

# Training Sessions

The Dubbo Cycle Club holds Track training sessions weekly on Thursday Evenings down at the track.

Junior Track Training will be held from 5:00pm to 6:30pm and Senior Training Commencing from 6:30 pm

No Seniors are allowed on the track while the Junior Training session is in progress, and No Junior's Under 13 and Below are permitted to ride in the Senior Training Sessions.

On Wednesday Nights from 7pm, we also hold a Motorpaced 100 Lapper starting from around 30 km/hr pace and slowly increasing the pace every 20-30 laps there after.

Regular Training Sessions on Thursday and Saturday Mornings will be Free of Charge, however the 100 Lap Motorpaced Sessions on Wednesday's will cost \$2 per rider

This year we will have 2 coaches Vaughn Eather and Gus Dawson and they will be working together and able to assist with advise and training programs.

The Schedule of the Training session will be shown on a whiteboard, and updated as the season goes on, You do not have to complete all of the items unless you want to and are free to pull out at any time. The sessions are structured in a similar way to the High performance training sessions used for State / National teams.

As the season progresses and get closer to State Titles and the Dubbo Track Open we will also hold an additional Training Session on Saturday Mornings between 6am and 10am where Juniors and Seniors will be on track in alternating groups.

The Dubbo Cycle Club also has use of the Track on Sunday Mornings from 6:30am to 10am however there is no organised training, but you may find others to train with, outside those times the general public will also be able to use the track so remember safety first.

In some cases we may not be able to run training sessions on the track due to other events being held at Victoria Park No 1 Oval, in this case we will do our best to let everyone know by posting a message on our website , via email or on our Facebook, Twitter or Instagram pages.