



### The Manchester Track Training Cluster returns for 2017

- Session will run every **Tuesday** from **11<sup>th</sup> April 2017** until **26<sup>th</sup> September 2017** and will take place from **8pm-10pm** at the HSBC National Cycling Centre, Manchester, M11 4DQ.
- Sign-on opens **7.15pm**, Rider Briefing (kitted up ready to ride) **7.50pm**. Parents please move to the stands from 7.50pm onwards to allow the riders to be independent.
- Sessions are for **Youth A & B boys and girls** (born **2001-2004**) and **Junior Girls** (born **1999-2000**).
- Entry is capped to 40 riders, will open the Wednesday morning after the last session and will be closed at Midnight the night before the session to maintain rider safety. Entry is on a first come first served basis.
- These sessions will have a primary fitness focus for the evening and will include progressive training exercises driven by challenging the physical and technical needs of Youth A and Junior racing cyclists.
- Riders should be at accreditation level and be comfortable at the top of the track and riding on a wheel at speed.
- The sessions run on a 5 week rotation which is;
- **Standing Starts, Flying Efforts, Team Pursuit, Madison, Madison.**
- There is no bike hire available for these sessions; riders must bring a bike with them.
- Riders should also bring rollers if they have them.
- Standing Start, Flying Efforts and Madison sessions will be on bunch bars unless otherwise stated. For Team Pursuit sessions riders can ride aero bars if they wish though this is not essential.
- All sessions should be on training wheels unless told otherwise.
- For 2017 sessions will be coached by club coaches along with GBCT coaches.
- If you are unsure if these sessions are suitable for you, please contact the coach running the sessions.

**Ben Greenwood**

**GBCT Coach - Foundation**

07515 606620 [bengreenwood@britishcycling.org.uk](mailto:bengreenwood@britishcycling.org.uk)



British Cycling, National Cycling Centre, Stuart Street, Manchester M11 4DQ

