

Time	Cyclist	Specific Drills
6.00	All Juniors	Warm up with rolling pace line with sprint at the end
6.30	All	Standing starts and time trial
6.45	All	Handicap races
<b>7.00</b>	<b>All inc Seniors</b>	<b>Warm down for Jnrs with Seniors doing warm up ,rolling turns for seniors ending in a sprint for the sprinters, recommend high 80's gear, 86-88. Juniors session is now finished</b>
7.20	Endurance riders	Pursuits x 2 depending on numbers with standing start
7.40	Sprinters	4 x standing 70-100 metres every 4 laps -preferably on a small gear
8.00	Endurance	In (depending on numbers) teams of 2 -take half a lap on whistle (same gear)
8.20	Sprinters	1 x flying 200 , 2 x flying 100 every 4 laps done on preferably a small gear
8.40	Everyone	15 min Point Score
8.55	Everyone	Rolling pace line warm down
		<p>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.</p>