

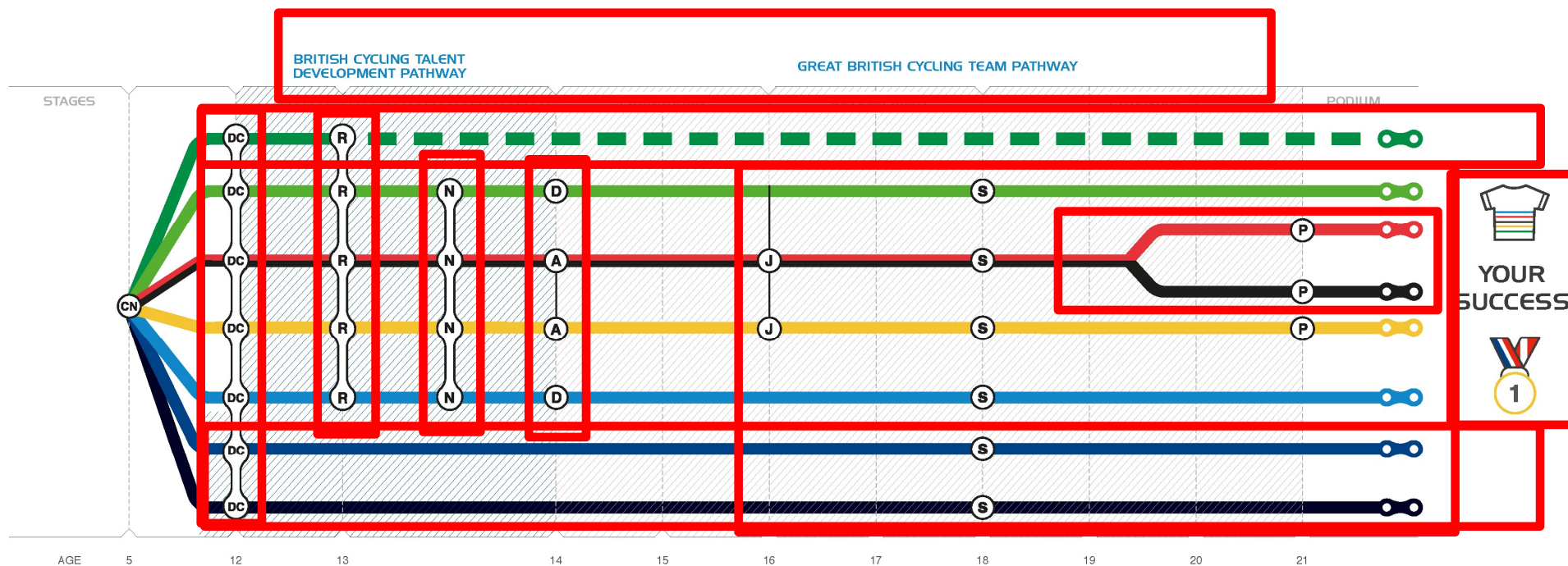
# British Cycling

**Workshop 1 - Pathway and Race Planning**  
**Central Region**  
**Kahoot.it**

# Workshop Objectives

1. Understand the British Cycling pathway
2. Have an understanding of the racing pathway





#### KEY

Local, Regional and National competition pathway

- Cyclo-cross
- MTB XC
- Endurance
- Sprint
- BMX
- BMX Freestyle Park
- BMX Flatland

#### BRITISH CYCLING PROGRAMMES

- Club Network
- Development Centre
- Regional School of Racing
- National School of Racing

#### GREAT BRITAIN CYCLING TEAM PROGRAMMES

- Endurance & Sprint
- Apprentices
- Junior Academy
- Senior Academy
- Podium Programme

- MTB XC, BMX & Freestyle Park
- Development Squad
- Senior Squad

#### CONNECTIONS

- Combined
- Riders are expected to train and race in more than one discipline to further their development.

- Crossover
- Riders may have a primary discipline but they will still train and race in others.

- Endurance
- Riders should train and race on the track and the road before they specialise in one as a senior.

Non UK Sport funded national team.

Whether you want to go pro, stand on the podium, wear the jersey or bear the #1 plate, the Rider Route will help you achieve your goal.

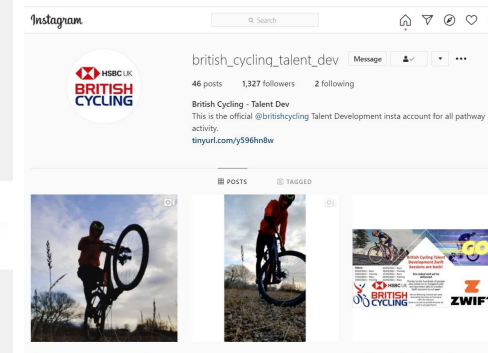
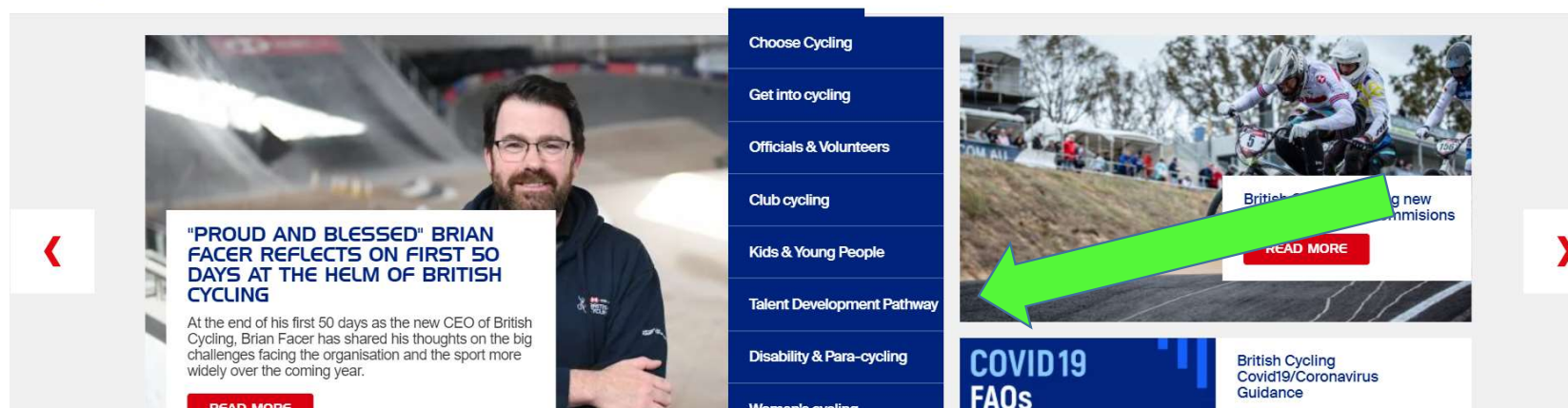
Although the diagram is linear, your actual route will evolve depending on your discipline, location, priorities, education, opportunity and injury. The talent pathway is flexible and open enough to support entry at any point and age, including transfer from other sports.

The most important thing is that you make the most of the resources available to you at any given time.

Link: <https://www.britishcycling.org.uk/getinvolved/article/20181005-about-bc-static-British-Cycling-Talent-Development-Pathway-0?c=EN>



# Talent Website & Media



## Development Centres

# Talent Development Pathway



First step on the talent development pathway

All youth A/B Racers are eligible to enter

Quality training sessions with best riders in the region

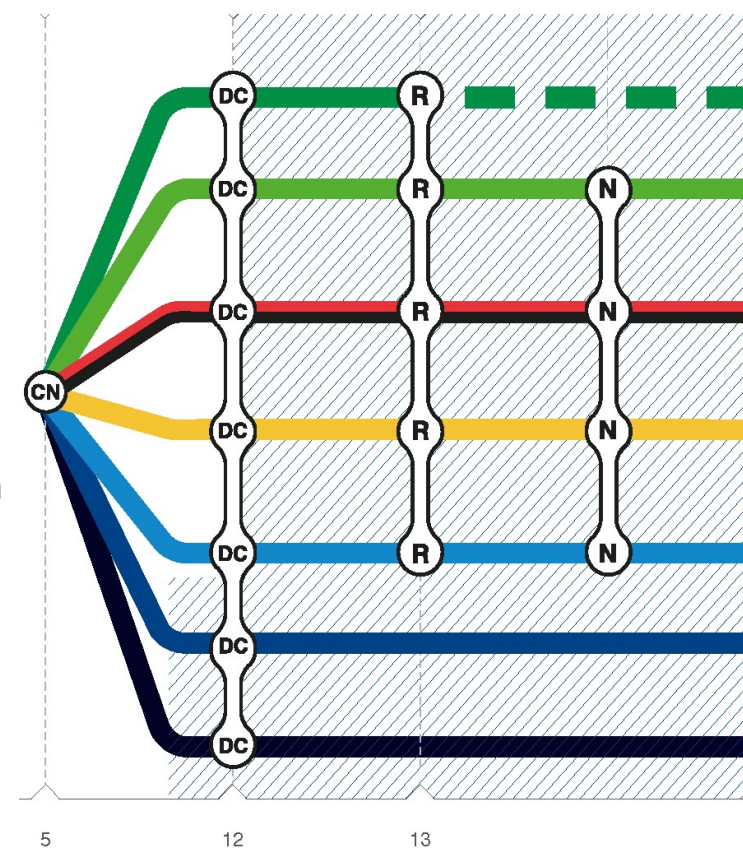
Opportunity to develop skills, tactics & physical ability

Operate across multiple disciplines

Session details can be found on the British Cycling website under the talent section

## Central Region Development Centres

- CX – Palmer Park Velo
- Road Bikes – Palmer Park Velo , Newbury Showground, New College Leics.
- Track - LVVP Track session, Calshot Track Session,
- MTB – Rushmere (TBC)
- BMX – Adrenaline Alley (Corby - Freestyle)..... Hayes Hawks





# Talent Development Pathway



## Regional School Racing (RSR)

Invite only sessions

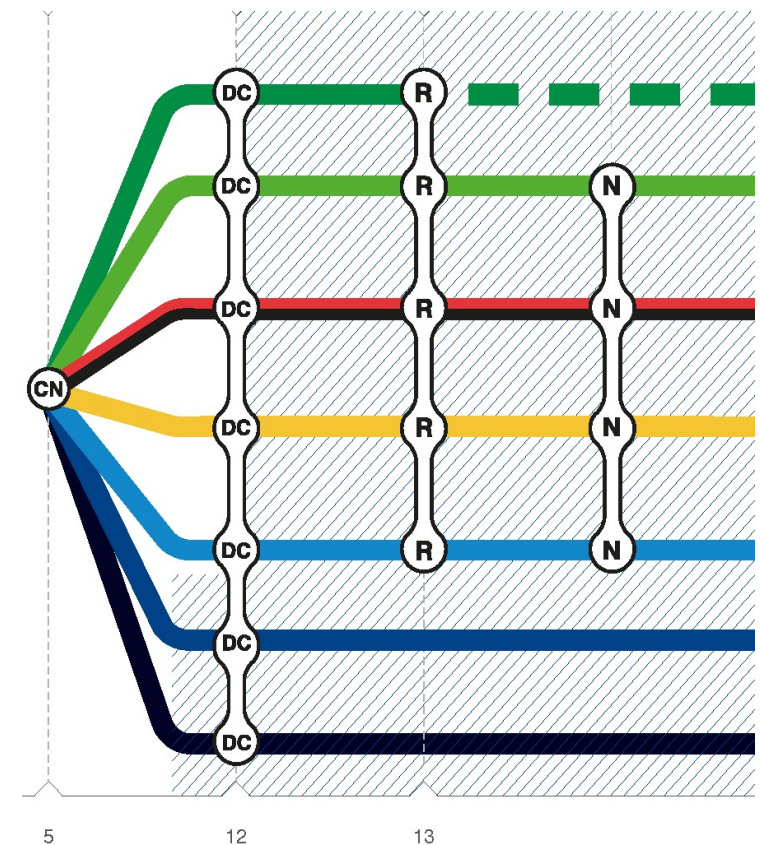
For riders competing Nationally, aspiring to Internationally competitive

Sessions are full days including on and off bike elements

Nominations are made by clubs/coaches in your region throughout year

These sessions are for riders:

- Male – YA1 & YA2 (U16)
- Female –YA1 & YA2 (U16), YB2 (Last Yr U14), Juniors
- Riders who will be racing nationally in year of delivery



# Talent Development Pathway



## How do I get Nominated for RSR?

### Essential Criteria

- Competitive in regional level racing
- Racing National level races in year of delivery
- Correct DOB
- BC licence holder/eligible for a British Passport
- Motivated to be the best they can be

\*Track – High and Slow Indoor Track

\*Circuit – Able to ride in a bunch

### Desirable skills/experiences

- Regularly attending a Development Centre
- Multi Disciplined
- Has delivered attacks in a bike race
- Can start and stop on the rollers unaided
- Can ride in and out the saddle comfortably and in control
- Can ride none handed
- Can take wheels in and out on their own
- Has a good knowledge of the sport
- Able to track stand comfortably
- Observation on rollers on right/left shoulder - 30 seconds

# Talent Development Pathway



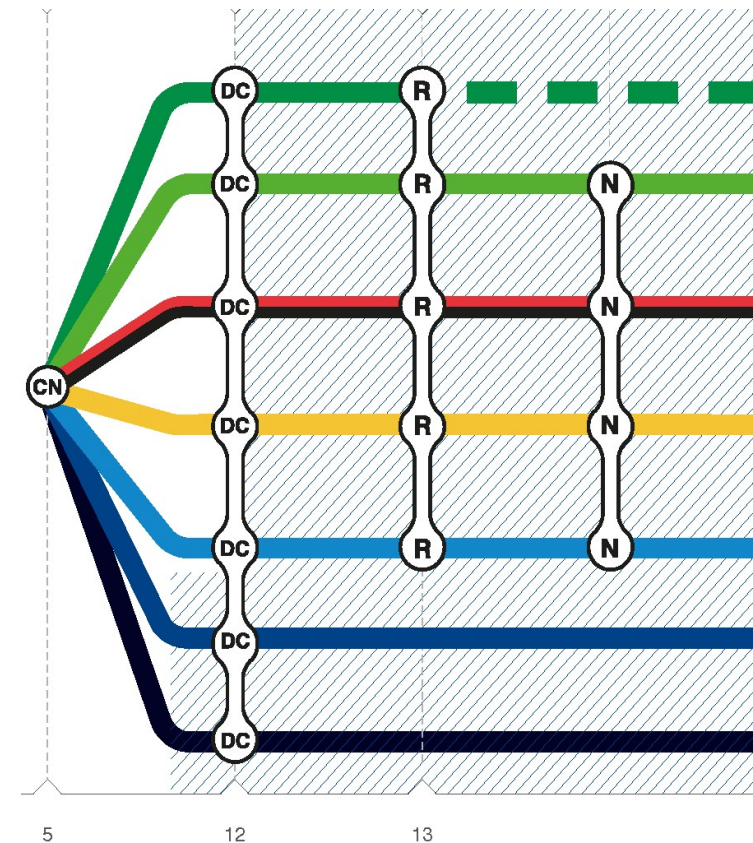
## National School Racing (NSR)

Supplementary layer of delivery on top of RSR

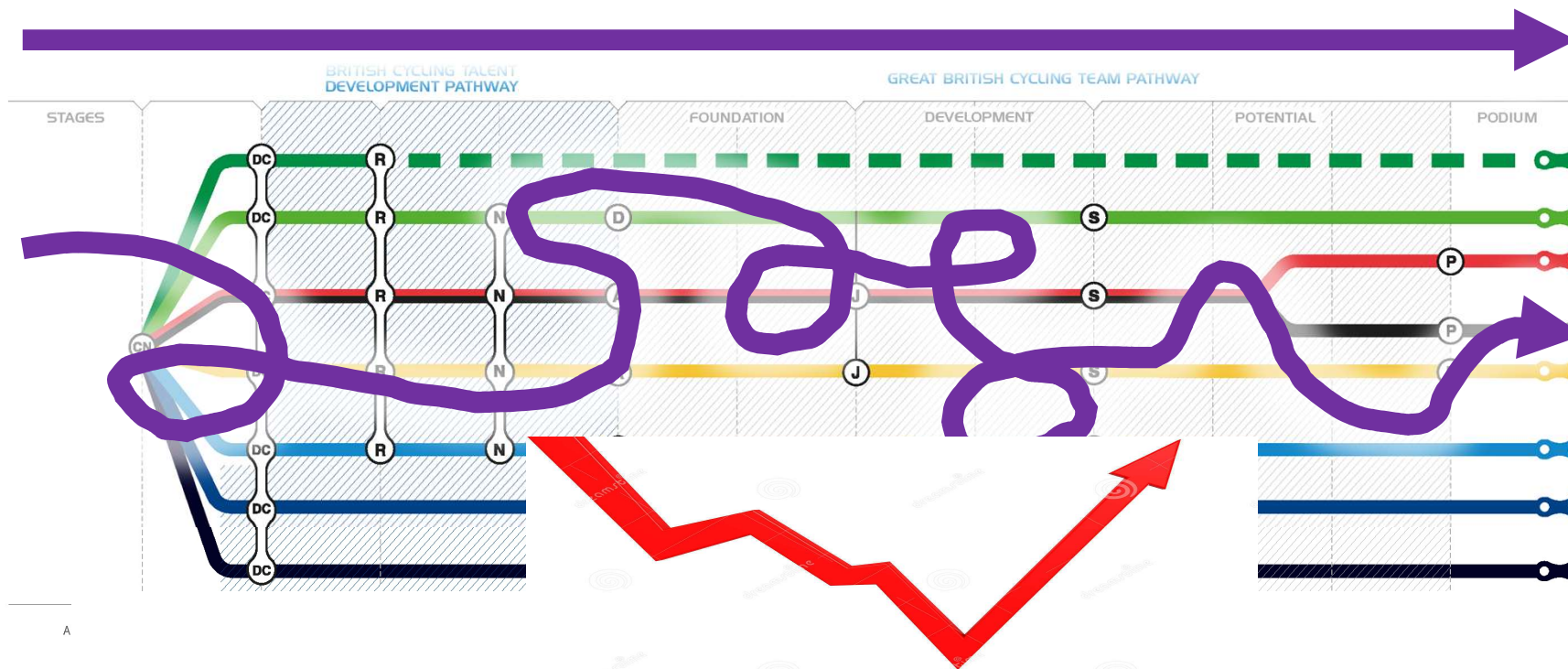
Invite only sessions made by the Talent Development Team

These sessions are for Youth A riders

- MTB/BMX
- Track Sprint
- Girls







#### KEY

- Local, R competi
- Cyclo-cross
- Endurance
- BMX

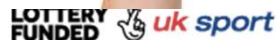
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o, stand on the podium,  
#1 plate, the Rider  
your goal.

ear, your actual route  
ur discipline, location,  
unity and injury. The  
d open enough to  
nd age, including

that you make the most  
o you at any given time.



# Fundamental Behaviours Towards Personal Excellence



**Independence, Ownership  
and Organisation**



**Commitment**



**Passion**



**Respect**





# What motivates you to ride a bike?





# Fueling Motivated

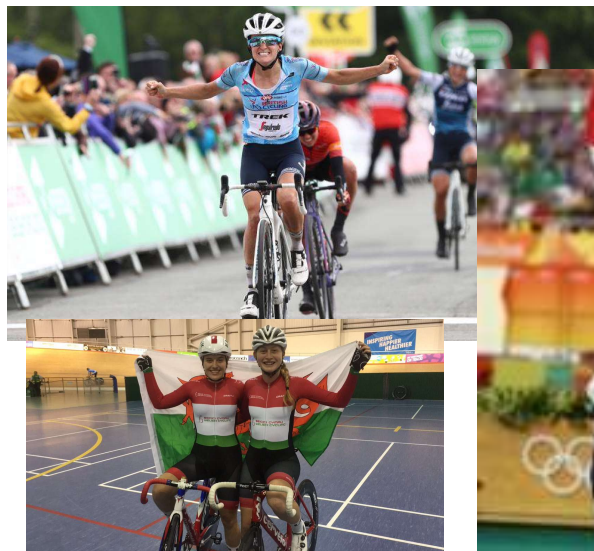


# Racing





- ✓ National Level Races
- ✓ Being Multidisciplined



International Racing....and Beyond!!

National Level Racing

Regional Level Racing

Local Level Racing





## MTB & Cyclo-Cross

<u>Racing Advice</u>	<u>Local Racing (If this exists)</u>	<u>Regional MTB and CX</u>	<u>National Series/Trophy/Champs</u>
Youth C / U12 and younger	Yes	Optional	Optional
1 <sup>st</sup> Year Juveniles / 1 <sup>st</sup> Year U14's		Yes (Series)	Optional
2 <sup>nd</sup> Year Juvenile / 2 <sup>nd</sup> Year U14s		Yes (Series)	Yes - Identified Races
Youth / U16's		Yes (Series)	Yes

## Circuit & Track

<u>Racing Advice</u>	<u>Local Racing</u>	<u>Regional Track and Road</u>	<u>National Circuit Series</u>	<u>Circuit Champs</u>	<u>Track Omniums</u>
Youth C and younger	Yes  Track League (Weekly) Circuit (Weekly)	Optional	Not available	Not available	Optional
1 <sup>st</sup> Year Youth B Riders		Yes (Series)	Optional	Optional	Optional
2 <sup>nd</sup> Year B Riders		Yes (Series)	Yes – Identified races	Yes	Yes
Youth A Riders		Yes (Series)	Yes	Yes	Yes

# BMX National Rounds

- **2021 British BMX Championships**
- 28 – 29 August: Leicester
- **HSBC UK | National BMX Series**
- Rounds 1 & 2: 10 – 11 April, Birmingham - **POSTPONED**
- Rounds 3 & 4: 15 – 16 May, Cumbernauld - **POSTPONED**
- Rounds 5 & 6: 12 – 13 June, Cyclopark
- Rounds 7 & 8: 17 – 18 July, Gosport
- Rounds 9 & 10: 7 – 8 August, Telford
- Rounds 11 & 12: September TBC, Manchester TBC

# MTB & CX National Series

- **National MTB Cross-country Series**

- Round 1 – TBC, 17-18 April
- Round 2 – TBC, 1-2 May
- Round 3 – TBC, 5-6 June
- Round 4 – TBC, 3-4 July
- Round 5 – TBC, 14-15 August
- HSBC UK | National Cross-country Championships
- TBC, 25-25 July

## **National Trophy Series Cyclo Cross 2021:**

**Round 1:** Moorways, Derby: 18 – 19 September

**Round 2:** Westmorland County Showground, Milnthorpe: 9 – 10 October

**Round 3:** Callendar Park, Falkirk: 23 – 24 October

**Round 4:** Herrington Country Park, Sunderland: 20 – 21 November

**Round 5:** Cyclopark, Gravesend: 11 – 12 December



# Road & Track National Series



- **Youth National Circuit Series**

- Round 1: Loughborough University (31 May)
- Round 2: Hillingdon (19 June)
- Round 3: Cyclopark 2-Day (26 - 27 June)
- Round 4: Scarborough (4 July)
- Round 5: North West Youth Tour (28 - 30 August)
- Round 6: Spokes Youth Stage Race (11 - 12 September)

- **Youth National Circuit Championships**

- Redbridge (10 July)

## Round 2

Saturday 17th April: , [Portsmouth](#)

Sunday 18th April: Maindy (UPDATE)

## Round 3

Saturday 8th May: [Dundee](#), Newcastle, Scunthorpe

Sunday 9th May: Carmarthen

## Round 4

Saturday 22nd May: [Dundee](#), [Reading](#), Welwyn, Halesowen.

Sunday 23rd May: [Brighton](#)

## Round 5

Saturday 12th June: [Bournemouth](#)

Sunday 13th June: Herne Hill, Middlesbrough

## Final

Saturday 18th July: Lee Valley

**National Track Champs..... Glasgow 25-29 July**

# Gold, Silver and Bronze Races



## Gold races:

Max 2-3 per year.

Your most important national races.

Training - Apply 2 week 'taper'



## Silver races:

All other big events

Try some newer tactics

Train as normal around these



## Bronze races:

Smaller races

Can race fatigued

Try out a range of new race tactics.

# Season Planning



	Week Intensity (R, A, or G)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October	Amber				1	2	3	4
	Amber	5	6	7	8	9 track league	10	11
	Amber	12	13	14	15	16 track league	17 RSR	18
	Amber	19	20	21	22	23 track league	24 Revolution	25
	Amber	26 Half Term	27 Half Term	28 Half Term	29 Half Term	30 track league	31 ODA	
November	Amber	2	3	4	5	6 track league	7	8
	Amber	9	10	11	12	13 track league	14 Revolution	15
	Amber	16	17	18	19	20 track league	21 ODA	22
	Amber	23	24	25	26	27 track league	28 Revolution	29
	Amber	30						
December	Amber		1	2	3	4 track league	5 ODA	6
	Amber	7	8	9	10	11 track league	12	13
	Amber	14	15	16	17	18 track league	19 ODA	20
	Red	21 Xmas Holiday	22 Xmas Holiday	23 Xmas Holiday	24 Xmas Holiday	25 track league	26	27
	Red	28 Xmas Holiday	29 Xmas Holiday	30 Xmas Holiday	31 Xmas Holiday			
January	Green	4	5	6	7	1 Xmas Holiday	2 revolution	3
	Amber	11	12	13	14	8	9 ODA	10
	Amber	18	19	20	21	15	16 RSR	17
	Amber	25	26	27	28	22	23 revolution	24 ODA
	Amber	1	2	3	4	29	30	31 Yorkshire Reliability 1
February	Amber	8	9	10	11 Half Term	12 half Term	13	14 Yorkshire Reliability 3
	Red	15 half term	16 half term	17 Half Term	18 Half Term	19 half Term	20	21 ODA
	Green	22	23	24	25	26	27 Icebreaker Youth	28 Icebreaker Junior
	Amber	29						
	Amber		1	2	3	4	5	6 Yorkshire Reliability 6
March	Amber	7	8	9	10	11	12 ODA	13 Yorkshire Reliability 7
	Amber	14	15	16	17	18	19 Full UK ODA	20 Full UK ODA
	Amber	21	22	23	24	25 Easter Holiday	26	27 ODA
	Red	28 Easter Holiday	29 Easter Holiday	30 Easter Holiday	31 Easter Holiday			
	Red	4 Easter Holiday	5 Easter Holiday	6 Easter Holiday	7 Easter Holiday	8 Easter Holiday	9	10 ODA
April	Green	11	12	13	14	15	16	17 Heston National
	Amber	18	19	20	21	22	23	24 Omnium Qualifier 1
	Amber	25	26	27	28	29 Isle Of Man	30 Isle of Man	
	Amber	2	3 Isle of man	4	5	6	7 Omnium qualifier	8 Isle of man
	Amber	9	10	11	12	13	14 Omnium qualifier	15 Omnium Qualifier 4
May	Amber	16	17	18	19	20	21 Cardiff National	22
	Amber	23	24	25	26	27	28 North West tour	29 North west tour
	Red	30 Half Term	31 Half Term					
	Green	6	7	8 Half Term	9	10	11	12
		13	14	15	16	17	18 ODA	19
June		20	21	22	23	24	25 ODA	26 Milton Keynes
		27	28	29	30			
		4	5	6	7	8	9	10 Omnium Real
		11	12	13	14	15	16	17 National champs
July		18	19	20	21	22 School Closes	23 Full UK ODA	24 Full UK ODA
		25	26	27	28	29	30	31 Hillington national

Key
National Race (National Series, Championship etc)
Regional Race (Track Leagues, mid week crits etc)
School Holiday (half term, end of term etc)
Family Holiday (any holidays booked to go away with family)
ODA or RSR Day
Other
Instructions
1. Colour code any day that falls under any of the categories in the key above
2. For any day highlighted, write a brief description of what it is, for example if you highlight green for a National Race you may write NPS Rd 1





What equipment do you need in the talent pathway?



# Essential Equipment - Winter Clothing!!!







What equipment do you **NOT** need in the talent pathway?



# Any questions???