

**Cycling Canada – Cycling BC**  
***High Performance Training Group***  
**2021**



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## OVERVIEW

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### BACKGROUND

The transition from junior into U23/Elite is a significant development jump, often creating challenges for many strong athletes that aren't able to progress directly into a national team program, trade team, or other supported programming. Additionally, even when athletes are able to enter into these programs, they are often facing new lifestyle challenges transitioning into post-secondary, starting careers, and/or moving away from their familiar home and training environment. All of these changes can result in elevated stress levels and decreased motivation, often resulting in talented athletes leaving the system prior to reaching their full athletic potential.

To assist in addressing this issue, **Cycling Canada** and the **Cycling BC** are launching a BC High Performance Training Group, in alliance with the Ontario Cycling Association and Cycling Canada HP Training Group. Although the program will be based out of the Burnaby Velodrome, the program is open to identified athletes from all cycling sports. The program will provide open and flexible training opportunities to help accommodate athlete schedules, while creating a "training group" support system to help motivate athletes and push their training potential.

### PROGRAM OBJECTIVES

- Provide identified athletes with additional training and support services to assist in progressing towards national team selection projects and programs
- Provide opportunities for athletes to train in a group setting, creating a social and supportive environment to enhance athlete engagement
- Deliver sport science services and information workshops to improve off-bike training practices and habits
- Create opportunities for athletes to participate in multiple cycling sports as part of their on-going training
- Providing character and professional growth opportunities to develop the complete athlete both on and off the bike

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## HIGH PERFORMANCE TRAINING GROUP PROGRAM

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The Training Group will be inclusive of all Cycling BC-Cycling Canada recognized cycling sports. The program will provide identified athletes with opportunities to participate in enhanced training opportunities and group training sessions. The Training Group is not a replacement for the training prescribed by personal coaches but rather provide opportunities to facilitate workouts and add additional training elements to the athlete's program.

### ***Targeted Athletes***

Focused primarily, but not exclusively, on U23 and Elite athletes who fit within the following:

- Current member of a Cycling Canada team/program
- Identified within Cycling Canada's Development Pool
- Athletes tracking towards Cycling Canada programming or international level competition [e.g. World Cups]

- Athletes who have applied to be part of the program and who Cycling Canada and Cycling BC have mutually accepted to be part of the program with consideration towards:
  - Past performances/results [flexibility/consideration due to Covid-19 interruptions and impacts on competitions]
  - Demonstrated commitment to training, athlete pathway, and process
  - Ability to contribute positively to the Training Group

## **PROGRAM SERVICES**

All services will be scheduled in-conjunction with athlete personal coaches to ensure alignment of training programming.

Note: Programs may be postponed or adjusted to ensure compliance with provincial regulations regarding COVID-19 and the health and safety of all athletes and coaches.

### **On-Track Training**

- Access to on-track training sessions [regardless of cycling focus]. These sessions will be led by Cycling Canada and Cycling BC coaches to ensure ability appropriate training to help develop aerobic capacity, leg speed, technical efficiencies, and to have some fun with fellow athletes.

### **Group Rides [Road/MTB/Gravel]**

- Group rides will be organized 1-2/week. This provide athletes with a group of similarly focused training partners to increase motivation, push through those extra miles, and improve the safety over training along. Rides will be broken out based on ability and types of training and all athletes will be encouraged to integrate both road riding, mountain bike, and gravel riding [locations will vary and include opportunities for training outside of Burnaby/GVA]. Coach will assist in coordinating these rides but the rides themselves will often be athlete led.

### **Professional Development and Educational Workshops**

- Educational workshops [training and non-training related] will be offered. These may topics relating to nutrition, mental performance, life/time management, writing a cover letter/resume (cycling and career), coaching course, and other topics decided upon by the training group.

### **Social Activities**

- To help build a sense of community for the athletes, it is important to have time away from training and cycling – from time to time social activities [e.g. group dinners, bowling, etc.] will be planned for those interested in attending.

**Strength and Conditioning** [may be adjusted to accommodate athlete training and location]

- Cycling specific strength program developed, monitored, and updated by a strength coach
- Supervised gym-sessions. Remote training can also be administered and monitored to accommodate athlete location and schedules

**Athlete Health Assessment**

- Access to a Healthy Athlete Assessment to ensure optimal training and performance. This will include opportunities to access, Meal Preparation Workshops, and Mental Performance Workshops.

**Program Schedule**

**Winter Program:** January – March

**Fall Program:** September-December

**Example Schedule of Activities:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	Track	Gym	Track		Gym	Aerobic Endurance Activity
PM		Online Group Education / Interactive Activity with CBC-CC group	Group cross-training activity (e.g Cross-country skiing)		Track Racing	Group Ride	

**Cost**

Program costs are to be determined pending final funding approvals/agreements. The intention is to offer the programming at either no cost or at a very nominal cost. It is possible additional services offered in-conjunction or in addition to planned programming will require a pay for service for interested athletes. In order to keep costs low, athletes may be asked to assist with development camps, deliver talks to upcoming athletes, or attend special functions [e.g. Award Banquet] as guest representatives of the associations.

**APPLICATION**

All interested athletes are encouraged to submit an application. Being the inaugural year and coming off a season with few competitive opportunities, the program will be flexible in its approach and selection process. Should you have questions please do not hesitate to contact Laura Brown at [laura.brown@cyclingscanada.ca](mailto:laura.brown@cyclingscanada.ca)

[ONLINE APPLICATION](#) [deadline January 22]