

**Frazier Cycling & Power Bar presents
Hills, Skills, and Thrills Cycling Camp**

June 6 – 11, 2010

CURRICULUM

Injury Prevention
 Time Trial techniques
 Hill Climbing
 Advanced Bike Handling Skills
 Pack Riding, Cornering, Positioning, Bridging Between Groups
 Sprint Finishes
 Race Preparation, Strategy, and Techniques
 Advanced Training Techniques, motor pacing
 Bicycle Maintenance Clinic
 Nutrition Clinic
 Endurance Training

AGENDA

Sunday, June 6	3-4PM	Check-in/room assignments
		Bike fit & check
		Make beds
		Unpacking
	4:15 - 4:45PM	Group ride - optional
	5:00 - 6:00PM	Dinner
	7-PM	Camp Orientation and Guidelines
		Injury Prevention
	8:30PM	Free-time
	9:30PM	Report to bedrooms
	10PM	Bedtime
Monday, June 7	7 - 7:45AM	Breakfast
	8:00-8:30AM	Plyometrics/stretching
	8:30AM	Warm-up
		Advanced Time Trial Techniques - Group I
		Time Trial Group I - ITT 5 km
		Time Trial Techniques - Group II
		Time Trial Group II - ITT 5 km
	12PM	Lunch
	12:30 - 2:00PM	Free-time
		Hill Climbing Lesson - Group I & II
		Hill Climbing Workout - Group I & II
		Level 1/2 Cycling Skill Drills - Group II
		Level 2/3 Cycling Skill Drills - Group I
	4PM	Free-time, showers
	5:00 - 6:00PM	Dinner
	6:30-9PM	Free-time - Swimming, showers, etc.
	9:30PM	Report to bedrooms
	10PM	Bedtime
Tuesday, June 8	7 - 7:45AM	Breakfast
	8:00-8:30AM	Plyometrics/stretching
	8:30AM	Warm-up

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		Level 1/2 Cycling Skill Drills – Group II
		Level 2/3 Cycling Skill Drills – Group I
		Racing Techniques: breakaways, blocking, attacking, teamwork, etc. – Group I
		Level 2/3 Cycling Skill Drills – Group II
	12PM	Lunch
	12:30 – 1:45PM	Free-time
	1:45PM	Criterium Race Techniques and drills
		Criterium Race Simulation – teams, position, attacks, bridges, sprints
	4PM	Free-time, showers
	5:00PM	Dinner
	6:30-7:30PM	Sports Imaginary & Visualization
	7:30-9PM	Free-time – Swimming, showers, etc.
	9:30PM	Report to bedrooms
	10PM	Bedtime
Wednesday, June 9	7 - 7:45AM	Breakfast
	8:00-8:30AM	Plyometrics/stretching
	8:30AM	Warm-up
	8:45 – 11:30AM	Bumping/Touching/Falling Drills
	12PM	Lunch
	12:45 – 1:45PM	Free-time
	1:45PM	Motor Pacing Group I (40 min.)
		Racing Techniques: breakaways, blocking, attacking, teamwork, etc. – Group II
	2:25PM	Level 3 Cycling Skill Drills – Group I
		Motor Pacing Group II (40 min.)
		Motor Pacing Group - beginners (15 min.)
	4PM	Free-time, showers
	5:00PM	Dinner
	6:15-7:15PM	Classroom – Race Preparation, Strategy & Techniques, Bicycle maintenance clinic
	7:15-9PM	Free-time – Swimming, showers, etc.
	9:30PM	Report to bedrooms
	10PM	Bedtime
Thursday, June 10	7 - 7:45AM	Breakfast
	8:00-8:30AM	Plyometrics/stretching
	8:30AM	Warm-up
		Level 3 Cycling Skill Drills – Group II
		Motor Pacing Group I (40 min.)
		Advanced Team Tactics – Group I
		Motor Pacing Group II (40 min.)
	11:45AM	Motor Pacing Group- beginners (15 min.)
	12PM	Lunch
	12:45 – 1:45PM	Free-time
	1:45PM	Road Race Techniques and drills
		Road Race Simulation – teams, position, attacks, bridges, sprints
	4PM	Free-time, showers

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	5:00PM	Dinner
	6:15-7:15PM	Classroom – Sport Nutrition, Camp Review
	7:15-9PM	Free-time – Swimming, showers, etc.
	9:30PM	Report to bedrooms
	10PM	Bedtime
Friday, June 11	7AM	Breakfast
	7:45-11:30AM	Endurance Ride - Group I
		Endurance Ride - Group II
		Endurance Ride - Beginners
		Showers
		Clean-up/packing
	12PM	Check-out/Pick-up
		Depart