



## **Blueprint & Cycling BC – June 1<sup>st</sup> – Whistler XCO Pre-Ride**

### Camp Goals

- XCO course inspection
  - o We will do a lap together as a group to identify key elements of the track
  - o Riders will have the opportunity to choose lines, session them, and apply them to a race plan
    - Lines will be chosen using each athletes' current skillset, rather than teaching the skills for a particular trail feature
- XCO training laps
  - o Once riders have a race plan, they will complete two laps of the track individually at race pace in order to determine approximate lap times, feeding strategies, and to update their race plan
- Endurance Ride
  - o If time allows, we will conclude our training day with an endurance ride on the trails that begin nearby on Blackcomb

### Accommodation

- Athletes requiring accommodation for this training camp or the Canada Cup race can reach out to Kyle ([klang@whistlersportlegacies.com](mailto:klang@whistlersportlegacies.com)) and to request accommodation at the Athletes' Lodge

### Whistler XCO Race Information

- Technical document and course map:
  - o <http://www.cyclingcanada.ca/wp-content/uploads/2018/10/XC-Technical-Guide-2019-V3.pdf>

June 1 <sup>st</sup>	
- 10:00am	<ul style="list-style-type: none"><li>o Meet at Blackcomb Base II (lot 6, Excalibur Gondola mid-station)</li><li>o Bring enough food/drink for a 90 minute endurance ride</li><li>o Bike well-tuned, tools, tube, and anything else you require for trailside repairs</li><li>o Lunches can be stored in Joel's vehicle</li></ul>
- 11:30am	<ul style="list-style-type: none"><li>o Lunch</li></ul>
- 12:15pm – 3:15pm	<ul style="list-style-type: none"><li>o Group ride<ul style="list-style-type: none"><li>▪ We'll determine a last minute route based on group needs, but bring enough food/drink for a 3 hour endurance ride</li></ul></li></ul>

### Cost

- Free for Cycling BC Targeted Athletes
- Non-TA's can contact Joel for pricing

Please feel free to reach out to me with questions or concerns, and if you wish to register please contact me directly at [joel@blueprintathletedevelopment.com](mailto:joel@blueprintathletedevelopment.com).

See you on the trails,

Joel Harwood

Blueprint Athlete Development – Owner & Head Coach

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