

EASTLANDS SPRINT SCHOOL

SESSION PLAN - GROUP 2

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
10.15 -10.30	Warm up: One group to ride on blue line changing every half lap	<ul style="list-style-type: none"> • Relax ,stay balanced look ahead • Pedal hard through banking • Control speed • Focus on gaps
10.35-10.45	Feedback / video	
10.50-11.10	Slow riding session: Split into small groups 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	<ul style="list-style-type: none"> • Be confident • Control pace • Relax • Heads up • Strong relaxed arms • Stay balanced in the middle of bike
11.15-11.25	Feedback / video	
11.30 –11.50	Flying 200 group lead in steady pace : Expert riders to lead group into efforts Repeat: with groups steady pace	<ul style="list-style-type: none"> • Space 3 bike lengths • Use and control free speed • Slightly point wheel up track • Strong relaxed arms • Know what and why we are doing • Don't overtake
11.55 – 12.15	Feedback / video	
12.20-12.50	Flying 200 group lead in race pace : Expert riders to lead group into efforts at race pace	<ul style="list-style-type: none"> • As above • Big kick out of saddle • Space of 3 bike lengths between riders • Overtake with care • Hold line
12-25 -12.45	Feedback / video	
12.50 .1.00	Warm Down As instructed by coach with other group on track	<ul style="list-style-type: none"> • Blue line

