

Report on London Junior Squad Training Session

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Venue: Herne Hill Velodrome

On Sunday the 6th of March, Mother's Day, the London Tri Squad had their third training session of this year. It took place at the Herne Hill Velodrome. I was really excited as this was my first time riding on a track.

After we had all arrived we were split into two groups, same as last month, the older athletes and the younger ones. For the warm up the older ones rode in a group above the blue line. The younger group which I was in were split into a further four groups and cycled below the blue line.

In our groups, of about four or five, we had to all ride together and swap the leader every half lap. This helped me understand the importance of keeping a steady pace when leading and making sure that everyone in the group is behind.



After a few laps of this my group went on the inner track and the older ones stayed on the main track. On the inner track we were doing bike skills. We were in partners and had to cycle around with one arm on our partner. Then eventually we had to cycle around the track no handed.

Although scary it was really fun!

We then had a break before going on to the main track. We were in the same groups as for the warm up. We raced 5 laps as a group and on the last lap it was a sprint, this was really fun and one of my highlights of the day. We did this once more but with one less lap.

We then went back to the inner track to do transitions, learning mainly the different mounts, which is really useful as the season is starting soon. I learnt a lot and most importantly I learnt to look before you mount to avoid any collisions!



After this it was time to receive the hoodies for those who didn't already have one, including me, and we took many team photos. Thank you to all the coaches for a great session.

