Time	Cyclist	Specific Drills
6.00	All Juniors	Warm up ,checking all bike positions and getting the feel of the track for the first session
6.30	All	Pace line with swinging up on the banks and practicing dropping on the back of pace line on bank.
6.45	All	Flying 100's
7.00	**All inc Seniors and advanced Jnrs**	**Warm down for Jnrs with Seniors doing warm up ,rolling turns for seniors ending in a sprint for the sprinters, recommend gear, 86. Juniors session is now finished**
7.20	Endurance riders	Rolling turns with 5 mins on and 5 mins off, to be done for 20 mins
7.40	Sprinters	4 X standing 70-100's every 4 laps preferably on a bigger gear
8.00	Endurance	In (depending on numbers) teams of 2 -take half a lap on whistle (86 gear)
8.20	Sprinters	100m flyers every 4 laps on a smaller gear
8.40	Everyone	Chase a lap on whistle for 15 mins
8.55	Everyone	Rolling pace line warm down
		Please check Logan CCC website for all Thursday sessions inc costs and details prior to weeks sessions, Sessions will vary to programme due to the numbers on the night. Juniors please note ,please be there early for warm up and instructions, warm up on trainer/rollers while getting instructions is favourable. Please read weekly program so as all know what is happening prior to save time. All riders from outside of Logan CCC must show ACF licence. Please bring correct monies for the session, cold drinks are available. Remember we have exactly 3 hrs to get through the session, be alert and ready to go at all times.