

BMX Track Speed

| | Volume | Distance | Resistance | Recovery | Description |
|-------------------------|--------|--|--------------|------------|--|
| Half lap efforts | 4 - 8 | ½ laps | Race Gearing | 5-10 mins | <ul style="list-style-type: none"> • Incorporating 2 straights and a corner • Mix up skills each effort • Use cone placement to encourage riders to select different lines through straights and turns each lap. • Group efforts will help a rider develop their tactical ability. |
| 1 – 3 straights | 2 – 3 | 1 straight 2 straights 3 straights | Race Gearing | 5-10 mins | <ul style="list-style-type: none"> • Increase distance each effort • Incorporating another straight each effort will increase intensity and pressure on the riders mental and physical skill set. • Increased recovery with increase on distance. • Group efforts will help develop tactical abilities. |
| Full laps | 1 - 3 | Full laps | Race Gearing | 10-15 mins | <ul style="list-style-type: none"> • Working on keeping track speed and flow from start to finish. • Encourage all skills to be utilised. • Use cone placement to encourage riders to select different lines through straights and turns each lap. • Group efforts will help a rider develop their tactical ability. |

- **Pre-season Training:** Increase volume and distance with shorter recovery time.
- **Competition Training:** Decrease volume and distance with longer recovery time.
- Add or remove efforts from your program to work with your strengths and weaknesses.
- Cut back the volume if you're incorporating multiple track efforts in one session.
- Record skill progression from half laps to full laps.