AUSCYCLING

U/15

IGNITE

You're at the start of your cycling journey and right now it's about building a solid all round foundation. Training is broad, varied, and kept fun because the best athletes are ones who've done lots of different things rather than specialised early. The goal is to develop general fitness and skills, explore everything cycling has to offer, and fall in love with the sport while you're at it.

Velodrome Skills and Race Craft

You'll be working on the general bike skills that every good cyclist needs such as riding safely in a bunch, situational awareness, following a wheel, basic crash avoidance and emergency reactions, and how to position yourself heading into a sprint or finish. These are the building blocks that transfer across all cycling disciplines. You'll also get your first taste of basic track specific skills with an intro to individual and team pursuit pacing and technique.

Get safe and confident on the boards and start learning how bunch racing works.

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 8–12 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 face-to-face coaching, indoor and outdoor tracks and weekly race series. Education remains central to your development, and you'll also start building useful life skills such as bike maintenance basics, mobility and strength work, introduction to recovery, healthy hygiene habits, meal planning and cooking basics, in-training nutrition, and concussion awareness. Getting these habits sorted early sets you up for everything that comes next.

Great people around you and great habits to build.

Race Day: Get Out There!

Racing is at club and state level, with around 10–20 starts across road, track, MTB, and CX as well as getting involved in weekly club events in season. The goal is to ride safely, build competency, and start developing your race instincts. Try other cycling disciplines too as the skills and fitness you build across different disciplines feed straight back into your track racing.

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 becomes more structured, skills get sharper, and racing becomes more tactical and varied. It's still about enjoying the sport and keeping life balanced, but there's a hunger to improve and challenge yourself every time you roll onto the track.

Velodrome Skills and Race Craft

You are working on more advanced bike handling, reading races and positioning yourself and your bike tactically, understanding the decision-making demands of bunch racing, and developing and executing proper race plans. You'll start learning about your and your opponents' strengths, weaknesses, and styles by reviewing racing and race footage. You'll be working on advanced emergency reactions at speed, getting your first taste of Madison techniques, and progressing your individual and team pursuit technique. The Omnium comes into the picture too as you start working through the individual events that make it up.

Race with your head, read the bunch, and start building your tactical toolkit.



Building Your Engine

Training steps up to 10-15 hours a week across riding, gym work, and other sports or disciplines. The emphasis is on building aerobic capacity through increased riding volume, with a growing focus on speed and power development. Every session has more structure and purpose behind it, and you're building the physical engine you'll need to compete seriously.

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



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, let go of mistakes and refocus on what's next, and contribute 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 will start coming into the picture, which brings a whole new set of life skills with it.

Stay process-driven, set goals, and keep your life in balance.



Your Support Crew and Life Skills

You may be working with an accredited coach and club program or Development Academy, with regular access to indoor and outdoor tracks and race series. Education remains central to your development and your toolkit grows to include basic mechanical tuning, packing your bike for travel, healthy hygiene habits, grocery shopping and cooking balanced meals, financial literacy, and social media smarts.

Great coaches and growing life skills, you're building the full package.



Race Day: Competing with Intent

Racing steps up to club, state, and national level, with around 15–25 starts across road, track, MTB, and CX as well as participation in weekly in season club events. You're developing proficiency in key skills with sharper tactical execution and an emphasis on performance. Mix up your disciplines as the skills and fitness you build on the road and in other disciplines feed straight back into your track racing.

Race smart and compete with purpose.



10–15 hrs
TRAINING PER WEEK

15–25
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

Preparation is geared towards optimising your training, building your independence, and competing at national and international level. You are transitioning into a performance phase and still growing as a rider.

Velodrome Skills and Race Craft

You are becoming more technically and tactically astute, across individual and team racing. You will develop sharper decision making across disciplines, race types and conditions. You understand how to plan, implement and debrief race tactics with your coach. Gear selection and its impact on performance and managing all components of the Omnium as one integrated event become central to your progression.

Master the tactics and debrief well.

Building Your Engine

You are training up to 15-20 hrs a week and 600-700 hrs per year with consistency across daily, weekly, monthly, and yearly cycles being the key to long-term progression. You're developing maximal aerobic capacity, power, and all components of anaerobic fitness and applying it to the event-specific physical and physiological demands.

Extend your physical limits, 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. You're taking responsibility for your impact and owning your contributions both individually and as part of a team. Understanding how to deliver your best performance when it matters most is the goal.

Being self-aware, process focused to deliver when it counts.

Your Support Crew and Life Skills

You'll be working with an accredited coach and/or SIS/SAS support, with access to indoor tracks and exposure to competition from state through to international level. Life skills keep growing including individualised recovery, heightened hygiene habits, meal planning, travel bookings, communicating professionally with program staff, social media management, optimised bike fit, and sponsor and stakeholder management. Collaborating on your Individual Athlete Performance Plan with your coach and service providers becomes central to how you train and compete.

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

Race Day: National and 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. You're refining your technical and tactical skills to perform at competitions and learning to manage setbacks when they come. Road and track work together and the transferable skills you build across both disciplines make you a sharper, more complete racer.

Elevate your skills and racing.

600–700 hrs
TRAINING PER YEAR

30–50
RACE STARTS PER YEAR

Club–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

U/23

PROGRESS

You're targeting specific events to maximise your performance, with your training, racing, recovery, and mindset all built around delivering when it counts.

Velodrome Skills and Race Craft

You're competing successfully at a high level in international competition, maximising every resource available to you and consistently executing your technical and tactical skills under pressure. That means reliable gate starts, optimal track lines, effective positional changes, smart pacing strategies, sharp madison technique, accurate lap counting and scoreboard awareness, and holding an aerodynamic position for the full duration of your Individual Pursuit and Team Pursuit events.

Execute your technical and tactical skills under pressure, every time.

Building Your Engine

Your physical preparation is fully event-specific now, with a continued focus on closing any performance gaps that stand between you and your target results. Maintaining a high level of fitness through the off-season is just as important as sharpening it during the competition block, so there's no let-up in your conditioning year-round.

Close the gaps and stay fit all year round.

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 help shape the culture around you for the riders coming up behind you.

Take ownership, bounce forward, and lead with your voice.

Your Support Crew and Life Skills

You'll be working with an accredited coach, alongside SIS/SAS, National, and pro team coaching support, with access to indoor tracks and growing exposure to national and international level competition across both road and track. You may be in the Registered Testing Pool and managing your whereabouts. You'll be living a largely independent life, and drawing on specialised recovery practices, sponsor and stakeholder management, and social media management as part of your routine. Comprehensive physiological monitoring, performance analysis, and full medical screening support the increased training and competition load.

Use every layer of support to back your performance.

Race Day: Compete and Specialise

Racing is at national and international level, with your technical and tactical execution under pressure at international events now the standard, along with a mastery of race and equipment regulations. You're specialising your planning and execution across both track and road, integrating both disciplines to deliver at a significantly higher level. UCI points across the three qualification tiers, World Cup, World Championships, and the Olympics, are an ongoing part of your pathway towards Olympic qualification.

Specialise across disciplines and chase Olympic qualification.

700+ hrs
TRAINING PER YEAR

30–50 road · 10–20 track
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 track endurance racing is about consistently delivering at the biggest events; World Cups, World Championships, and the Olympics while operating as a true professional in every sense.

Velodrome Skills and Race Craft

You're revisiting and refining the basics to make sure your technical and tactical skills are world best standard. Knowledge of yours and your competitors' strengths, weaknesses, strategies, and tendencies is fully optimised and used strategically at every race. Event specialisation means your tactical execution is sharp, precise, and built around your individual strengths and the demands of your target events.

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

Building Your Engine

Training is structured entirely around strategic international competitions on both road and track and will account for approximately 700+ hours a year. The focus is on event-specific optimisation, closing performance gaps, and maintaining a high level of fitness in the off season so you're always ready to go when it matters. Your training plan is sophisticated and adaptable, responding to the demands and circumstances that come up across a long international season.

Benchmark competition focus with year-round readiness.

Mindset and Good Habits

You race with competitive composure, composed under pressure, riding with clarity, decisive and fully committed. You display emotional composure, embracing your emotions without being overwhelmed and staying clear and calm when it matters most. You're 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. 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, process-focused, and lead by example.

Your Support Crew and Life Skills

You have access to a full range of performance support services through your professional team or national team including optimised bike fit and equipment, specialised recovery, comprehensive physiological monitoring, full medical screening, and concussion management. UCI points requirements is an ongoing responsibility to be actively managed.

Utilise resources towards targeted performances.

Race Day: The World Stage

Racing is at national and international level, with a target of 30–50 road race days and 10–20 track race days annually, built around strategic international competitions on both road and track. Mastery of technical and tactical performance through event specialisation is the standard, and every result feeds into your UCI ranking and Olympic qualification pathway. Specialised track preparation and smart road exposure keep you sharp, well rounded, and ready to deliver when it matters most.

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

700+ hrs
TRAINING PER YEAR

30–50 road · 10–20 track
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