

2012 Elite Junior Cycling Weekly Training



<p>Basic (age 7-14)</p> <p>Monthly Fee: \$40</p>	<p>Weekly Training Sessions</p> <ul style="list-style-type: none"> • Saturday-11:30am-12:30 pm • This program is designed for skill development and those kids too young to compete
<p>Junior-Non competitive</p> <p>Youth Age 10-18</p> <p>Monthly Fee: \$55</p>	<ul style="list-style-type: none"> • Saturday session 11:30am-12:30 pm • Sunday Group ride 2:00-4:00 pm • Non competitive program focuses on skills and racing is not required • ***USAC license required if racing
<p>Junior-Competitive</p> <p>Primary Age 14-18</p> <p>**Cycling skill assessment required</p> <p>Monthly Fee: \$75</p>	<ul style="list-style-type: none"> • Thursday technical session 5-5:45 pm • Saturday session 11:30am-12:30 pm • Sunday- Group ride 2:00-4:00 pm • In addition, monthly primary athletes receive two weekly workouts written by coach Boris via email; powered by Training Peaks software • Routine Power Tests-50.00; Athletes are expected to have stationary trainers • USAC license required
<p>Junior-Competitive</p> <p>Advance Age 14-18</p> <p>**Tryouts or coach approval required</p> <p>Monthly Fee: \$105</p>	<ul style="list-style-type: none"> • Tuesday technical session 5:30-7:15 pm • Thursday technical session 6-7:15 pm • Saturday- Bike session 7:45-9:00 am • Sunday-Bike session 2:00-4:00 pm • In addition, monthly advance athletes receive weekly workouts written by coach Boris via email; powered by Training Peaks software • USAC License required • Routine Power Tests-included • Athletes are expected to have stationary trainers