

*Updated 18/12/15*

<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
U15 Squad 4-6pm (for those in Nationals Squad). Be at track at 3.45 ready.	Recovery Ride – 45 min cruisy	Wednesday world road race or  Otherwise: 60 minute road ride with 5 x power pole sprints	Rest Day	Junior Track Racing - 6-8pm.	1.25hr Road Ride including warm up, then 5 x 2min vo2 intervals (high intensity, small gear), sprinting the last 5 seconds. 2 minutes between efforts. Then warm down.	Cruisy Recovery Road ride. 1hr

*This programme is designed as a build up to NZ Track Champs in March*

*If weather is bad on the road do your training on your wind trainer at home.*