

ATTACHMENT 10



EXAMPLE: TRACK SESSION PLAN 3

| COACH <<NAME>> | DATE <<DAY/MONTH/2019>> | TIME <<ONE HOUR>>pm | VENUE TE AWAMUTU VELODROME |
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| EQUIPMENT REQUIRED <ul style="list-style-type: none"> • Cones • Motorbike • Riders to bring their own gearing/tool kits | | RIDERS [Skill level – Intermediate experienced] <ul style="list-style-type: none"> • <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> • <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> • <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> | |
| SESSION FORMAT | | SESSION GOALS | |
| 15 mins | Warm up | <ul style="list-style-type: none"> • Setting parameters for this and future track sessions • Laying the base foundations for flying and standing starts • Introduction to motor pacing | |
| 25 mins | Set activities (Flying and Standing starts) | | |
| 20 mins | Skills session – using full banking when taking turns / changing | | |
| 20 mins 10 mins | Motor pacing Warm Down | | |
| TECHNIQUES, ACTIVITIES, GAMES AND PHYSICAL TRAINING | | POTENTIAL HAZARDS, SOLUTIONS OR ACCIDENTS | |
| WARM UP: Meet and greet 15 minutes before designated start time of session – get settled have a review of last session, discuss coaching points from that session then have a chat about today's session Both riders warm up together rolling round above blue line then faster @ 25kph then @ 30kph then @ 35kph (5 mins at each speed) | | Please refer to the risk assessment plan for in depth analysis – but the main physical risks are: <ul style="list-style-type: none"> • 3 x drains • 1 x broken concrete (identified), • gates to track needing to be closed and • using a motorbike for motorpacing | |
| SET DRILLS 2 x flying sprints @ 85% (from 2000m mark to finish line) – to follow on directly from warm up...reinforce skill session from last wee x standing starts @100m (from the 1000m – finish line) x standing 200m starts (All times are recorded and summary sheet sent to riders to enter into their training logs after session) | | NOTES While packing up – have a chat about the session | |
| SKILL Using the banking to take turns / effect change of rider at the front of bunch <ul style="list-style-type: none"> • Discuss with riders on grass first and walk through what we are trying to achieve. Set cones up in a triangle shape and walk through with bikes. Relate this back to last week's skill session on using the track configuration to maintain momentum. • Front rider reaches first cone and 'swings' right up the track to the top (second cone)...their right elbow will be very close to the fence; once at top, look left over their left shoulder back down to the racing line and sight the next rider who was behind them; the using the momentum from the banking of the track and their | | To reinforce the skills required for standing starts, will involve more speed work behind the motorbike and will focus on showing the riders how to use the contour of the track to maintain riding / racing momentum | |

generated speed (quickly mentally calculate and) drop directly back down a few centimeters behind that next rider's back wheel (as they reach the third cone)

- Cones will be set up at both ends / corners of the track so the riders can complete two changes per lap. The coach may to seated position and maintain maximum forward momentum
- The riders came back in (resting on the fence) to discuss. Send one off (no flying effort just using the track) while we observe and critique. need to adjust the distance between cones 1 and 3 so the riders can affect the change and the riders may need to adjust how high they swing up the track to be able to get onto the wheel
- 2 x laps – then stop and discuss; make adjustments, coach to the questions asked
- 3 x more laps
This skill will be practiced again / reinforced when doing the warm down behind the motorbike

MOTOR PACING

Alternating with both riders:

- 2 x 4 lap wind outs each

SKILLS:

- Reinforce motor pacing technique
- Confidence at riding closely behind another rider
- Pedaling gear at speed

- 1 x 8 lap simulated points race

SKILLS:

- Reinforce motor pacing technique
- Confidence at riding closely behind another rider
- Attacking out of the bunch
- Sprint finishes
- Holding bike in sprinting lane
- Recovery for next effort while still riding (the motor bike will stay on a set pace and 'collect' the rider after the sprint and the rider will get back on behind the motorbike until the next sprint)
- 2 x 2000m pursuit [the first is fully paced behind the motor bike; the second is part paced] (Each rider will determine their targeted time for the pursuit and an average speed will be calculated. A schedule will be worked out. The laps will be called. The rider will start the pursuit and if and when their time drops away from the target kph required they will sit behind motorbike to the finish.

THE AIM:

- To allow the riders to 'feel' the speed required to complete the pursuit,
- To understand how far 2000m is,
- Over future session, to achieve these targets with no motor bike intervention

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| <p>WARM DOWN Circulate behind motorbike @30kph dropping to 25kph Do 2 x change overs each (as per skills section)</p> <p>While packing up – have a chat about the session</p> <p>Session 4 will start to focus on race strategies / tactics, and how to ride specific events eg, miss and out / sprints / scratch race / handicap races</p> | |
| <p>WHAT WENT WELL? FOR EXAMPLE: <i>Bothe riders are both getting to the velodrome 15 minutes before each session starts and are ready to go by 'kick off time' They both know the set format for warm up and drills so session is starting to flow better</i> <i>Times are getting quicker and there is more consistency / less variation of times between efforts</i> <i>Each session is reinforcing the skills learnt / taught in earlier sessions – eg they are automatically working through their mental checklist for SSs – crank position, where to look, hands on bars etc – and last week we spoke about using the track (straights, banking, corners) to maintain momentum and how to roll into flying starts which they are doing with more precision. Both were quick to understand today's drill and realized that with only two on the track they didn't need to go all the way to the fence – shown by the coaches what the skill was, did it individually then did it together. Also noticed that they are following wheels a lot more closely than in previous weeks. Just more confident on the track and riding track bikes Couldn't do motor bike work as we got rained off after skills section.</i> <i>I am also feeling more confident and its great working with other coaches to bounce ideas off so we can coach to the level and understanding of the riders</i></p> | |
| <p>WHAT DO YOU NEED TO CHANGE FOR THE NEXT SESSION? FOR EXAMPLE: <i>Will be sending them to do some actual racing now that they have had a few weeks of track training – they can race Wednesday nights at TA; want them to record what events they race in and feedback to me about what they don't understand about an event and what they think (skills or tactics) they need help with.</i> <i>So next session will involve a skill (eg, a controlled standing start for pursuing) and a tactics session (eg how to ride a 'miss –n-out' and if into the last two or three, explain tactics re- leading out a sprint or coming over the leader from behind</i></p> | |