

# **RACE National Programme – ENDURANCE ROAD**

**Programme Information**

# RACE National Programme – Endurance Road

## About the Programme

The RACE National Programme for road provides development opportunities for Youth A and B riders who have demonstrated an ability to compete at a national level in Scottish and or British Youth level events.

## Aims and Objectives

The programme objective is to support and develop aspirational riders who show the ability, and commitment to racing and training.

Aims:

- Increase the breadth and depth of the talent pool in Scotland by supporting the ongoing development of bike racers and coaches.
- Ensure riders and coaches have a clear understanding of the pathway, the demands of the sport and how they can progress.
- Support riders to compete, achieve and learn at British national level racing
- Prepare and transition riders to Scottish and British Junior programs.
- Develop skills, tactics and race craft.
- Foster a mindset and encourage behaviors to enable riders to fulfil their potential
- Develop Off bike and life skills



**SCO**



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## Delivery of the Programme

Sessions will provide riders with the opportunity to develop their road riding skills, helping them to become better at racing on the road and equip them with the information and tools required to progress in the sport. The sessions will be led by National programme staff supported by club coaches.

RACE National training sessions will typically run Feb-Sept  
RACE National training sessions will typically involve 6 x 2-4hr session/s

## Expectations of Riders

- Committed to attending all R.A.C.E National sessions.
- Committed to challenging themselves and not afraid to fail!
- Committed to working with coaches to progress as a rider.
- Committed to attend a suitable level of Scottish and British level racing.



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## Programme Standards

- Riders must be youth A or B
- Riders must be at a suitable level on the road and where they are confident and able to race at least at Scottish national level (club coaches will be asked to verify)
- Riders looking to progress onto British Cycling or Scottish Cycling Programs
- The program is for young athletes dedicated to the sport and who want to be the best they can

## Programme Registration

It is anticipated the number of riders requesting to attend sessions will exceed session capacity, therefore riders are requested to apply for a place on RACE National Endurance Road .

Please follow this link to apply: [Microsoft Forms](#)

Application will close - 1<sup>st</sup> March 2024

Scheduled Dates:

Please note we will aim to work between Lochgelly (Fife) , Kames Cycle Circuit (South Lanarkshire) and Knockburn Cycle Circuit (Banchory)

23/03/24 – Lochgelly cycle circuit 10am-3pm

13/04/24- Location and time TBC

20/04/24 – Location and time TBC

11/05/24 – Location and time TBC

10/08/24- Location and time TBC

07/09/24 – Location and time TBC

