

## EASTLANDS SPRINT SCHOOL

### SESSION PLAN - GROUP 1 Novice Riders

**SESSION GOAL:** By the end of the session riders will be more confident riding around the track and will be able to identifying the areas of the track that offer free speed and they will use this free speed to perform a sprint

TIME	MAIN CONTENT	COACHING POINTS
10.00-10.15  10.20-10.35	Warm up: One group to ride on black line two bike lengths apart. Reduce the gap to less than one wheel length Repeat above on the blue line  Feedback / video / coach	<ul style="list-style-type: none"> <li>• Relax ,stay balanced look ahead</li> <li>• Pedal hard through banking</li> <li>• Control speed</li> <li>• Focus on gaps</li> </ul>
10.30-10.50  10.55-11.10	<b>Track skills :</b> Riders will space out on the track and ride as high as they feel comfortable Riders should follow the track round in a straight line and not weave up and down Riders should try to ride on the outside rail if possible Feedback / video / coach	<ul style="list-style-type: none"> <li>• Be confident</li> <li>• Control pace</li> <li>• Relax</li> <li>• Heads up</li> <li>• Strong relaxed arms</li> <li>• Stay balanced in the middle of bike</li> </ul>
11.10 –11.30  11.35 - 1145	<b>Slow riding session:</b> Slow riding session: Split into small groups Riders come on to the track in the straights then ride as slow as they can as high as they can and, as deep as they can into the turns. Feedback / video / coach	<ul style="list-style-type: none"> <li>• Control pace</li> <li>• Use and control free speed</li> <li>• Slightly point wheel up track</li> <li>• Strong relaxed arms</li> <li>• Know what and why we are doing</li> </ul>
11.50-12.20  12-25 -1245	<b>Flying 200 group lead in :</b>  Expert riders to lead group into efforts Repeat: with groups and finish at race pace if group has progressed Feedback / video / coach	<ul style="list-style-type: none"> <li>• As above</li> <li>• Big kick out of saddle</li> <li>• Space of 3 bike lengths between riders</li> <li>• Only overtake on last effort</li> <li>• Race pace if progression is enough</li> </ul>
12.50 .1.00	<b>Warm Down</b> As instructed by coach with other group on track	<ul style="list-style-type: none"> <li>• Keep to black and red line only</li> </ul>

