










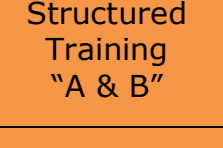


Winter Velodrome Track Programme - October to April

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
8.00	Taster session	 GREAT BRITAIN CYCLING TEAM	BC Staff taster	Taster session	Taster session	Eastlands Velo session	 GREAT BRITAIN CYCLING TEAM	8.00
9.00	EMA		 GREAT BRITAIN CYCLING TEAM	 GREAT BRITAIN CYCLING TEAM	Manchester School 5			Structured Training "Veterans"
10.00	 GREAT BRITAIN CYCLING TEAM	Structured Training "Veterans & B" session			 GREAT BRITAIN CYCLING TEAM	 GREAT BRITAIN CYCLING TEAM	Manchester School 1	
11.00		Manchester School 2	 GREAT BRITAIN CYCLING TEAM	Manchester School 3				 GREAT BRITAIN CYCLING TEAM
12.00	 GREAT BRITAIN CYCLING TEAM	Structured Training "A & B"		 GREAT BRITAIN CYCLING TEAM	 GREAT BRITAIN CYCLING TEAM	Manchester School 4	Club hired session	
13.00			Taster session					Taster session
14.00	 GREAT BRITAIN CYCLING TEAM	Structured Training "A & B"	Eastlands Velo session	Structured training "B" session	Taster Skills Improver	Club hired session	Structured Training "A & B"	14.00
15.00								ACT Track League
16.00	Taster session	Structured Training "A & B"	Community Youth Open	Taster session	Family Taster	Taster session	Taster session	
17.00	Eastlands Velo session	Manchester Regional Track League Premier Division	Structured Training Sprint/Keirin or Derny	Club hired session	Manchester Regional Track League First Division	Club hired session	Skills or Induction session once a month or club hired session	17.00
18.00	ACT Track League							Manchester Regional Track League Premier Division
19.00		ACT Track League	Manchester Regional Track League Premier Division	Structured Training Sprint/Keirin or Derny	Club hired session	Manchester Regional Track League First Division	Club hired session	
20.00	ACT Track League							Manchester Regional Track League Premier Division
21.00		ACT Track League	Manchester Regional Track League Premier Division	Structured Training Sprint/Keirin or Derny	Club hired session	Manchester Regional Track League First Division	Club hired session	

WANT TO RIDE THE VELODROME TRACK?

There is a set route of learning to ride the Velodrome Track. The track programme provides a structured pathway to enhancing your track skills and fitness.

