

## EASTLANDS SPRINT SCHOOL SESSION PLAN - GROUP 3

**SESSION GOAL:** By the end of the session riders will be more confident riding around the track and will be able to identify the areas of the track that offer free speed and they will use and control this free speed to perform a flying 200 sprint

TIME	MAIN CONTENT	COACHING POINTS
1.00- 1.15  1.15-1.30	Warm up: One line on blue changing every half lap----THEN space out three bike lengths for lumps and bumps expert rider to lead  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> <li>• Identify free speed</li> </ul>
1.30 – 1.50  1.50-2.10	<p><b>Slow riding session flying 200 line :</b> 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. Following expert rider round</p> <p>THIS IS ABOUT CONTROL OF PACE NOT RACING!!!!</p> <p>Feedback / video / coach</p>	<ul style="list-style-type: none"> <li>• Be confident</li> <li>• Control pace don't run away</li> <li>• Relax</li> <li>• Heads up</li> <li>• Strong relaxed arms</li> <li>• Stay balanced in the middle of bike</li> <li>• Cut top of banking when told</li> <li>• Free speed</li> <li>• Coach to explain process</li> </ul>
2.10-2.30  2.30 -2.50	<p><b>Flying 200 group lead in steady pace :</b></p> <p>Expert rider to lead small groups of 6-7 riders into efforts Pace should be steady but not race pace Repeat: with groups again at a steady pace No overtaking</p> <p>Feedback / video / coach</p>	<ul style="list-style-type: none"> <li>• Space 3 bike lengths</li> <li>• Use and control free speed</li> <li>• Slightly point wheel up track</li> <li>• Strong relaxed arms</li> <li>• Don't overtake</li> </ul>

<p>2.50-3.20</p> <p>3.20- 3.50</p>	<p><b>Flying 200 group lead in at race pace :</b></p> <p>Expert rider to lead groups into efforts  Groups should be 3-5 riders  Flying 200 should be at race pace</p> <p><b>Feedback / video / coach</b></p>	<ul style="list-style-type: none"> <li>• Race pace</li> <li>• Control pace</li> <li>• Make use of free speed</li> <li>• Hold line</li> <li>• 100% effort</li> <li>• Big kick out of saddle</li> <li>• Overtake with care</li> </ul>
<p>3.50- 4.00</p>	<p><b>Warm Down</b></p> <p>As instructed by coaches with other group on track</p>	<ul style="list-style-type: none"> <li>• Two groups 3/4</li> <li>• One on blue</li> <li>• One on black</li> </ul>