

## ATTACHMENT 11

# EXAMPLE: INDOOR TRACK ACTIVITIES

## STARTING THE SESSION

	<u>Activity</u>	<u>Description</u>	<u>Safety</u>
a	Mandatory checks: bikes 'M-check', helmet (no loose clothing, jewellery)	Ask one of the group to describe the M check?  Ask what risk loose clothing or jewellery presents?	Nothing loose.  No watches, jewellery.  No bottles on the track.
b	Provide clear instructions for the exercise	Describe the purpose and how the exercise will unfold	Reinforce need to respect other's safety needs
c	Mount bikes (pedals in right position, point front wheel towards first bend and look over shoulder when moving off)	Ask one of the group what is the safe approach to leaving the rail	Starting off safely from the rail
d	Entering the track	Roll out on the Cote d'Azur, doing one lap to gain speed.  Once at sufficient speed instruct to get on black line.	Look over right shoulder when entering the track
e	Warm up activity	Get group rolling up to the 'stayer's' lines at a 'warm-up pace'. Switching every lap. Encourage group into no more than two	Permit sufficient time for riders to warm up.

		<p>lines. This activity should last for a minimum of 15 minutes.</p> <p>Signal (fingers/verbal at five laps counting down.</p> <p>Long whistle to conclude the warm up.</p>	<p>Permit time for coach to check riders are performing safe competent pedalling styles on the track.</p>
f	Bring off Track	<p>Leave the track safely</p>	<p>Leaving the track safely.</p> <p>Permitting time for stretching (own choice)</p> <p>Rehydrate.</p> <p>Debrief</p>

EXAMPLE

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<p>1</p>	<p><b>Team Pursuit (2km) Off Rail (Matched)</b></p> <p>Teams of 4-6 riders</p>	<p>Establish groups of equal ability teams of 4-6 riders.</p> <p>Match two teams (of roughly equal ability) against each other.</p> <p>Start on top rail. Just behind the pursuit line.</p> <p>On whistle first rider sets off with remaining team close succession.</p> <p>After the first completed lap, riders take turns for half a lap.</p> <p>Completing eight laps of the track.</p> <p>Coach whistles to conclude exercise.</p> <p>If a team is caught, the Coach will signal long blow on whistle to conclude the exercise.</p> <p>Bring riders off the track – see 'f' above in 'Starting a Session' section</p>	<p>Starting from the top-rail.</p> <p>Getting into pursuit line quickly.</p> <p>Rapid changes at speed up the banks.</p> <p>Safe returns to back rider, without leaving any gaps.</p> <p><b>Key Skill:</b></p> <p>Judging the swing up and down. Aim for BB of last rider. Don't leave any gaps-spat out.</p> <p>Keeping close and together, timed on the third man. No gain for solo efforts.</p> <p>Man flagging? Consider taking a lap turn and resting.</p> <p>Keep talking</p>
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1a	<p>Team Pursuit (2km) Standing (Matched)</p> <p>Teams of 4-6 riders (Alternative)</p>	<p>Establish groups of equal ability teams of 4-6 riders.</p> <p>Match two teams (of roughly equal ability) against each other.</p> <p>Starting on the pursuit line, have four holders, hold each rider (if not enough holders then have two riders leave from the top rail.</p> <p>On whistle all riders set off at pace from the closest to the black, with remaining team in close succession.</p> <p>After the first completed lap, riders take turns for half a lap.</p> <p>Completing eight laps of the track.</p> <p>Coach whistles to conclude exercise.</p> <p>If a team is caught, the Coach will signal long blow on whistle to conclude the exercise.</p> <p>Bring riders off the track – see 'f' above in 'Starting a Session' section</p>	<p>Starting from the top-rail.</p> <p>Getting into pursuit line quickly.</p> <p>Rapid changes at speed up the banks.</p> <p>Safe returns to back rider, without leaving any gaps.</p> <p><b>Key Skill:</b></p> <p>Judging the swing up and down. Aim for BB of last rider. Don't leave any gaps-spat out.</p> <p>Keeping close and together, timed on the third man. No gain for solo efforts.</p> <p>Man flagging? Consider taking a lap turn and resting.</p> <p>Keep talking</p>
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2	20 lap scratch race	<p>Roll onto track.</p> <p>Ride up to top rail behind the start/finish line.</p> <p>On whistle roll down to the black line (rolling off from the rear)</p> <p>Observe tempo, have the first 5 laps running at approx.: 22 seconds</p> <p>Build speed at 6-10 laps (20 seconds) remaining in a single line.</p> <p>Let group dictate speed thereafter.</p> <p>At three laps front rider must hold/defend the black line. All riders must come over the front rider.</p> <p>Ring the bell at a lap to go.</p> <p>Whistle to signal conclusion of race.</p> <p>Leave the track safely.</p> <p>Bring riders off the track – see 'f' above in 'Starting a Session' section</p>	<p>Watch single line formations are safe.</p> <p>After ten laps make sure bunch is safe. Keep talking to each other.</p> <p>Look before moving on the track</p>
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<p>2a</p>	<p>20/30 lap scratch race  (alternative)</p>	<p>Roll onto track.</p> <p>Ride up to top rail behind the start/finish line. With the first group expecting to complete only 20 laps on the front of the group</p> <p>On whistle roll down to the black line (rolling off from the front)</p> <p>Observe tempo, have the first 5 laps running at approx.: 25 seconds</p> <p>Build speed at 6-10 laps (23 seconds) remaining in a single line.</p> <p>With ten laps to go, let the front group dictate the pace. The group scheduled to ride 30 laps must not impede the 20 lap group, merely use them as a pace group.</p> <p>At three laps front rider must hold/defend the black line. All riders in the 20 lap race must come over the front rider.</p> <p>Ring the bell at a lap to go.</p> <p>Whistle to signal conclusion of race of the 20 lap.</p> <p>All 20 lap racers move up to the stayer's line and the 30 lap race commences it final 10 laps after 1 lap!</p> <p>The coach will instruct riders in the 20 lap race when to come off the track. Expect all 20 lap riders off the track with five laps to go! In the 30 lap race</p> <p>At three laps front rider must hold/defend the black line. All riders in the 20 lap race must come over the front rider.</p>	<p>Riders exiting the pack will be instructed up above the 'stayer's' line on instruction from the coach once half a lap gap.</p> <p><b><u>Key Skill:</u></b></p> <p>Judging your position over the last 5/6 laps.</p> <p>Don't get left at the back if you are going for prizes.</p> <p>Inside rider ride as close as possible to outside of sprinters lane. Everyone else must come over the top.</p>
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		<p>Ring the bell at a lap to go.</p> <p>Whistle to signal conclusion of race of the 30 lap.</p> <p>Leave the track safely on instruction.</p> <p>Bring riders off the track – see ‘f’ above in ‘Starting a Session’ section</p>	
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3	Elimination Race	<p>Roll onto track.</p> <p>Ride up to top rail behind the pursuit lines.</p> <p>Riders set off from the rear, dropping onto black line, at a moderate pace clustering the group together.</p> <p>On the whistle, the elimination occur against the last rider over the start/finish line, one rider per lap.</p> <p>The front rider on the black race line must hold his line and not change lanes.</p> <p>When only three riders remain a three lap race will occur, at a pace dictated by the three riders.</p> <p>With one lap to go, the bell signals one lap to race for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions</p>	<p>Safe close racing once ‘dernity’ of out of the event.</p> <p>Observing for riders around you when shift lanes.</p> <p>Watch out for boxing in. Talk to each other.</p> <p>When riders are eliminated, move up above the ‘stayer’s’ line, then when instructed to do so, come off the track and onto the apron, to avoid congestion on the track.</p> <p><b>Key Skill:</b></p> <p>Judging your position on every lap</p> <p>Know your target men, try not to win every lap, only the last is important. Conserve your energy.</p> <p>Keep positioning so you don’t end contesting the elimination</p>
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4	Interval Alternative	<p>Enter track.</p> <p>Find own space on track. Warm-up speed.</p> <p>On short whistle go at maximum effort, until</p> <p>Long whistle resume to warm-up pace.</p> <p>Efforts will be following combination:</p> <p>60/60: 15/45: 45/15: 30/30 (extend rest???)</p> <p>45/15: 15/45: 30/30: 60:60 END</p> <p>Bring riders off the track – see 'f' above in 'Starting a Session' section</p>	<p>Safe over-taking</p> <p>Communicate with each other!</p> <p>Pass only on the right (look before moving up)</p> <p>Watch for fatiguing riders</p> <p>Extend mid-warm-up phase if looking too hard.</p>
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EXAM

5	Slalom	<p>Roll onto track.</p> <p>Ride up to top rail behind the pursuit lines.</p> <p>Riders set off from the front, dropping onto Stayers line, leaving at least two bike lengths apart.</p> <p>On whistle, last rider ducks underneath next rider, then over next rider, then underneath next rider, until at the front of the line.</p> <p>Assumes a position two bike lengths in front of the last rider slalomed against.</p> <p>On whistle, last rider ducks underneath next rider, then over next rider, then underneath next rider, until at the front of the line.</p> <p>Assumes a position two bike lengths in front of the last rider slalomed against.</p> <p>Repeat exercise will all riders completing exercise.</p> <p>Bring riders off the track – see 'f' above in 'Starting a Session' section</p>	<p>Keep both groups half a lap apart.</p> <p>Maintain bike distance between riders.</p> <p>Keep speed constant.</p> <p>Look as passing in slalom</p> <p>Talk to each other</p>
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	<p>Concluding the session.</p> <p><b>WARM DOWN</b></p>	<p>Allow sufficient time to warm down following the exercise.</p> <p>Form two groups on the stayers line and warm down pace for a minimum of 15 laps.</p> <p>If cyclists look/express fatigue permit them to warm down on the black line.</p> <p>Signal (fingers/verbal at five laps counting down.</p> <p>Long whistle to conclude the warm up.</p>	<p>Ensure riders are reducing speed in a controlled way to exit the track safely.</p> <p>Enter the apron at the appropriate speed.</p> <p>Stop on the rail safely.</p> <p>Climb of bike and leave the track, being mindful of other cyclists existing the track.</p>
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