

Report on the London Junior Squad Training Session

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Venue: Minet Park, Hillingdon

As the morning frost began to thaw on the track, the squad of forty lined up on a cold Sunday morning to participate in one of the biggest London region junior sessions yet. After eventually finding the keys, Jon decided to let us in the facility and out of the freezing cold winter's air. We bundled happily into the warmth of the building and sat down. As Jon introduced all the new comers, we all began to put on our running shoes for the warm up. Led by Alex, Dan & Adam, with Sheila keeping an eye on proceedings, the young coaches certainly had their work cut out dealing with a bouncy and talkative Harry. After a series of fun and warming activities, we headed back to the buildings for the session brief.

The session was made up of three parts:

1. An endurance set of "thru and off"
2. A technical session of dismounts and mounts followed by some short duathlons.
3. Some races where we could test ourselves in teams.



The first session was great and we all separated into our ability groups before heading out onto the track. I had Jon as my coach and he certainly made us work hard. We did 30 minutes of hard riding followed by some three lap bursts in smaller groups. I was with the two Sinko brothers. As they argued about who was the *Road Captain* I headed off and I was 10 metres down the track before they realised. They soon caught up and we hammered the 3 laps at a good tempo.



Next we had the technical aspect. After seeing an amazing demonstration by Harry of a flying start, we all went off to practice.

As more and more people managed it, I was left behind. Finally, after ages of trying I managed and we went off to do some duathlons.



Last but not least we did a fun team pursuit. I was in the quick girls Elle, Alice and Isabel, and Coach Alex leading off. Alex, being Alex ripped it on the front without even realising how fast he was going I think making us work our socks off just to stay with him, thankfully it was only five laps and we survived.



Thanks to the coaches, Jon, Bruno, Jim, Ed, Dan, Adam and Alex and thanks to everyone who made it possible.

Kieran Desmond