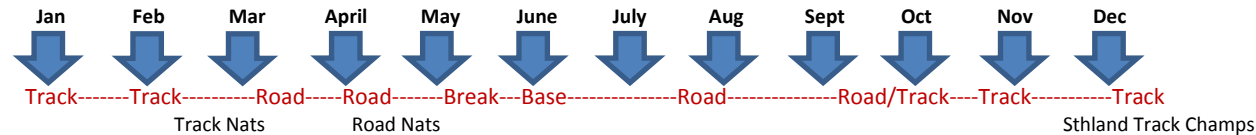


Cycling Southland – Masters - 2012-2013 Yearly Plan



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>“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>Mountain bike night ride on Wednesdays 6pm from the Velodrome with Dave & Sier.</p> <p>Sprint Squad for the Sprint Ace’s</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 and also Presidents Convoy on Monday’s 6-7pm and BOW /WOW on Wednesdays (8-9pm combined through till after the Corporate Pursuit)</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>Continue structured base / strength phase on road and gym</p> <p>Keeping legs ticking over on the track with club roll, race night and also Presidents</p>

	<p>Sprint Squad – (Mondays 7pm-8.30pm)</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>Convoy on Monday’s 6-7pm and BOW /WOW on Wednesdays (8-9pm combined through till after the Corporate Pursuit). Express Train starts again on Thursday’s 6-7pm once the Corporate Pursuit is finished.</p> <p>Mountain bike night rides - Wednesdays 6pm from the Velodrome.</p> <p>Performance Development Workshop – please come along!!!</p> <p>Technical / tactical work</p> <p>Weekly Saturday Club 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 TRACK CHAMPS 22nd – 26th August</p>	<p>Base work: Strength endurance, aerobic endurance, muscular endurance (gym work), continuing with core work.</p> <p>Club roll, race night and also Presidents Convoy on Monday’s 6-7, BOW on Wednesdays 7-8pm & WOW 8-9pm, and Express Train 6-7pm Thursdays</p> <p>Junior Worlds!!</p> <p>Saturday Road Racing</p>

	<p>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>	
September 2012	<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>Strength / Power Phase Weekly track Racing – starts from Tuesday 4th September, Presidents Convoy on Monday’s 6-7pm,BOW on Wednesdays 7-8pm and WOW 8-9pm, and Express Train 6-7pm Thursdays</p> <p>Endurance Squad Starting 14th September (7pm-9pm (7.30pm on 28th))</p> <p>Saturday Road Racing –including South Island Time Trial Champ and Tour in Dunedin</p>
October 2012	<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>(Yunca Tour – 5-7th October)</p>	<p>Strength / Power Phase Weekly track Racing, Endurance Squad, Presidents Convoy on Monday’s 6-7pm,BOW on Wednesdays 7-8pm and WOW 8-9pm, and Express Train 6-7pm Thursdays</p> <p>Saturday Road Racing and Wednesday Worlds starts on 17th 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>	
November 2012	<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 Race</p>	<p>Track Focus - Speed / Power in the build-up to Southland Champs at start of month – need mini peak for these important selection races.</p> <p>Weekly track Racing, Endurance Squad, Sprint Squad (starting twice weekly following Oceanias) Presidents Convoy on Monday's 6-7pm, BOW on Wednesdays 7-8pm and WOW 8-9pm, and Express Train 6-7pm Thursdays</p> <p>Saturday Road Racing</p>
December 2012	<p>Club Track Racing – (Every Tuesday 7pm-9pm)</p>	<p>Focus of month: Southland Track Champs – Squads for Nationals will be selected following Southland Champs</p>

	<p>Master's Nationals Squad Training – Sunday 16th 1-3pm</p> <p>Sprint Squad – (Mondays 7pm -8.30pm and Thursdays 7-9pm)</p> <p>Southland Track Champs - 7th - 9th December</p>	<p>Weekly track Racing, Sprint Squad (twice weekly), National's Squad Trainings start on Sundays (only on 16th this month due to Stadium Closing for Christmas on 21st). Presidents Convoy on Monday's 6-7pm, BOW on Wednesdays 7-8pm & WOW 8-9pm, and Express Train 6-7pm Thursdays</p> <p>Stadium Closes December 21st</p> <p>Christmas!!!</p>
January 2013	<p>Club Track Racing – (Every Tuesday 7pm-9pm, starting again on January 8th)</p> <p>Master's Nationals Squad Training – Sunday's 1-3pm (starting 13th January – subject to BikeNZ Camp which is booked on this day at this stage, but may change!)</p> <p>Sprint Squad – (Mondays 7pm -8.30pm and Thursdays 7-9pm, starting again on Monday January 7th)</p> <p>New Year Track Carnival</p>	<p>Track Focus – Speed / Power to build towards major peak of season at Nationals</p> <p>Stadium Reopens on January 7th</p> <p>Weekly track Racing, National's Squad Sessions, Sprint Squad, Presidents Convoy on Monday's 6-7pm, BOW on Wednesdays 7-8pm and WOW 8-9pm, and Express Train 6-7pm Thursdays</p>
February 2013	<p>Masters Games – Wanganui – Feb 1st – 10th http://nzmg.com/home2013</p> <p>Club Track Racing – (Tuesdays 7pm-8.30pm)</p> <p>Master's Nationals Squad Training Sunday's 1-3pm</p>	<p>Track Focus – speed work in build -up to Track Nationals</p> <p>Masters Games</p> <p>Weekly track Racing, National's Squad Sessions, Sprint Squad, Presidents Convoy on Monday's 6-7pm, BOW on Wednesdays 7-8pm and WOW 8-9pm, and Express Train 6-7pm Thursdays</p>

	Sprint Squad – (Mondays 7pm -8.30pm and Thursdays 7-9pm)	
March 2013	Age Group Track Nationals Southland Road Champs	Track Focus till Track Nationals then a quick switch to Road Focus in the build-up to Club Road Nationals in Queenstown
April 2013	Club Road Nationals – Queenstown – dates to be confirmed (April or May!)	Road Focus
Key: Track Sessions Track Racing Road Sessions Road Racing Theory Workshops		

