

RIDER GUIDANCE FOR WARMING UP & DOWN

Warm Up For A Circuit Race.

Time Until Race	Warm-Up Duration	Intensity	Notes
Race: 1 hour 20 min	10-15 minutes	4 out of 10	Ride several laps of the circuit. Familiarise yourself with the racing line, especially technical corners.
Race: 1 hour	20 minutes		Sign on. Race briefing. Talk to coach/team and review tactics
Race: 40 minutes	5 minutes		Check bike: brakes, tyres, tyre pressure, drink etc.
Race: 35 minutes	25 minute warm up		Perform on rollers
	5 minutes	4 out of 10	Easy spin at higher than 100rpm
	12 minutes	5 out of 10 to 7 out of 10	Every 2 minutes change 1 gear higher but keep at 100rpm
	8 minutes	4 out of 10	Do 3 x 6 second high cadence sprints with 2 minutes at 100rpm in between in an easy gear
	When finished, take a drink and an energy gel		
Race: 10 minutes	5 minutes	2 out of 10	Final spin around the course. Make sure you are at the start line in good time and well placed for the start of the race
Race Time! Race starts – Good Luck!			

Warm Down after a Circuit Race

Time	Intensity	Notes
5 minutes	2 out of 10	Relaxed easy pedalling at 90rpm
5 minutes	6 out of 10	Moderate intensity. Keep breathing even and relaxed
5 minutes	2 out of 10 & 8 out of 10	5 seconds max effort, followed by 55 seconds easy and repeat 5 times
5 minutes	2 out of 10	Relaxed easy pedalling at 90rpm Keep drinking!