

## Sundrive Track Camp – Tuesday April 4<sup>th</sup> – Thursday 6<sup>th</sup> 2023

Open to ALL Youth riders (accredited and newcomers)

Coaches: Colm Sevastopulo,, John Coates & Ronan Ryan

Schedule (subject to change based on weather):

*For newcomers, the emphasis will be on learning how to ride on the track*

<b>Tuesday (10am – 2pm)</b>	<b>Sprint focus</b>
10.00 – 10.10	Introduction to the camp
10.10 - 10.30	Progressive warm-up
10.30 – 11.15	Sprint focused training (incl. drills that can be done on the road)
11.15 – 12.00	Match sprint technique
12.00 – 12.30	Lunch
12.30 – 13.45	Match sprinting practice
13.45 – 14.00	Warm down
<b>Wednesday (10am – 2pm)</b>	<b>Technical focus</b>
10.00 - 10.20	Progressive warm-up
10.20 – 10.40	Standing Starts – Technique
10.40 – 12.00	Standing Starts – Starting Gate
12.00 – 12.30	Lunch
12.30 – 12.45	Skill drills
12.45 – 13.45	250m / 500m TT
13.45 – 14.00	Warm down
<b>Thursday (10pm – 2pm)</b>	<b>Endurance focus</b>
10.00 - 10.20	Warm-up
10.20 – 11.00	Training drills for endurance events
11.00 – 11.30	Skills drills
11.30 – 12.00	Energy systems and training drills (theory)
12.00 – 12.30	Lunch
12.30 – 13.00	Scratch race tactics
13.00 – 13.45	Scratch training races
13.45 – 14.00	Warm down

Entry Link      <https://eventmaster.ie/event/O3RVTpmH0Z>