> <p>Elite Road Champs – ChCh - 11th – 13th January (dates to be confirmed)</p> <p>New Year Track Carnival</p>	<p>Elite Road Champs – Christchurch – dates to be confirmed</p> <p>Stadium Reopens on Monday 7th January</p> <p>Weekly Track Racing, Squad Sessions, Presidents Convoy on Monday’s 6-7pm and Express Train on Thursday’s 6-7pm</p>

<p>February 2013</p>	<p>Club Track Racing – (Tuesdays 7pm-8.30pm)</p> <p>Elite /U19 Nationals 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>Elite Track Champs – dates to be confirmed</p>
<p>March 2013</p>	<p>Southland Road Champs</p> <p>Age Group Track Nationals</p>	
<p>April 2013</p>	<p>Club Road Nationals – Queenstown – dates to be confirmed (April or May!)</p>	
<p>Key: Track Sessions Track Racing Road Sessions Road Racing Theory Workshops</p>		

