

U 17 Base programme Sec Schools and Endurance

Focus

- Aerobic focus
- A1 (steady aerobic) A2 (high end aerobic/vo2 efforts similar to time trial pace)
- Maintenance of track work, including skills and general conditioning
- In foul weather can use Wind-trainer for A1 & A2 rides
- Aim for Secondary Schools Championships and aerobic base
- Introduction of core/circuit training on Tuesdays, may need to swap Tuesday ride to Monday if doing Tuesday circuit

| June | Sunday 6 th | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday 12th |
|-----------|-----------------------------------|--------------------------------|--|------------------------|---------------|---|---|
| Am | MTB Race | Core or Gym work, conditioning | | | Core/gym | | |
| Pm | | | 40 km a1 | Teretonga + kms 40- 60 | Track session | 40 km a1 | 1.5 - 2 hr steady |
| June | Sunday 13th | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Am | Kms + bunch ride 60- 80 | Core or Gym work, conditioning | | | Core/gym | | 60 km easy |
| Pm | | | 40 km a1 4 x 6 min a2 2 x head wind 2x tail wind | Teretonga + kms 40-60 | Track session | 40 km 8 x 6 sec standing starts slight uphill | |
| | Sunday 20th | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Am | Southland sec schools road champs | Core or Gym work, conditioning | | | Core /gym | | 40 km 4 x 6 mins time trial efforts 2 x head wind 2 x tail wind |
| Pm | | | 50 km a1 | Teretonga + Kms 40-60 | Track session | Baxter & Neilson Track | |

| June | Sunday 27th | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|----------------------------------|--------------------------------|----------|-----------------------|------------------|----------------|--------------------|
| Am | 60 km 5 x 150 m downhill sprints | Core or Gym work, conditioning | Rest day | | Easy 45 min spin | Travel to chch | Sec schools champs |
| Pm | | | | Teretonga + kms 40-60 | Track Session | | |

| July | Sunday 4th | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--------------------------------|----------|----------|--------------|---|---------------------|-------------------|
| Am | Sec schools champs or mtb race | Rest day | 50 km a1 | 60 km steady | 60 km 4x5 min tail wind TT efforts high cadence | 50 km a1 | 60 – 70 km steady |
| Pm | | | | | Gym/Core | Friday night racing | |

| | Sunday 11th | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---------------------|----------|---|--------------|--------------------------------------|------------------|--|
| Am | Bunch ride 60-70 km | Gym/Core | 40 km 8x 6 sec standing starts , biggish gears on road bike | 70 km steady | 50 km 4 x 4 min tail wind TT efforts | 30 km easy | MTB ride 1.5 hrs or 2 hrs steady road. |
| Pm | | | | | Gym/Core training | Junior Div Track | |

| July | Sunday 18th | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|------------------|----------|--|-------------------|--------------|--------------------|---|
| Am | Bunch ride 80 km | Gym/core | | | | | 50-60 km a1 5 x 45 sec hill reps max |
| Pm | | | 50 km 6 x 10 sec big gear sprint jumps | Teretonga+ kms 60 | Steady 60 km | Friday night track | |

| | Sunday 25th | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---------------------|---------------|----------------|----------------------|---------------------------|---------------------------|--|
| Am | Bunch ride 70-80 km | Gym/Core | Rest day | Teretonga+ kms | Easy 45 min rollers | | 1.5 hour steady with 4 x 150 m road sprints tail wind |
| Pm | | | | Teretonga+ kms 50 | Track session (skills) | Baxter & Neilson track | |