

## Groupings:

A group - some track experience and/or road cat 1/2/3. Should be fairly fit and comfortable on track.

B group - some track experience and/or road cat 3/4/5. Should be reasonably fit and/or comfortable on track.

Beginners - little to no track experience and/or desires refresher to be comfortable on track again.

## Schedule:

### Saturday

- 08:30 - 09:00 Prepare bikes, get reg'ed, coffee and donuts, mechanical instructions (saddle height, pedals, tire inflation, check for mechanical integrity prior to riding)
- 09:00 - 09:15 Introduction to instructors and set goals and expectations for weekend (inc. track rules)
- 09:15 - 10:00 Track 101, learn infield drills
- 10:00 - 10:30 Warm-Up and Paceline Work  
A Group: 30 lap warm up @ blue line (ride rough water line), last 5 laps in sprinters lane building to all out sprint for final lap (details in drills)  
B Group: 20 lap warm up, last 5 laps building pace - no final sprint. Max riders of 7.  
Beginners: Individual efforts for first time on track! If not ready, will do work on apron.
- 10:30 - 11:30 Paceline drills including:  
A Group: Groups of <4 riders. 10 laps of water line, 10 laps of diamonds (turns ½ OR ½&¾ - all participants must do the same).  
While other riders are on track, A group should be doing slow roll learning/practicing a dual paceline OR bumping/leaning drills on infield  
B Group: Groups of <3 riders. 5 laps of water line low on track. 5 laps working up track until above blue on straights - instructor or A group member led.  
While other riders are on track, slow roll learning/practicing a dual paceline.  
Beginners: Try to get on track w/ 2 beginners + 1 instructor for a 5 lap paceline. Work dual paceline or rest between - depending on energy levels.  
A Group: Side by side paceline on track. Work on sticking red/black lines.
- 11:30 - 12:00 Anyone who wants can do jump drills
- 12:00 - 13:30 Lunch and nutrition discussion
- 13:30 - 14:30 Standing Starts (drills and on track time) + race discussion for standing start races
- 14:30 - 15:30 Rail Starts + race discussion for rolling start races
- 15:30 - 16:30 Push Starts + Flying 200 Drills/Discussion (no actual 200's today)
- 16:30 - 17:30 Wrap up (bikes away, questions, change, etc) & head to dinner (Johnny Mango's?)

### Sunday

- 09:00 - 10:15 Yoga - instructors to prep bikes and ensure mechanical integrity
- 10:15 - 10:45 Warm Up - same as yesterday. If any beginners feel ready for the B group paceline, they can join. Max riders in B paceline = 7.
- 10:45 - 10:50 Mock A Group 15 Lap Scratch Race
- 10:50 - 11:00 Mock B Group 10 Lap Scratch Race
- 11:00 - 11:10 Beginners 10 lap Roll Up with Sprint at end - last 2 laps (if comfortable)
- 11:10 - 11:25 Mock A Group 30 Lap Points Race - sprints at 24, 18, 12, 6, 2 x points at final sprint
- 11:25 - 11:35 Mock B Group 10 Lap Scratch Race
- 11:35 - 11:45 Beginners 10 lap Roll Up with Sprint at end - last 2 laps
- 11:45 - 12:00 Open time - drills, tactics discussion, float time, etc. Riders choice.
- 12:00 - 13:00 Lunch & Strength/Nutrition
- 13:00 - 14:30 Time Trials (Flying 200, 2 up x 500m, 2 up x 2k)
- 14:30 - 15:00 Wrap Up and Thanks!

## **Infield/101 Drills - can be done during other group workouts:**

Accelerate, brake

Small wiggles - cones

Large wiggles (accel/decel using cone - only when nobody else on track OR clearly communicated & approved)

Figure 8 - cones/platforms

Single Leg for all above

Shoulder checking

Riding without looking forward

Track Stand

## **Warm Up Practices:**

**A group:** All riders should form a line on the infield. When ready, all riders accelerate onto the back straight. On the front straight, the leader should pull up to the blue band at a steady pace (i.e. fast enough for everyone to stay on track but not all out). Lead rider will exchange coming out of turn 4 and loudly state the lap count (i.e. 29!) Stay above the blue for 25 laps, exchanging riders at the beginning of the straight (other tracks exchange at turn 1 - we can do earlier if communicated since it is so steep). When the lead rider pulls up at 5 to go, the new lead rider (who will later say 4 to go) will lead the paceline into the sprinters lane. The paceline will begin to accelerate, but no passing should occur yet. The rider shouting 2 to go will pull up track for a normal exchange, but the rider shouting 1 to go will stay on the front and in the sprinters lane as other riders may be coming faster from behind. The paceline will be finished after the sprint, all riders should maintain their lines until it is safe to come off track.

**B group:** very similar to A group except that entire warm up will take place in sprinters lane and no passing is allowed in the final lap (i.e. all riders will accelerate together through the end of the warmup).

**Notes:** If any rider is not able to maintain their position in the group, they should state their intention to leave the paceline with a hand wave or elbow flick and proceed downtrack when safe. The rider behind should steadily close the gap to the remainder of the paceline.

## **TRACK SAFETY RULES & ETIQUETTE**

Riding SAFELY and PREDICTABLY should always be the Highest Priority.

Obey ALL velodrome rules, at ALL times!!!

COMMONLY ACCEPTED rules while riding on ANY Track:

- ENTER and EXIT the track from the Back Straight counter-clockwise.
- Except for entering the track from the apron, area below the Red Line is for riding FAST and EFFORTS.
- Area above the Blue Line is reserved for MODERATE riding and WARM UP/COOL DOWN.
- The area between the Red Line and Blue Line is reserved for PASSING only. No prolonged riding should be done in this area.
- One (1) meter from the top of the track is reserved as an Emergency Lane and for riders accelerating up to speed attempting Flying Starts. The command "RAIL" should be announced when riding in this area during a full effort.
- Faster riders are responsible for passing safely and announcing the command "STAY" to slower riders.
- Slower riders are responsible for riding in a straight line and allowing faster riders to pass predictably. The command "STAY" means HOLD YOUR LINE!!!
- Every rider MUST always look over their respective shoulder BEFORE changing lanes to make sure area is clear of any approaching riders.

- Anyone practicing Standing Starts in the sprinter's lane MUST ask permission from everyone on the track before you begin. COMMUNICATE with other riders on your workout plans and COORDINATE drills based on the availability of the track.
  - Motorpacing and Scheduled Programs take precedence over other training activities and you may be asked to clear the track for the duration of either activity.
  - NEVER ride the track when it is wet.
  - Always wear a properly fastened helmet when you are on your bicycle. NO HELMET - NO RIDING!!!
- Share the track in a safe and courteous manner: Communication = Safety!!!**