

Report on the London Junior Squad Training Session

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Session Date: Sunday 12th April 2015

Venue: Herne Hill Velodrome

On Sunday 12th April 2015, the London Region Training squad travelled to the world famous Herne Hill Veledrome for a hard 3 hours of training.

Luckily, it was warm and sunny (not our usual weather!), so everyone was in high spirits.



First on the agenda was a warm up, just to get everyone familiarised with riding on the track. Secondly, Jon put us into our ability groups and then we set off in separate directions. Older and more experienced riders headed to the middle track, whilst the younger and less experienced riders (my group) went to the main track. Jon explained what we were doing, We started off in one big group riding close together, helping us to get used to being comfortable in a group, as it is very likely for us to be near people in races!



The next session consisted of transition practice, as a transition could make or break your race. After we perfected our transitions we went on to do a mini duathlon.

For the final part of the day we did some races, which set us up nicely for the whole squad coming together for a pursuit style race. This was my favourite part of the day, because I got a chance to ride with the older, more experienced riders...also my legs were glad it was the end!!

It was Gabbie's birthday and she brought along a big cake, so we sang "Happy Birthday" and all had some – this was very welcome after all the hard riding we had been doing.



Overall, I think I benefited substantially throughout the session and I am looking forward to our next training session together!!