AUSCYCLING

U/15

IGNITE

You're at the start of your track sprint journey and it's all about getting on the velodrome, building your skills, and having a great time doing it. Training is gradually getting more structured, but it's always kept fun, safe, and supportive. The goal is to fall in love with the track and build habits that'll stick with you for life on and off the bike.

Track Skills and Sprint Craft

At this stage, it's about becoming a well rounded bike rider before anything else. You'll be building the core skills every cyclist needs such as confident bike handling, emergency reactions, balance, speed control and situational awareness in a bunch. Sprint-specific skills grow out of these foundations, so you'll also get your first taste of following a wheel, standing starts, basic line selection and how to read a finish.

Get confident on the boards and learn the basics of sprint racing.

Building Your Engine

Your body is growing and changing, so training is about building general endurance and strength while remembering everyone develops at their own pace. You'll be doing around 8-12 hours per week of physical activity including cycling, general conditioning sessions (gym/circuit), and other sports, with proper recovery built in. On the track your gearing is restricted (90") but you are using other disciplines (CX, road, MTB) as well as bodyweight/light resistance training to get a strength stimulus.

Build fitness that works for you, 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 too. 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 indoor and outdoor velodromes and weekly race series. Education remains central to your development, you'll also start picking up useful life skills such as bike maintenance basics, tyre pressures, mobility and strength work, introduction to recovery, healthy hygiene habits, meal planning/cooking and concussion awareness.

Great people around you and great skills to learn.

Race Day: Get Out There!

Racing is at club and state level, with around 10-20 starts across all cycling disciplines as well as weekly club events. 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 crack.

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

Track Skills and Sprint Craft

Whilst you are still racing a mix of track (and some road) events, refined sprint positioning, smarter pacing strategies and staying relaxed on the bike under pressure are emphasised. You'll learn when and where to move in a sprint, develop and execute race plans for team sprint and keirin, read races tactically, and start understanding yours and your opponents' strengths, weaknesses, and style. Line selection for entry into the sprint lane becomes more advanced.

Sharpen your sprint skills and race with your head and legs.

Building Your Engine

Time to build your anaerobic engine. Training volume steps up to 10-16 hours per week of physical activity including cycling, general conditioning sessions (gym/circuit), and other sports. You're building the explosive power base and physical foundations you'll need to progress in sprinting. On the track your gearing is still restricted for racing (90") and you are using other disciplines (CX, road, MTB) to get a strength stimulus as well as small gears variations (above and below race gear) for training. Your strength and conditioning program is supervised by a qualified practitioner and emphasises a gradual progression of lifting through compound exercises.

Build volume and power always with a plan behind it.

Mindset and Good Habits

The mental side becomes more deliberate. 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.

Be process driven, remain focused and back yourself.

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 velodromes and race series. Your life skills toolkit grows including basic mechanical tuning, tyre pressure, packing your bike for travel, healthy hygiene habits, grocery shopping and cooking balanced meals, financial literacy, and social media smarts. You are building towards a complete athlete profile.

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

Race Day: Competing with Intent

Racing steps up to club, state, and national level, with around 20–25 starts across all disciplines as well as weekly club events. You're working on proficiency in key skills with sharper tactical execution and a real emphasis on performance. Every race is still a learning opportunity and you're competing with intent.

Race more, race smarter and compete with purpose.

10–16 hrs	20–25	Club–National
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/19

PROGRESS

Preparation is geared towards optimising your training, building your independence, and preparing to compete at state and national level with occasional international competitions on the horizon. You are transitioning into a performance phase and still growing as a rider.

Track Skills and Sprint Craft

You are starting to specialise and your skills training is all about embedding the core components; balance, coordination, spatial awareness, handling, moving with an opponent, and track craft. You'll be working through coach led exercises with increased feedback and questioning, building complex tasks from simple components, and being encouraged to push your physical and technical limits. Making mistakes is part of the process and exploring the limits is how you find them.

Embed your core skills and push your technical and physical limits.

Building Your Engine

Training becomes more structured with 2–3 track sessions, 2–3 S&C sessions, and 2-4 hours of road or roller work each week, totaling 12–20 hours. Race gearing starts to increase (90-120") and you are training on a range of gears below and above your race gear to promote coordination and strength. You are developing movement literacy and competency in the gym, building the ability to produce maximal force across a wide range of cadences (0–150 rpm), and accumulating the volume needed to handle multi-race competition days.

Build strength, power, and fitness to handle increasing competition demands.

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. The goal is to stay composed and focused when it matters.

Being mentally resilient under pressure.

Your Support Crew and Life Skills

You'll be working with an accredited coach and/or SIS/SAS support. Life skills continue to grow including bike maintenance, travel bookings, communicating professionally with program staff, advanced nutrition for training cycles, heightened hygiene habits, social media management, and collaborating on your Individual Athlete Performance Plan with service providers. Education and employment support is also part of the picture through the AWE program.

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

Race Day: State and National

Racing is at state, national and the occasional international competitions with around 20-30 starts on the track. You're working towards being competent and confident in all technical and tactical areas, and every race is a chance to refine your skills under competition pressure.

Compete confidently at all levels.

12–20 hrs
TRAINING PER WEEK

20–30
RACE STARTS 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 are targeting specific events to maximise performance and training, racing, recovery, and mindset are built around that.

Track Skills and Sprint Craft

Your skills training shifts into pressure training including race simulation drills, acceleration efforts, and running at a wheel. You'll be mixing set and dynamic efforts across team sprint and sprint/keirin work, linking multiple steps of skill development into chain-of-consequence sequences, and transitioning from coach to athlete led problem solving. You are heavily invested in tactical deployment and decision making in a racing context. The goal is robust, adaptable skills that hold up under the full demands of real racing.

Problem solve and execute under pressure.

Building Your Engine

Training volume is 15–20 hours a week including 2–3 track sessions, 2–3 strength sessions, and 2-4 hours of road or roller work. Your race gearing continues to grow; 92”-130” Women/92” - 140” Men. Training gearing stays in a limited range above and below your race gear. You are capable of complex, heavy lifts with high movement quality, and you're consistently expressing maximal force at a full range of cadences. Every training block supports the slow, consistent development of advanced neural patterns and performance benchmarks.

Build strength and power through a structured 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 help shape the culture around you, thriving in dominant roles and maintaining task-focused emotional stability under competition pressure.

Back yourself, be confident, own your preparation.

Your Support Crew and Life Skills

You'll have an accredited coach, SIS/SAS and/or national program support. You may be in the Registered Testing Pool and managing your whereabouts. Fully independent living, specialised recovery, established hygiene habits, sponsor and stakeholder management, tactical performance analysis, and optimised equipment are all part of your routine.

Own your performance and optimise your support.

Race Day: National and International

Racing is at state, national, and international level, with around 15–20 starts on the track. You're executing technical and tactical skills under pressure at international events, and every result feeds into your pathway towards elite selection.

Perform under pressure at the highest level.

15–20 hrs
TRAINING PER WEEK

15–20
RACE STARTS 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

Elite

PERFORM

Elite track sprint is about consistently and professionally delivering at the biggest events; World Cups, World Championships, Commonwealth Games and the Olympics.

Track Skills and Sprint Craft

Your skills are now being tested through racing moments such as rehearsals, trial runs for team sprint, and race simulations. Your coach facilitates your debriefs, giving observations that lead to athlete led problem solving and the ability to review and reset within a performance. You're building coping skills and decision making under pressure, backed by highly developed motor skills, fast reaction time, and efficient short-term memory.

Express world class skills and decision making under pressure.

Maintaining Your Engine

Training increases to 16–22 hours a week and sees highly specialised training periods with the main driver of progression being strength improvement either on the track or the gym; 2–4 track sessions, 3-4 S&C sessions, and 1–4 hours of road or roller work. Racing gears range from 96”-130” Women/96”-140” Men and training gears reach your maximal ability for both coordination and strength. In the gym you are performing heavy and power lifts at personal best level within a periodised structure, expressing peak performances on the track when fresh, and maintaining the volume of high-quality work needed to keep advancing your neural patterns and performance parameters.

Specialised preparation for targeted performance outcomes.

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. Your mental performance plan is highly specific, with directed focus around the events that matter.

Be decisive, adaptable, and back yourself to perform under pressure.

Your Support Crew and Life Skills

You have access to the full range of performance support services through the national team including advanced tactical and strategic performance analysis, optimised bike fit and equipment, specialised recovery, comprehensive physiological monitoring, lab and aero testing, and full medical screening. UCI points requirements for World Cups, World Championships, and the Olympics are an ongoing responsibility.

Use every resource available to sustain peak performance.

Race Day: The World Stage

Racing is entirely at national and international level, with 10–20 starts focused on the track including Grand Prix events, World Cups, World Championships, Commonwealth Games, and the Olympics. Strategic execution at key events drives selection, team standing, and podium outcomes. Performing when it matters most, protecting your long-term health, character and love of the sport are pivotal.

Deliver on the world stage, protect your longevity, leave a legacy.

16–22 hrs	10–20	International
TRAINING PER WEEK	RACE STARTS PER YEAR	LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
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