

Frazier Cycling & Hammer Nutrition presents
Winter Holiday Junior Cycling Day Camp

December 26 – 30, 2012

CURRICULUM

Cycling Skills: handling, balance, control, Pack Riding, Cornering, Positioning, Bridging between Groups, sprinting

Teams and Racing: Race Preparation, Strategy, Tactics, and wheel pit, wheel vehicle, feed zone

Endurance Training

AGENDA

Wednesday, December 26	1 - 2PM	Check-in
	2 - 3PM	Camp Orientation and Guidelines
	3 - 4:30PM	Group rides
Thursday, December 27	9-9:30AM	Stretching/Plyometrics
	9:30 – 10:45AM	Cycling Skill Games
	10:45 – 12PM	Touching, balance, control drills
	12PM	Lunch
	12:30 – 2PM	Level 1 & 2 Cycling Skill Drills
	2:30 – 3:30PM	Level 1 & 2 Group Training Ride
	12:30 – 3:30PM	Advanced Level Group Training Ride
	4 - 5PM	Review
Friday, December 28	9 - 9:30AM	Stretching/Plyometrics
	12:30 – 1:30PM	Criterium Race Techniques and drills
	12PM	Lunch
	12:30 – 3:30PM	Criterium Race Simulation
	4 - 5PM	Review
Saturday, December 29	9 - 9:30AM	Stretching/Plyometrics
	9:30 - 10:45AM	Racing Techniques: breakaways, blocking, attacking, teamwork, etc.
	10:45AM - 12PM	Road Race Techniques, feed zone, and drills
	12PM	Lunch
	12:30 – 2PM	Level 1 & 2 Cycling Skill Drills
	2:30 – 3:30PM	Level 1 & 2 Group Training Ride
	12:30 – 3:30PM	Advanced Level Group Training Ride
	4 - 5PM	Review
Sunday, December 30	9 - 9:30AM	Camp Review
	9:30-11:45AM	Group Rides - Group I, Group II, Advanced Level
		Depart