AUSCYCLING

U/15

IGNITE

You're at the start of your MTB journey and right now it's all about hitting the trails, building your skills, and having fun. Training is gradually becoming more structured, but it's kept fun, safe, and supportive. The goal is to fall in love with riding and build habits that'll stick with you for life, on and off the bike.

Trail Skills and Race Craft

You'll be working on the fundamentals every good mountain biker needs. This includes nailing your ready position, smooth shifting, braking modulation, and learning to handle small obstacles, drops, and getting your wheelies dialled. On the race side, you'll start thinking about pacing, positioning in the bunch, going for the hole shot, and doing basic race debriefs so you're learning from every single start.

Get confident on the trails and start learning to race smart.

Building Your Engine

Your body is growing and changing, so training is about building general endurance and strength recognising everyone develops at their own pace. You'll be doing around 10–15 per week of physical activity including cycling, general conditioning sessions (gym/circuit), and other sports, with proper recovery time built in.

Build fitness that works with your body — train smart and recover well.

Mindset and Good Habits

You're building the competitive courage to have a go and embrace a challenge and learning to notice your emotions and talk about how you're feeling with your coach and family. You're curious, asking questions and willing to try new things and you're learning to keep going and keep trying when things don't go to plan. Building connections and feeling like you belong within your squad or club is a big part of this stage. Playing other sports keeps things fresh too, building your all-round athleticism along the way.

Developing a strong mindset and good habits.

Your Support Crew and Life Skills

You may have a coach, club program, or Development Academy behind you, with access to trail networks and weekly race series. Education remains central to your development, and you'll also start picking up useful life skills including bike maintenance basics, mobility and strength work, introduction to recovery and healthy hygiene habits, meal planning and cooking basics, and concussion awareness.

Great people around you and great skills to learn.

Race Day: Get Out There!

Racing at U15 is club and state level, with around 10–15 starts across road, track and other MTB disciplines as well as getting involved in weekly club events in season. The goal is to ride safely, build competence, and have a great time with your mates. Every race is a learning opportunity, so get out there and give it a go.

Racing is about learning and loving the sport.

10–15 hrs	10–15	Club & State
TRAINING PER WEEK	RACE STARTS PER YEAR	LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
- PERFORMANCE MONITORING
- UCI POINT REQUIREMENTS
- KEY LEVELS OF RACING
- RACE CAPABILITIES
- ANNUAL RACE DAYS
- CROSS-DISCIPLINE

AUSCYCLING

U/17

IGNITE

Your training gets more structured, skills get sharper, and racing starts to get more intentional. It's still about enjoying the sport, but there's a real focus on improving and challenging yourself every time you hit the trails.

Trail Skills and Race Craft

You will be working on refined cornering, maximising line selection, manuals, bigger obstacles, medium and large jumps, and larger drops all while staying loose on the bike at speed. On the race side, you'll be learning when and where to pass, developing and executing race plans, reading courses, and figuring out your opponents' strengths and weaknesses.

> **Sharpen your skills and race with your head as well as your legs.**

Building Your Engine

Time to build your aerobic engine. Training volume steps up to 12–18 hours a week, and strength work gets more specific both in the gym and on the bike. Every session has more purpose and structure behind it, and you're building the physical foundations required to be competitive.

> **More volume, more strength, more speed, always with a plan.**

Mindset and Good Habits

You're building competitive confidence, trusting your preparation and backing yourself. You're developing emotional agility, learning to pause before reacting and respond with flexibility. Your coachability expands as you seek feedback, experiment with new ideas, and focus on the process. You're learning to reset quickly, letting go of mistakes and refocusing on what's next, and contributing to your team by supporting others and bringing positive energy. Keeping your life balanced between sport, school or work is a big part of this stage. Travel and training camps might start coming into the picture too, which brings a whole new set of life skills with it.

> **Stay process-driven, set goals, and back yourself.**

Your Support Crew and Life Skills

You may be working with an accredited coach, club program or Development Academy, with regular access to trail networks and race series. Your life skills toolkit expands including basic mechanical tuning, suspension setup, packing your bike for travel, grocery shopping and cooking balanced meals, healthy hygiene habits, financial literacy, and social media smarts.

> **Great coaches and new life skills, you're building the full package.**

Race Day: Competing with Intent

Racing steps up to club, state, national, and international level, with around 15–20 state/national starts across road, track, MTB and CX, plus up to 5 international race days where developmentally appropriate, as well as weekly club events in season. You're working on proficiency in key skills with sharper tactical execution and an emphasis on performance. Every race is a learning opportunity and you're now competing with intent.

> **Race more, race smarter, and compete with purpose.**

12–18 hrs
TRAINING PER WEEK

15–20
RACE STARTS PER YEAR

Club–International
LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
- PERFORMANCE MONITORING
- UCI POINT REQUIREMENTS
- KEY LEVELS OF RACING
- RACE CAPABILITIES
- ANNUAL RACE DAYS
- CROSS-DISCIPLINE

AUSCYCLING

U/19

PROGRESS

Your focus is geared towards optimising your training, building your independence, and preparing to compete internationally. The development phase is transitioning into a performance phase and it's an exciting time to be racing.

Trail Skills and Race Craft

Your technical skills are being pushed to the next level with faster cornering, improved balance, and handling obstacles, jumps, and drops at elevated heart rates and increased heights and speeds. On the race side, you're refining and varying your race plans, doing proper debriefs, and developing winning habits that you'll carry through your whole career.

Ride faster, ride smarter, and build winning habits.

Building Your Engine

Training volume steps up to 15–20 hours a week and 500-600 hrs annually. Increased riding volume and intensity assists in developing maximal aerobic capacity. Strength training gets more intense too, both in the gym and on the bike. Every session is purposeful, and the load reflects the level you're genuinely aiming for.

Extend your physical limits, with structure and purpose behind every session.

Mindset and Good Habits

You're building competitive conviction, committing fully to your decisions and learning to tolerate uncertainty. You're developing emotional regulation to manage anxiety and fear while staying task focused. You're becoming self-directed, reflecting on your experiences, identifying what to improve, and balancing process with outcomes. You're learning to adapt when plans change and find another way forward as well as taking responsibility for your impact and owning your contributions. Living and competing away from home is on the horizon and being ready for what matters.

Handle adversity well, stay process focused, and grow your independence.

Your Support Crew and Life Skills

You may be working with an accredited coach to co-develop your own Individual Athlete Performance Plan and a prioritised race calendar. Life skills continue to grow including bike maintenance, individualised recovery, heightened hygiene habits, travel bookings, communicating professionally with program staff, and social media management.

Own your program, use your support team and embrace professional habits.

Race Day: Going International

Racing moves to state, national, and international level, with 30–40 race days including 10–15 UCI starts across road, track, MTB and CX. You're refining your technical and tactical skills at race pace and learning to manage setbacks mid-race. UCI points are relevant for your start position and world ranking

Race internationally, earn your ranking, and keep improving with every start.

15–20 hrs
TRAINING PER WEEK

30–40
RACE DAYS PER YEAR

State–International
LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
- PERFORMANCE MONITORING
- UCI POINT REQUIREMENTS
- KEY LEVELS OF RACING
- RACE CAPABILITIES
- ANNUAL RACE DAYS
- CROSS-DISCIPLINE

AUSCYCLING

U/23

PROGRESS

You're targeting specific events to maximise performance with training, racing, recovery, and mindset built around that.

Trail Skills and Race Craft

You're adapting your race plan on the fly, maximising your race positioning to hit key spots at critical moments, and consolidating winning habits into your racing DNA. Course specific strategy and tactics are now central to how you approach every race, and mastery of technical skills and race management is the standard you're holding yourself to.

Adapt, position and race with meaning.

Building Your Engine

Training volume is 600 – 700 hours annually, built around rest periods and specific target events like Nationals and World Championships. You're developing maximal aerobic capacity and maximising event specific physical attributes. Every training block has a clear goal and a clear reason behind it.

Train at a high level with a well structured season plan.

Mindset and Good Habits

You're building competitive command, taking responsibility and owning the race with positive intent. You're developing emotional choice, using your emotions as information and recognising you have a choice in your next move. You're autonomous, making informed decisions and seeking out the right expertise, and you bounce forward through setbacks, learning and growing through every challenge. You use your voice positively and actively help shape the culture around you. You're becoming independent, with living and competing internationally as the norm. Communication with teammates, coaches, managers, and officials needs to be mature and professional.

Be independent, professional and turn setbacks into steps forward.

Your Support Crew and Life Skills

You'll have an accredited coach co-developing your performance plan and seasonal race calendar. Anti-doping responsibilities are routine as you may be in the Registered Testing Pool and managing your Whereabouts. Fully independent living, specialised recovery, established hygiene habits, sponsor and stakeholder management, and optimised bike fit are all critical. UCI points are required for start positions, world ranking, and short track.

Own your responsibilities and make the most of opportunities.

Race Day: National and International

Racing is at national and international level, with 25+ starts across XCO, XCC, CX, and road. Every result contributes to your UCI ranking, selection opportunities, and short track qualification. You're executing course-specific strategy and managing races at the highest level.

Perform at the highest level, results and rankings matter.

600–700 hrs
TRAINING PER YEAR

25+
RACE STARTS PER YEAR

National & Int'l
LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
- PERFORMANCE MONITORING
- UCI POINT REQUIREMENTS
- KEY LEVELS OF RACING
- RACE CAPABILITIES
- ANNUAL RACE DAYS
- CROSS-DISCIPLINE

AUSCYCLING

Elite

PERFORM

Elite level is about consistently delivering at the biggest events, World Championships, Olympic Games, while operating as a true professional in every sense.

Trail Skills and Race Craft

You're revisiting and reinforcing the basics to make sure your technical and tactical skills are world best standard. Your knowledge of competitors, their strengths, weaknesses, strategies, and tendencies, is fully optimised and used strategically at every race. At this level, execution at key events is critical.

Master the basics, know your competition, and execute when it matters.

Maintaining Your Engine

Training is 700+ annual training hours, built around your competition calendar. Prioritise World Championships and Olympic selection events with everything else structured around them. The focus is event specific optimisation, closing performance gaps, and maintaining a high level of fitness in the off-season so you're always ready to perform.

Benchmark competition focus with year round readiness.

Mindset and Good Habits

You race with competitive composure, stay composed under pressure, and ride with clarity, decisive and fully committed. You have emotional composure, embrace your emotions without being overwhelmed and stay clear and calm when it matters most. You're accountable, own your development and help others learn. You thrive under pressure, persist through adversity, adapt in ambiguity, and stay purposeful in the moment. As an active custodian of the sport, you protect what matters and leave things in a better place for those who follow. Winning and losing are both handled professionally. You operate within an accountable, autonomous culture where your established processes facilitate the desired outcome. You lead by example for every rider coming up through the pathway.

Be accountable, stay process focused, and lead by example every day.

Your Support Crew and Life Skills

You have access to performance support services, including optimised bike fit and equipment, specialised recovery, comprehensive physiological monitoring, full medical screening, and concussion management. Your performance plan is athlete led, developed in consultation with your coach, manager, AusCycling, and team or sponsors. Course specific preparation for World Championship and Olympic Games venues is a priority.

Utilise resources towards targeted performances.

Race Day: The World Stage

Racing is primarily international, with 25+ starts focused on XCO and XCC. Strategic execution at key events drives UCI points accruement, Olympic or benchmark event qualification, and contract outcomes. Performing when it matters most, protecting your long-term health, character and love of the sport are pivotal.

Deliver at the biggest events, protect your longevity, leave a legacy.

700+ hrs	25+	International
TRAINING PER YEAR	RACE STARTS PER YEAR	LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
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