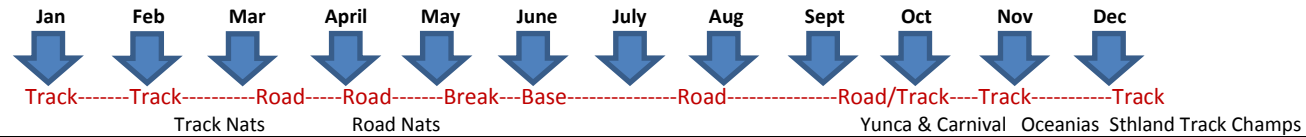


Cycling Southland – U19 - 2013-2014 Yearly Plan



Month / Year	Event	Focus
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) – starting 6th June. You need to apply to part of squad, with aspirations to compete internationally...email Dale</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 6.15pm 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 Racing.</p>
July 2013	<p>Madison Racing Series – (Tuesdays 7-9pm)</p> <p>Sprint Squad – (Mondays 7pm-8pm)</p> <p>Presidents Convoy (Mondays 6pm-7pm)</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>Mountain bike night rides leave on Wednesdays 6.15pm from the Velodrome.</p>

	<p>High Performance Squad (Thursdays 7-8pm) – application required</p> <p>South Island Secondary School Road Cycling Champs – Ruapuna, Christchurch (July 13th – contact your School Sports Co-ordinator)</p> <p>Saturday Road Racing Begins 6 July – Donovan Points Race - Graded 13 July – Woodlands – Graded 20 July – Waianiwa (TT & Team Race) 27 July – Woodstock - Handicap</p>	<p>Technical / tactical work – Madison Racing starts!</p> <p>Saturday Road Racing.</p>
<p>August 2013</p>	<p>Corporate Pursuit – 4th & 11th August</p> <p>Club Track Racing – (Tuesdays 7-9pm)</p> <p>Sprint Squad – (Mondays 7pm-8pm on 5th August, but 7-9pm from August 12th After Corporate Pursuit)</p> <p>Presidents Convoy (Mondays 6pm-7pm)</p> <p>High Performance Squad (Thursdays from 7-8pm on 1st & 8th but 7-9pm from 15th August onwards) – application required</p> <p>Junior Road Camp – 23rd – 25th August – Tuatapere.</p> <p>Saturday Road Racing 3 Aug– Wyndham – Graded 10 Aug– Thornbury - Graded</p>	<p>Strength / Power Phase. Introducing more intensity & moving into Speed / Power Phase.</p> <p>Club track racing starts again.</p> <p>Junior Road Camp 23rd – 25th August at Tuatapere we hope some U19's will be keen to come along as instructors! Let Andrea Hope know if you're keen – andreajohn@xtra.co.nz</p> <p>Saturday Road Racing</p>

	<p>17 Aug – Wednesday Worlds (TT & Team Race) 24 Aug- Riverton-Fairfax – Handicap 31 Aug – Grove Bush – Hedgehope-Spring Hills - Graded</p>	
September 2013	<p>Club Track Racing – (Tuesdays 7-9pm) Sprint Squad – (Mondays 7pm-9pm) Elite/U19 Squad (Starting Friday 13th September 8pm – 10pm) Presidents Convoy (Mondays 6pm-7pm) High Performance Squad (Thursdays from 7-9pm) – application required. 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>Build up to Yunca Tour – Speed / Power block: Intensity increases, volume decreases as the month goes on. Weekly track Racing – starts from Tuesday 3rd September Age Group Squad Training Starting 13th September (8pm-9.30pm) Also President’s Convoy on Mondays 6-7pm Saturday Road Racing</p>
October 2013	<p>Club Track Racing – Tuesdays 7pm-8.30pm (not on Tuesday 8th October) Sprint Squad – Mondays 7pm-9pm Elite/U19 Squad - Friday 8pm-10pm</p>	<p>Yunca Tour - Road focus of month ILT Junior Track Carnival – Track focus of month Endurance Squad – Weekly on Fridays 8 - 9.30pm Weekly track racing and other sessions</p>

	<p>Presidents Convoy- Mondays 6pm-7pm</p> <p>High Performance Squad (Thursdays from 7-9pm) – application required.</p> <p>Yunca Tour – 4-6th October</p> <p>ILT Track Carnival – 8th – 9th October</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>Saturday Road Racing and Wednesday Worlds starts on 16th October</p>
<p>November 2013</p>	<p>UCI Level 1 Track Event - 16th-17th November (including U19!)</p> <p>Oceania Track Champs – Invercargill 19th – 22nd November</p> <p>Club Track Racing – (Tuesdays 7pm-9pm (not on October 19th))</p> <p>Elite/U19 Squad Fridays 8-10pm (not on October 15th)</p> <p>High Performance Squad Thursdays 7-9pm (Last session is on 8th November)</p>	<p>Focus of Month - Level 1 Track Event and Oceanias</p> <p>Weekly Track Racing</p> <p>Endurance squad (Fridays 8-9.30pm)</p> <p>Also President’s Convoy on Mondays 6-7pm</p> <p>Sprint Squad starts twice a week following Oceanias</p> <p>Saturday Road Racing</p>

	<p>Sprint Squad – (Mondays 7pm - 9pm)</p> <p>South Island Secondary School Track Champs November 30th</p> <p>Saturday Road Racing 23 Nov – Winton Gold Course Circuit- Graded 30 Nov – Wednesday Worlds – Bluff – Graded</p>	
December 2013	<p>Southland Track Champs - 6th - 8th December</p> <p>Club Track Racing – (Tuesdays 7pm-9pm)</p> <p>Elite / U19 National’s Squad Session Fridays 8-10pm</p> <p>Sprint Squad – (Mondays 7pm -9pm)</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, Age Group track sessions, Sprint Squad (twice weekly)</p> <p>Also President’s Convoy on Mondays 6-7pm</p> <p>Christmas!!!</p>
January 2014	<p>Club Track Racing –(Tuesdays 7pm-9pm)</p> <p>New Year Carnival – dates to be confirmed</p> <p>Elite / U19 National’s Squad Session Fridays 8-10pm</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>

<p>February 2014</p>	<p>Club Track Racing – (Tuesdays 7pm-9pm)</p> <p>Elite / U19 National’s Squad Session Fridays 8-10pm</p> <p>Sprint Squad – (Mondays 7pm -9pm)</p> <p>Elite Track Nationals? – dates 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 2014</p>	<p>Elite Track Nationals– dates to be confirmed</p> <p>Age Group Track Nationals –4-8th March</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 2014</p>	<p>Te Awamutu Junior Tour – 26th-27th April</p> <p>Rotorua Junior Tour</p>	<p>Road Focus</p> <p>Note: Te Awamutu & Rotorua Tours as well as Club Road Nationals are important selection races for BikeNZ Development Teams</p>
<p>May 2014</p>	<p>Club Road Nationals – Hamilton – dates to be confirmed (April or May!)</p>	

