



BETH LEASURE-HUDSON

beth@bethleasure.com

Beth Leasure-Hudson, Exercise Physiology, M.S.; Sport Director UCI; Coach, USA Cycling *Distinguished Level1, Power-Based Training, Certified Skills Instructor; Masters National Champion

Intro to Racing Skills & Tactics

p/b Fat Frogs Racing and Team Hampton Roads

This Clinic is outside, but please wear a mask as we will be learning in proximity with each other at times, clipped out and listening/watching.

Date: Saturday, April 24 Duration: 9AM-4PM

9-9:15 Intro of Coaches & Riders- Level of Skill, Specific Expectations

9:15-10:30 Segment I: Fast Starts and First Tactics

Pre-Race Rituals
Cornering 101 Arcs Single, Double, Triple, Group
Clipping In, +Start, +Corner

10:30-10:45 Break

10:45-Noon Speed Play

Win the Hole Shot
Assisted Win the Hole Shot
Team Communication Drill
Team Hole Shot
First Tactics Positioning, Monitoring, Testing-Doubles
then Team Assembly Drill

How to Train Fast Starts & First Tactics:

Excellent Pre-Race Rituals, Clip-In Drills, Hole Shot Drills, Cornering, Follow skilled cornerers, Communication Drill on team/group rides

Noon Lunch Hour

1-2:30 PM Segment II: So You Think You Can Surge?

Segmentation: Peace and Violence
Speed Changes: Surfing or Sailing?
Sitting In/Staying Alert
Safe Movements & Lines
Speed Play: Team Role Play & Switch

How to Train Surge & Second Tactics:

Group ride packs, moving middle/outside, Over-Under Intervals, Situational Awareness

2:50-3 Break

3-4PM So You Think You Can Attack?

Attack, Counterattack Singles, Doubles
Team Role Play & Switch

How to Train Attacks: Fast Start Intervals, Situational Awareness, Drop Off/Bridges



Date: Sunday, April 25th

Duration: 9AM-4PM

9-10:30AM Segment II Speed Play

Team Competition Start, Segment, Surge, Attack, Settle

10:30-10:45 Break

10:45-12 Segment III: So You Think You Can Win?

Setting Up to Sprint

Sprinting 101: Single, Double, Triples

12 Lunch Hour

1-2 Fast Finishing Advanced

Lead-Outs Doubles, Triples

Team Set Ups for Sprint Finishes

How to Train Fast Finishes: Sprints, Kilos, Team Rides

2-2:15 Break

2:15-3 Practice Race

Start, Settle, Sprint – team roles

3-4 Optional Group Ride – practice what you learned on a bigger loop nearby.
If enough participate, alternate teams and roles on a circuit venue.

Closing Remarks: Overview & Questions, Coaching & Team/Club Announcements