

Bleed Blue

2016 – Nationals’ Goals Chart

Over the years, we’ve collected a lot of data from our juniors including those who’ve received medals at road nationals. We formed the following table that provides guidelines for our team goal, which can be used to set individual goals.

Age group/gender	3.2-mile time trial mph	Annual mileage	Annual 50-mile rides	Annual number of races	Skill competency score	Weekly workouts	Race category
9-10 Boys	20.6	3,300+	35+	20+	40+	4+	5
9-10 Girls	19.5	2,700+	30+	20+	40+	4+	4
11-12 Boys	23.1	5,500+	35+	20+	50+	4+	5
11-12 Girls	22.0	4,000+	30+	20+	50+	4+	4
13-14 Boys	26.3	7,500+	45+	30+	50+	5+	4
13-14 Girls	23.9	6,000+	40+	30+	50+	5+	4
15-16 Boys	28.8	9,500+	60+	35+	60+	6+	3
15-16 Girls	25.6	8,000+	50+	30+	60+	6+	3
17-18 Boys	30.5	12,000+	70+	40+	60+	7+	2
17-18 Girls	26.6	10,000+	55+	35+	60+	7+	2

Meeting these targets will not guarantee a medal at road nationals, but they have proven to be highly reliable; if these targets are achieved by our team’s individuals, there is a high probability of getting on the podium at nationals. Obviously, items like the annual mileage targets and speeds will not be accomplished by every individual. Volume has to be built gradually over years of training and the speeds are a product of maturity and/or inherit talent. Even so, the targets are there for the athlete to strive to meet. As a result, these guidelines are useful for long term goals and commitments. This fact gives our coaches the opportunity to stress patience, persistence, and dedication – i.e., commitment – toward achieving goals.