

TEMPO CYCLING TRAINING SERIES



Tempo Cycling Training Series

Promoted by Andrew LaCorte of the Affinity Cycles Track Team
Held at the Kissena Velodrome, Flushing, New York
Held under USA Cycling and NYC Parks event permits

Saturdays April 4, 11, May 2, 9, 16, 23, June 13, 20, July 18, August 8
Sundays April 12, May 3, 10, 17, 24, June 14, 21, July 19, August 9

Note: *A few dates during session 2 will be upgraded to Clinic sessions taught by guest instructors. Separate fees will apply.*

Two sessions per day with one (Sat) open structured training session and one advanced structured session available each day. All riders must hold USA Cycling license, one-day licenses will be available for \$5 on site and on pre-registration. All riders must sign a USA Cycling waiver form. Juniors under 18 years of age (not racing age, actual age) must have a parent or legal guardian sign the form. A pre-filled out and signed waiver form would greatly be appreciated upon arrival at the track.

Session 1 - 12:15 PM - 2:30 PM

Open track for training

- A \$2 fee for insurance will be needed upon signing of waiver form. (Saturday and Sunday)
- Track will not be occupied except when structured workouts have an exercise on the track, upon which riders will be asked to either leave the track for a few minutes or go above the stayers line.

Saturday Session 1 will offer a structured Training program for Beginners, Category 4/5 riders, and Junior's

- The fee for Saturday's program is \$10/day; includes all USAC and NYC Parks & Rec fees/insurance.
- Pre-registration on Bikereg.com or by mail is required.

Session 2 - 2:15 PM - 5:30 PM

Structured Training for Elite riders

- The fee for this is \$20/day; includes all USAC and NYC Parks & Rec fees/insurance.
- Monthly payment options are available.
- Pre-registration on Bikereg.com or by mail is required.

Sessions will included: Proper warm-up techniques, Drop-ins, Lead-outs, 800's, 600's, 400's, 200's (Flying and Standing and in groups), Timed - Standing Starts, Russian Sprints, at min with 4 riders and will be done with 6 riders when ready, Negative splits, Power Turns, Power Straights, Match Sprint Drills, & Proper warm down techniques.

Riders will be assigned to a group that is at their level. Andrew LaCorte will be participating in Session 2 assisted by Doug Rothline, (Andrew's assistant coach for the past three years.) You will not get this program anywhere, in the NY tri State area, PERIOD! All programs are designed by Kirk Whiteman and Andrew LaCorte.

Directions: Google Booth Memorial Dr & Parsons Blvd, Flushing, NY. This is the entrance to the track. Exit 24 on Long Island Expressway: If you are exiting from the westbound lanes, take 2nd right onto Parsons Blvd and drive to the end; if you are exiting from the eastbound lanes, take left at light onto Kissena Blvd, then right at 2nd light onto Booth Memorial Dr. Track entrance is at intersection of Parsons Blvd.

For more details and information, contact Andrew LaCorte at 516-508-8988, or at drewlynn@optonline.net. You may also search online at <http://kissenaatrackracing.blogspot.com>.