

## U 15 Base programme Sec Schools and Endurance

### Focus

- Aerobic focus
- Maintenance of track work
- Aim for Secondary Schools' Champs
- Introduction of core/ circuit training on Tuesdays

June	Sunday 6 <sup>th</sup>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 12th
<b>Am</b>	MTB Race		Circuit or rest				
<b>Pm</b>		Track session		Teretonga	1 hour steady	Track session	1.5 hr steady
June	Sunday 13th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Am</b>	Bunch ride 50km		Circuit or rest day			Rest day	30 km easy
<b>Pm</b>		Track session		Teretonga	1.5 Steady		
	Sunday 20th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Am</b>	Southland sec schools road champs	Rest day					40 km 3 x 5 mins time trial efforts 2 x head wind 1 x tail wind
<b>Pm</b>			Steady 30 km ride	Teretonga	Easy 30 km or rest day	Baxter & Neilson Track	
June	Sunday 27th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Am</b>	Bunch ride 50 - 60 km		Rest day			Travel to chch	Sec schools champs
<b>Pm</b>		Track session		Teretonga	Easy 45 min spin		

<b>July</b>	<b>Sunday 4th</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Am</b>	Sec schools champs or mtb race	Rest day	30 km 6 x6 sec standing start	40 km steady	30 km 3x5 min tail wind TT efforts high cadence	Rest day	40 – 50 km steady
<b>Pm</b>						Junior div racing	

	<b>Sunday 11th</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Am</b>	Bunch ride 40-60 km	Rest day	30 km 8x 6 sec standing starts , biggish gears on road bike	40 km steady	30 km 4 x 4 min tail wind TT efforts		Rest day
<b>Pm</b>						Junior Div racing	

<b>July</b>	<b>Sunday 18th</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Am</b>	Bunch ride 60 km		Circuit				40-50 km a1
<b>Pm</b>		Track session		Teretonga	Steady 40 km	Junior div track	

	<b>Sunday 25th</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Am</b>	Bunch ride		Rest day				1 hour steady with 4 x 150 m road sprints tail wind
<b>Pm</b>		Track session		Teretonga	Easy 45 min	Baxter & Neilson Track	