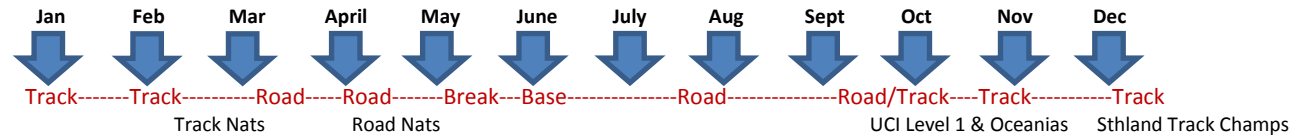


Cycling Southland – Masters - 2013-2014 Yearly Plan



| Month / Year | Event | Focus |
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| June 2013 | <p>Madison Training Sessions – (Tuesdays 7-9pm- every Tuesday in June)</p> <p>Sprint Squad – (Mondays 7pm-8pm – till after Corporate Pursuit, then 7-9pm)</p> <p>Presidents Convoy (Mondays 6pm-7pm)</p> <p>High Performance Squad (Thursdays 7-8pm (until after Corporate Pursuit, then 7-9pm) – You need to apply to part of squad, with aspirations to compete internationally...email Dale</p> <p>Senior Road Camp – Balclutha 28th-30th June. Book your accommodation at Rose Lodge & contact organiser Alistair Burnett if you're keen on coming along!</p> | <p>“Strength / Endurance” focus: 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>There is a MTB night ride on Wednesdays 6pm from the Velodrome.</p> <p>Keeping legs ticking over on the track and keep the skills levels up with Madison training night. Also President’s Convoy on Mondays 6-7pm. Sprint Squad is underway for the Sprinters!</p> <p>High Performance Squads starts on Thursday 6th June – Applications required</p> <p>Technical / tactical routines / skills – do some research / watch races – join in the Madison trainings!</p> |
| July 2013 | <p>Madison Racing Series – (Tuesdays 7-9pm)</p> <p>Sprint Squad – (Mondays 7pm-8pm)</p> | <p>Continue structured base / strength phase on road, strength/conditioning work in the gym – CORE WORK.</p> <p>Mountain bike night rides leave on Wednesdays 6.15pm from the Velodrome.</p> |

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| | <p>Presidents Convoy (<i>Mondays 6pm-7pm</i>)</p> <p>High Performance Squad (<i>Thursdays 7-8pm</i>) – <i>application required</i></p> <p>Saturday Road Racing Begins <i>6 July – Donovan Points Race - Graded</i> <i>13 July – Woodlands – Graded</i> <i>20 July – Waianiwa (TT & Team Race)</i> <i>27 July – Woodstock - Handicap</i></p> | <p>Technical / tactical work – Madison Racing starts!</p> <p>Saturday Road Racing starts.</p> |
| <p>August 2013</p> | <p><i>Corporate Pursuit – 4th & 11th August</i></p> <p>Club Track Racing – (<i>Tuesdays 7-9pm</i>)</p> <p>Sprint Squad – (<i>Mondays 7pm-8pm on 5th August, but 7-9pm from August 12th after Corporate Pursuit</i>)</p> <p>Presidents Convoy (<i>Mondays 6pm-7pm</i>)</p> <p>High Performance Squad (<i>Thursdays from 7-8pm on 1st & 8th but 7-9pm from 15th August onwards</i>) – <i>application required</i></p> <p>Saturday Road Racing <i>3 Aug– Wyndham – Graded</i> <i>10 Aug– Thornbury - Graded</i> <i>17 Aug – Wednesday Worlds (TT & Team Race)</i> <i>24 Aug- Riverton-Fairfax – Handicap</i> <i>31 Aug – Grove Bush – Hedgehope-Spring Hills - Graded</i></p> | <p>Strength / Power Phase.</p> <p>Normal Club track racing starts again following Madison Series</p> <p>Saturday Road Racing</p> |

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| <p>September 2013</p> | <p>Club Track Racing – (Tuesdays 7-9pm)</p> <p>Sprint Squad – (Mondays 7pm-9pm)</p> <p>Masters Squad (Starting Sunday 15th September, 1pm-3pm)</p> <p>Presidents Convoy (Mondays 6pm-7pm)</p> <p>High Performance Squad (Thursdays from 7-9pm) – application required.</p> <p>Saturday Road Racing 7 Sept – Rimu Points Race – Graded 8 Sept – Waianiwa-Drummond – Graded 14 Sept – Browns – Graded 21 Sept – Gorge Road - Memorial Weekend – Handicap 28 Sept – Beast of the East - Graded</p> | <p>Weekly track Racing</p> <p>Masters Squad Training starts Sunday 15th September (1-3pm)</p> <p>Also President’s Convoy on Mondays</p> <p>Saturday Road Racing</p> |
| <p>October 2013</p> | <p><i>Yunca Tour</i> – 4-6th October <i>ILT Track Carnival</i> – 8th – 9th October</p> <p>Club Track Racing – (Tuesdays 7pm-9pm (not on 8th October due to Junior Track Carnival following Yunca)</p> <p>Sprint Squad – (Mondays 7pm-9pm)</p> <p>Masters Squad (Sundays 1pm-3pm)</p> <p>Presidents Convoy- (Mondays 6pm-7pm)</p> | <p>Weekly track racing, squad and other sessions</p> <p>Saturday Road Racing and Wednesday Worlds starts on 16th October</p> |

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| | <p>High Performance Squad (Thursdays from 7-9pm) – application required.</p> <p>Saturday Road Racing 12 Oct – Great Southern Cycle Challenge 13 Oct – The Hell of the South 19 Oct – Myross Bush Points Race – Graded 26 Oct – Gorge Road – 2 Stage Race (TT & Graded)</p> <p>Wednesday Worlds Starts on Wednesday 16th October</p> | |
| <p>November 2013</p> | <p>Tour of Southland - 3rd-9th November</p> <p>UCI Level 1 Track Event - 16th-17th November Oceania Track Champs – Invercargill 19th – 22nd November</p> <p>Club Track Racing – (Tuesdays 7pm-9pm (not on November 19th))</p> <p>Masters Squad (Sundays 1pm-3pm – no session on 17th November due to UCI Level 1 Track Event).</p> <p>High Performance Squad (Last session is on 8th November)</p> <p>Sprint Squad – (Mondays 7pm - 9pm)</p> <p>Wednesday Worlds</p> | <p>Weekly Track Racing and Squad Sessions – build up to Southland Champs</p> <p>Saturday Road Racing</p> |

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| | <p>Saturday Road Racing 23 Nov – Winton Gold Course Circuit- Graded 30 Nov – Wednesday Worlds – Bluff – Graded</p> | |
| <p>December 2013</p> | <p>Southland Track Champs - 6th - 8th December</p> <p>Club Track Racing – (Tuesdays 7pm-9pm)</p> <p>Masters Squad (Men: Thursdays 7-9pm and Women: Sundays 1-3pm)</p> <p>Sprint Squad – (Mondays 7pm -9pm)</p> <p>Wednesday Worlds</p> <p>Saturday Road Racing 7 Dec – Niagara Falls Café – Handicap End of season break-up</p> | <p>Focus of month: Southland Track Champs – Squads for Nationals will be selected following Southland Champs</p> <p>Weekly track racing, Squad Sessions</p> <p>Also President’s Convoy on Mondays 6-7pm</p> <p>Christmas!!!</p> |
| <p>January 2014</p> | <p>Club Track Racing –(Tuesdays 7pm-9pm)</p> <p>New Year Carnival – dates to be confirmed</p> <p>Masters National’s Squad (Men: Thursdays 7-9pm and Women: Sundays 1-3pm)</p> <p>Sprint Squad – (Mondays 7pm -9pm)</p> | <p>Track Focus</p> <p>Track Racing, Squad Sessions, Carnival</p> <p>President’s Convoy on Mondays 6-7pm</p> |

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| <p>February 2014</p> | <p>Club Track Racing – (Tuesdays 7pm-9pm)</p> <p>Masters National’s Squad (Men: Thursdays 7-9pm and Women: Sundays 1-3pm)</p> <p>Sprint Squad – (Mondays 7pm -9pm)</p> <p>Wednesday Worlds Saturday Road Racing</p> | <p>Track Focus – speed work in build-up to Track Nationals</p> <p>Track Racing and Nationals Squad Sessions</p> |
| <p>March 2014</p> | <p>Age Group Track Nationals – 4th – 8th March</p> <p>Southland Road Champs – dates to be confirmed</p> <p>Wednesday Worlds Saturday Road Racing</p> | <p>Track Focus till Track Nationals then switch to Road Focus in the build-up to Club Road Nationals in Queenstown</p> |
| <p>April 2014</p> | <p>Wednesday Worlds – finishes at end of daylight savings</p> <p>Saturday Road Racing</p> | |
| <p>May 2014</p> | <p>Saturday Road Racing</p> | |

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| | Club Road Nationals – Hamilton – dates to be confirmed | |
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