AUSCYCLING

U/15

IGNITE

Your focus is on getting bike skills sorted, building your fitness, and picking up good habits that will set you up for life both on and off the bike. It is important that you're having fun and it's always done in a way that keeps things safe.

Bike Skills and Race Smarts

You'll be working on key skills such as braking at the right time, cornering well, shifting gears smoothly, climbing efficiently, and riding safely in a bunch or heading into a sprint. You'll be introducing basic race tactics like picking the best line through a corner, knowing when to push and when to save energy, making quick decisions, and reacting fast if something unexpected happens on the road.

Get confident on the bike and explore race tactics.

Getting Fit and Strong

Your body is developing, so training is about building fitness, coordination and strength that is developmentally appropriate for you; everyone develops at their own pace. You will spend around 8–12 hours per week of physical activity including cycling, general conditioning sessions (gym/circuit), and other sports. Rest and recovery are important, so make sure you're getting plenty of sleep and downtime too.

Train smart, recover well, and let your body develop at its own pace.

Building Good Habits and a Strong Mindset

You're building the competitive courage to have a go and embrace a challenge. You're 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 too. Playing other sports is vital as it keeps things fresh, helps your overall athleticism, and makes the pursuit of sport more enjoyable.

Developing a strong mindset and good habits.

Who's in Your Corner?

You'll have coaches, clubs, or Development Academies guiding you, with access to safe roads, race circuits, and regular racing. Education remains central to your development, and you'll also start learning useful skills beyond just riding including how to look after your bike, what to eat to fuel, warm up and cool down strategies, why recovery matters, healthy hygiene habits and concussion education.

Great people around you and great habits to build.

Racing: Give it a Go!

Racing is about the opportunity to learn by trying different things and learning as you go. Your equipment needs are basic. You'll typically race at club and state level across a range of disciplines like road, track, cyclocross, and mountain biking, with around 10 – 20 starts a year as well as weekly club events throughout the season. Every race is a chance to improve and have a great time with your mates. The goal is to feel capable and confident, stay safe, and fall in love with cycling.

Racing is about learning and loving the sport.

8–12 hrs	10–20	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 and racing are becoming more structured as you build on your tactical and technical skills. It's still about enjoying the sport, but now there's a focus on improving and pushing yourself to the next level.

Bike Skills and Race Smarts

Your skill set grows through sharper cornering, smarter positioning in crosswinds and criteriums, advanced emergency reactions at speed, and learning how to read a race, the weather, the course and your opponents' strengths and weaknesses. You'll start developing and executing basic race and nutrition plans and practising feeding on the bike.

Sharpen your bike skills and tactical awareness.

Getting Fit and Strong

Your training volume increases to 10-15 hours per week to build your aerobic engine and there's an emphasis on speed and power development. You're riding smart with more structure around how and when you push hard.

More volume, power and speed with a plan behind it.

Building Good Habits and a Strong Mindset

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. Travel and training camps might start coming into the picture, which means new life skills to pick up along the way.

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

Who's in Your Corner?

You may be working with an accredited club coach and/or Development Academy. Education remains central to your development growing your toolkit to also include basic bike tuning, adjusting tyre pressure for different conditions, packing your bike for travel, grocery shopping and cooking balanced meals, healthy hygiene habits, managing a budget, and navigating social media.

Great coaches and new life skills — you're building the full package.

Racing: Time to Compete

Racing steps up to club, state, and national level, with around 20-25 starts across road, track, MTB and CX as well as in season weekly club events. You'll be working on proficiency in key skills with sharper tactical execution and a focus on performance. Every race is a learning opportunity and you're competing with intent and a focus towards performance.

Compete with purpose with more and smarter racing.

10–15 hrs
TRAINING PER WEEK

20–25
RACE STARTS PER YEAR

Club–National
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 shifts to optimising training, preparing to compete internationally, and developing the independence to make it happen. The fun is still there, but this is where cycling starts to feel like a pursuit of excellence and a career aspiration.

Bike Skills and Race Smarts

Your bike handling should address the core demands of international competition. You'll work on advanced individual and team race skills, making smart decisions across different race types and conditions, and understanding and implementing race tactics with your coach or team director. Stage race preparation, debriefing and developing winning habits are embedded in your routine.

Prepare skills and habits for international standards.

Getting Fit and Strong

You're building maximal aerobic capacity through increased riding volume of 15-20 hours per week and up to 600-700 hours annually, alongside greater strength and anaerobic capabilities. Training is more demanding and more targeted where every session has a purpose, and the load reflects the level you're aiming for.

Push your physical limits with purpose and structure.

Building Good Habits and a Strong Mindset

You're building competitive conviction, committing fully to your decisions and learning to tolerate uncertainty. You are 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. You're taking responsibility for your impact and owning your contributions. Living and competing away from home, including internationally, becomes a part of your life.

Handle adversity, develop resilience and stay process focused.

Who's in Your Corner?

You may have an accredited coach and may have access to SIS/SAS support. Your life skills continue to evolve with bike maintenance, individualised recovery practices, heightened hygiene habits, meal preparation, booking travel, communicating professionally with program staff, managing sponsors and stakeholders, and optimising your bike fit all coming into play. This is where you start operating with independence within a support system.

Take ownership of your athlete life.

Racing: Going International

Racing embraces club, state, national, and international levels with between 30 and 50 starts inclusive of club, state and national racing and 15-25 UCI race days starts across endurance disciplines. Your technical and tactical skills are being continuously refined, with a focus on managing setbacks and growing through every experience on the road. UCI Nations Cup results matter for World Championship qualification quotas.

Race internationally and grow with every start.

600–700 hrs
TRAINING PER YEAR

30–50
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/23

PROGRESS

You are targeting racing to maximise performance, with training, recovery and mindset central to that. You are creating opportunities to attain a professional career.

Bike Skills and Race Smarts

Your bike handling is moving towards professional level. You'll be executing advanced team strategies, playing different roles within a team's race plan, and gaining exposure to a broad range of race types, different terrain, stage races, one-day events. Winning habits are being consolidated.

Embed professional skills and attributes.

Getting Fit and Strong

Training volume increases to 700-800 hours annually as you build maximal aerobic capacity and power. Specific strength and anaerobic power get more targeted attention. Your season planning becomes a sophisticated collaboration between you, your performance support staff and team management.

Specific training with a well-structured plan.

Building Good Habits and a Strong Mindset

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 fully independent, living and competing internationally, and communication with teammates, coaches, managers, and officials is mature and professional.

Be independent, proactive and forward thinking.

Who's in Your Corner?

You'll have access to an accredited coach and may have access to SIS/SAS and/or Conti, World Tour Development, and/or World Tour team support staff. You may be in the Registered Testing Pool with the responsibility of managing your whereabouts. Specialised recovery established hygiene habits, sponsor and stakeholder management, social media, and an optimised bike fit are all part of the package.

Own your responsibilities and optimise available support.

Racing: National and International

Racing is at national and international level with a target of 30-50 UCI race days annually. You're progressively developing your technical skills and race strategies across specific race conditions, with UCI requirements for World Championship qualification quotas are also in the picture.

Perform at the international level and create your opportunity.

700–800 hrs
TRAINING PER YEAR

30–50
UCI RACE DAYS 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 mastering your craft, sustaining peak performance at the biggest events, and operating as a professional in how you train, race, and conduct yourself. Your longevity as a professional is driven by your continuing quest for improvement and excellence.

Bike Skills and Race Smarts

Your bike handling is at professional level. Tactical knowledge and implementation are second nature. You've specialised in line with your strengths and attributes; climbing, sprinting, time trialling, or working for the team. You execute your role with precision within your team dynamic at the highest level in the sport.

Specialise and execute at world class level.

Getting Fit and Strong

Your physical preparation is fully specialised to your role and career trajectory. Long-range seasonal planning is sophisticated and adaptable, responding to the demands and circumstances that arise within a season. You are completing 800+ annual training hours. You work with your support team to achieve peak condition when it matters most.

Plan and prepare to peak when it matters.

Building Good Habits and a Strong Mindset

You're racing with competitive composure, composed under pressure, riding with clarity, decisive and full commitment. You display emotional composure, embracing your emotions without being overwhelmed and staying clear and calm when it matters most. You're fully accountable, owning your development and helping others learn, and you thrive under pressure, persisting through adversity, adapting in ambiguity, and staying 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. Your behaviours and attitudes align with the expectations of a professional team environment. Winning and losing are both handled professionally, with a focus on process alongside results. Registered Testing Pool responsibilities are part of your daily routine.

Be accountable, be professional, and lead by example.

Who's in Your Corner?

You engage with the full suite of performance support services, accredited coaches, Conti or World Tour team staff, specialised recovery, nutrition, optimised bike fit and equipment and health and concussion management.

Use every resource to sustain peak performance.

Racing: The World Stage

Racing is 60+ WT/WWT starts annually. The goal is to consistently deliver at benchmark and pinnacle events, World Championships, Olympics, World Tour races while protecting your long-term health, character, and love of the sport. Points, contracts, and team standings are all part of the equation.

Deliver on demand, protect your longevity and leave a legacy.

800+ hrs
TRAINING PER YEAR

60+
WT / WWT STARTS PER YEAR

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
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- CROSS-DISCIPLINE