



BIKE RACING 101 CLINIC SERIES

Potential Schedule for Boise Women's Clinic

Saturday – Day 1

- 8:00** Registration and light refreshments
9:00 Clinic starts – Welcome, Introductions, Goals for the Weekend
9:15 **Potential topics:**
Classroom Topic 1: Technical Skills
 - Individual riding style & efficiency (pedaling, gear choice, body dynamics)
 - Group riding dynamics (pack riding, positioning, echeloning)
 - Bike control (cornering, downhills, when to brake)
 - Bike handling skills (wheel touching, bumping)
 - Climbing (shifting, standing)*Classroom Topic 2: Bike Stuff (bike stuff may be dropped in favor of more classroom work on skills)*
 - Equipment (pedals, what gears to use when, wheels/tires)
 - Bike maintenance (basics, changing a flat)**11:30** Bike Fit Discussion
12:00 Lunch Break
1:00 Meet outside Clinic classroom to depart for skills area
On the Bike Skills Drills: Individual and Group Riding
 - Bumping, touching, and close riding; taking a feed
 - Cornering
 - Time Trial starts
 - Climbing**3:30** Pacelines, echeloning, group riding etiquette
5:00 Clinic day ends

Sunday – Day 2

- 8:00** Registration and light refreshments
9:00 Clinic starts – Welcome, Introductions, Goals for the day
9:15 *Classroom Topic 3: Training Tips*
 - Planning a season (finding strengths/weaknesses, goal setting)
 - Training plan (training with a purpose, training goals)
 - Components of a program
 - Using a heart rate monitor
 - Hidden training (nutrition, recovery, stretching, massage)
 - Philosophy (Details and consistency)*Classroom Topic 4: Racing Strategy and tips*
 - Types of races
 - Preparation
 - Sizing up a race
 - Race strategy & team tactics
 - Positioning in a race
 - Sprinting**12:00** Lunch Break
1:00 *On the Bike Skills Drills: Basic Racing*
 - Sprint drills
 - and/or Climbing drills if venue logistics allow
 - and/or Descending drills if venue logistics allow**3:00** Practice race. (Either criterium or time trial, depending on venue availability)
4:00 Classroom wrap-up – Q & A
5:00 Clinic ends