

Cycling BC 3 Day Camp

Date : 18th-20th of March

Location : Squamish trail network and Union Health & Performance

Target Athletes : U17, Junior Expert riders, male and female.

Riders to bring : enduro/trail bike suited to riding terrain in Squamish

- Helmet, full face or trail
- Protective equipment (inc, gloves, knee pads, glasses, elbow pads)
- Enough food and water for entire day
- Tube and or a plan for serious mechanicals

Day 1 : [Meet at Quest University Recreation Complex](#)

- Time : 9:30am, ready to roll for 10:00am.
 - Day to end around 3:30-4:00pm
- Introductions between athletes and coaches
- Brief skill assessment on trails
 - Body position skill building session using cones and short section of trail.
 - Video feedback for athletes.
 - Possibly have some freelap timing involved here if available.
- Lunch, break to be taken on trail.
- Break down braking body positions and cornering applications.
 - Apply skill to short sections of trail with repeated laps for conscious practice.
 - Take skill to a longer trail ride.
 - Include a fitness aspect to the climb, either intervals or steady state cardio.

Day 2 : [Meet at Union Health and Performance](#) (please bring a bike lock - bikes are not permitted indoors)

- Time : 10am, S and C to end around 1pm on bike shortly after and ride to end around 330-4pm
- S and C morning with Alex.
Morning to include chat and information about Nutrition - Specifically Hydration, and Macronutrients. What are they, how much do you need and what are the healthy options.
- Lunch
- Ride from gym to trails.
 - Do the pyramid climb challenge.
 - Example of challenge could be; 1) Hybrid-Lowdown, 2)Upper Hybrid/Lowdown, 3) Angry M.
 - Set a time limit to achieve it all, say around 2hr30mins
 - Track with Strava, and access the speeds after the session, could riders keep it consistent.

Day 3 : [Meet at Quest University Recreation Complex](#)

- Time : 9:30am ready to roll for 10am.

- Day to end around 3:30-4:00pm
- Break down of braking techniques and body positions for trail braking.
 - Video feedback in a cones course.
 - Take technique to a short piece of trail and repeat drills
- Lunch
- Make our way to a trail which we will use as a race course for the afternoon.
 - Coaches to tape or mark the trail as they see fit to increase the challenges.
 - Athletes will get a set amount practice laps, a qualifying run and a race run,
- End of camp.