**Club Clusters of Training Session content & progression**

CCT Sessions will have 6 focus areas that will be covered across the winter. Below is an outline of the focus areas. Skills based sessions will be used to extract the desired physical training effects**.**

**Element 1 – ‘Core’ Warm up** Each session will have a warm up routine that focusses on cycling specific core stability race posture and pedalling technique within it. This will transcend each session in the block of the 20 weeks and will take up the first 15 to 20 mins. Exercises will become more challenging over the whole 20 weeks

**Element 2 Endurance** This will use chain gangs, team time trials, 2 ups and individual efforts and specific usage will change as training focus changes across the 20 weeks to increase workload and intensity.

**Element 3 Strength** this will use starts (Standing and seated) high resistance over geared pushing a passive rider exercises and small intense over geared jump efforts again focus usage will change over the 20 week period

**Element 4 High cadence sustained pedalling** this will take the form of high cadence relatively high volume chain gangs, team time trials, 2 ups and individual efforts

**Element 5 Peak power** this session will take the form of short intense slow exit speed corners based circuit of i.e. dustbin session. Lap and half lap talking sessions on relatively low gears to create high peak cadence and power on exits of turns.

**Element 6** Race drills to incorporate all the above

Each 20 week block will be broken into 4 x 5 week basic phases as listed below to help keep session content varied & progressively deliver our racers all the physical training they need to arrive at the end of the winter stronger, faster & more skilful. As mentioned already skills sessions are used to deliver the volume of quality physical workload.

**BLOCK 1:** Emphasis will be Core, endurance and strength. Efforts will have core warm up, relatively long (progressively longer over the 5 weeks period) chain gang blocks with relatively big groups i.e. 2 groups of 20 ish and Starts and pushing

**Block 2:** More Core warm up work, speed based endurance but pyramid delivery to up workload and intensity of effort chain gang to team time trial to 2 up individual and back down using progressive intensity and lap splits throughout the pyramid. Over 5 weeks pyramid will progress to encompass more steps up and steps back down. As more pyramids are being used starts can be reduced. Introduction of low geared high cadence chain gang sets.

**Block 3:** Emphasis to now move into more peak power. Core warm up retained simple endurance / warm up block using TTT or chain gang main body of the session strength over geared dustbin and peak power dustbins

**Block 4 Race drills:**Handicaps as endurance and speed endurance varying distance short starts based race drills. Gap jumping sessions.