



2010 Junior National Road Championships ACT - Training Program

The Australian junior road cycling championships are being held in Canberra during the first week of September. In the lead up to this event the Cycling ACT is pleased to announce that there will be a structured training program available for all under 15 and under 17 riders.

The program will be run by local coaches Jason Mahoney and Michael Aisbitt, with assistance from several other coaches. A schedule of the planned session can be found below.

Session Time	Session Details
Saturday 31 July 9am – Stromlo FP	Team Time Trial efforts on Uriarra rd, including the climbs both ways out of Uriarra Crossing. This session will finish up with some high intensity 'race winning efforts'
Sunday 8 August 9am Stromlo FP	Criterion and bunch skills session on the crit track with some short high intensity efforts. The focus of this session is for riders to learn how to effectively move around in a large bunch, especially when the group takes up the entire width of the road/lane.
Saturday 14 th & Sunday 15 th August	NSW road championships weekend. Nb: If there are sufficient number of riders remaining in the ACT on this weekend an additional session may be organised,
Saturday 21 August 9am – Stromlo FP	Climbing and descending intervals on Mt Stromlo.
Sunday 22 August 9am	Time trial skills and race. The ACT senior and masters ITT champs are on this day and we hope to be able to use part of this course as it is the same road as the nationals time trials.
Saturday 28 August. Time: to be confirmed	Criterion and bunch skills session on the crit track with some short high intensity efforts.

Please note: These sessions are open to all riders in the under 15 and under 17 age groups, regardless of whether they intend on participating in the national championships.

If anyone has any questions on the program please contact Jason Mahoney on 0437972768 or by email at jasonm.home@gmail.com