

Track Sprinters aren't Zebras

Be the best sprinter you can be!

Carolien van Herrikhuyzen
Track Cycling Coach



Track Sprinters aren't Zebras



Cycling as the Serengetti



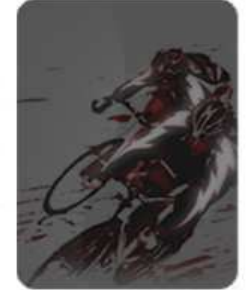
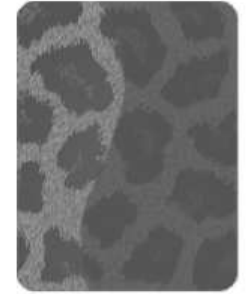
fast



aggressive

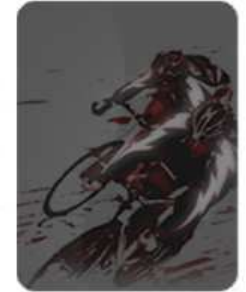
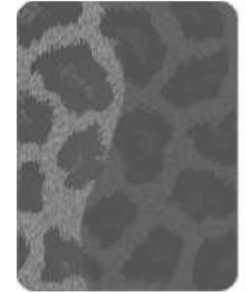
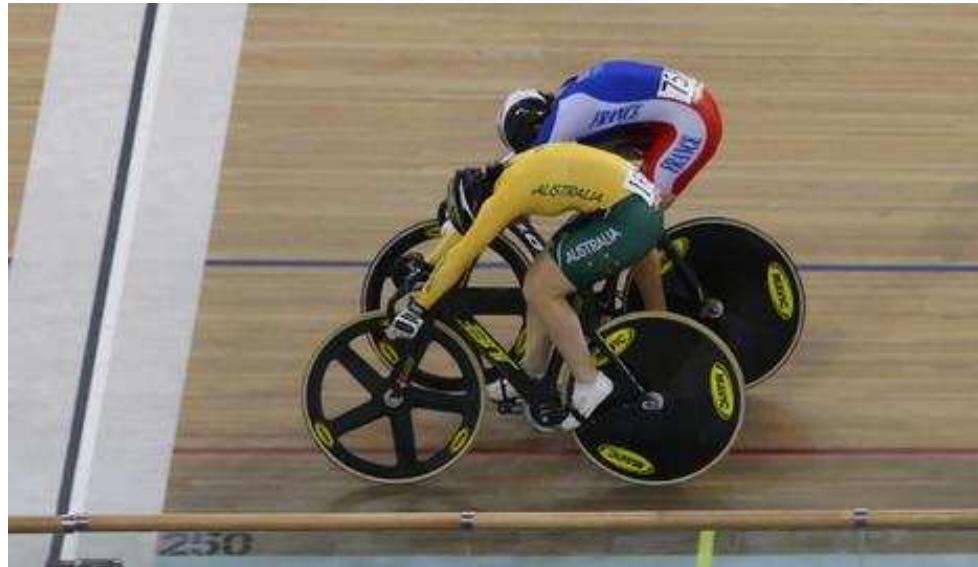


lazy



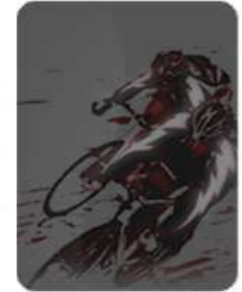
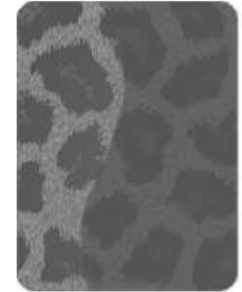
Share vision & ideas

- Background
- Mission of Team SVA
- Training, Racing, Tactics & Skills



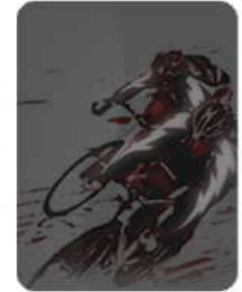
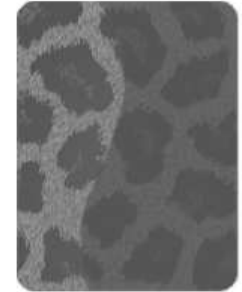
Carolien van Herrikhuyzen

- School of Arts: Theatre Design & bachelor in Media Design
- 4th sprint & keirin and tandem pilot
- Coach level 3 KNUW & Derny pacer
- UCI Coach Diploma
- NLcoach Support Prize 2010
- Many courses & conferences



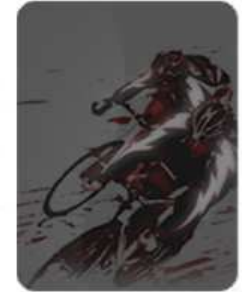
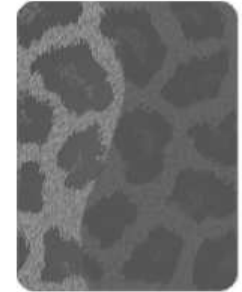
Coach Carolien

- Amsterdam Velodrome
- Team Sprinters Velodrome Amsterdam
- C for Cycling, private coaching
- Coach & organizer at the Amsterdam, Rotterdam and Tilburg Sixday
- Giromania, school project
- Swedish Velodrome in Falun
- Dutch National Team

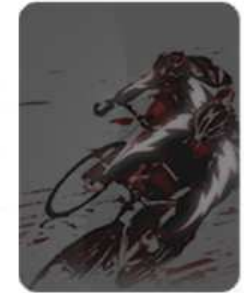
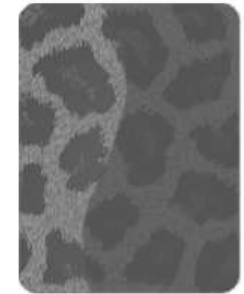
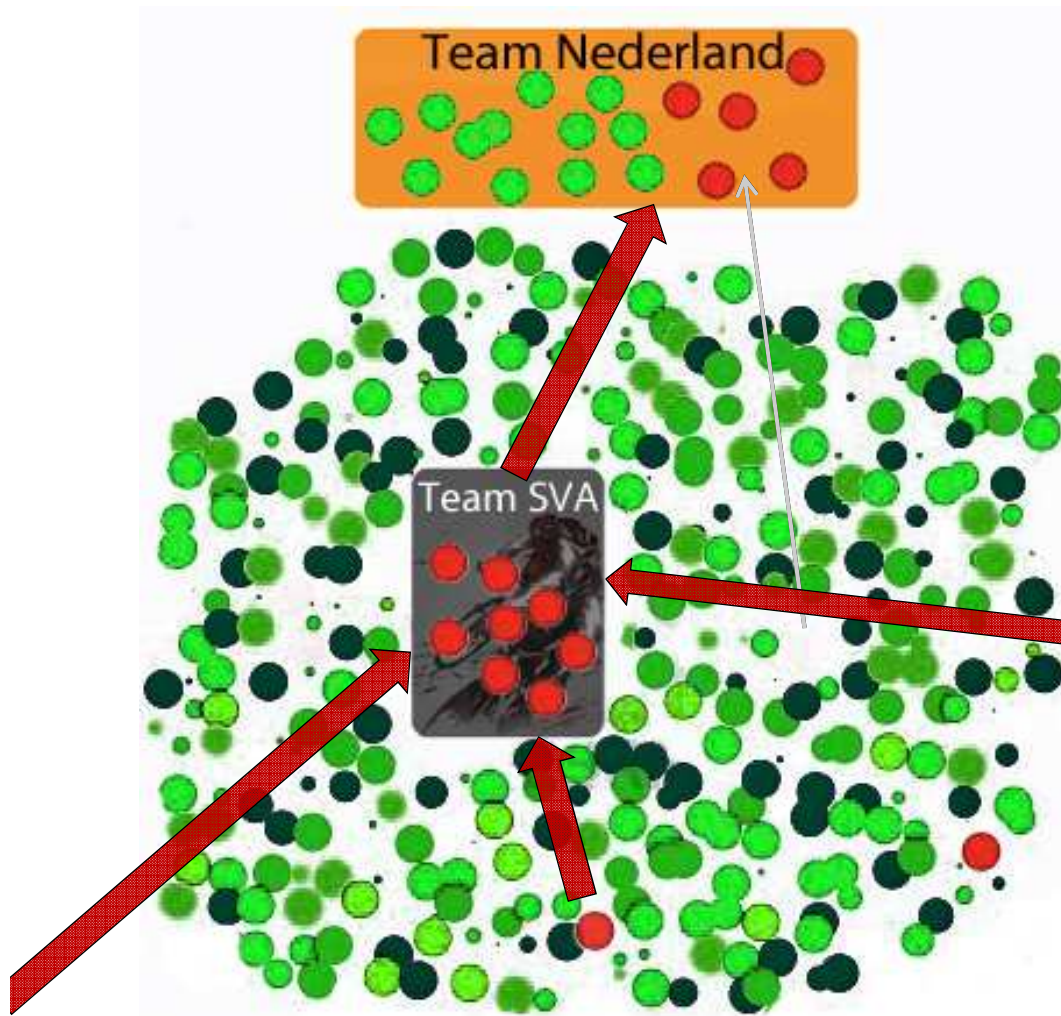


Track cycling in the Netherlands

- 3 wooden indoor tracks
- Primary a winter activity
- Main focus is on endurance training
- Most races are endurance or omnium
- Clubs focus on youth, endurance or cross training
- Team SVA only team to focus on sprint



Mission Team SVA



Mission Team SVA

Be the best sprinter you can be!

Specific training
& coaching

Race more

Get the best out
of an individual

Train smart

Enjoy the sport

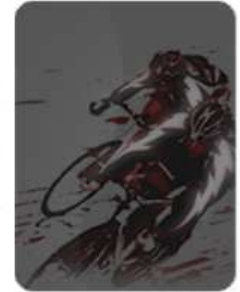
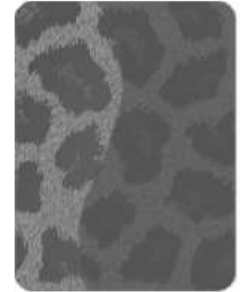
Everyone contributes

Stepping stone

Be part of
succes

$1+1=3$

Preserve riders
for the sport



Training & Racing

- Sprint – Keirin – Team Sprint – Kilo TT
- Sprint: 200m flying TT to qualify

1 ↔ 16

2 ↔ 15

3 ↔ 14

4 ↔ 13

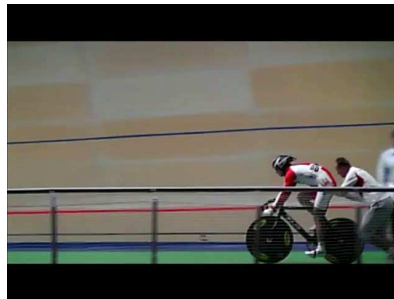
5 ↔ 12

6 ↔ 11

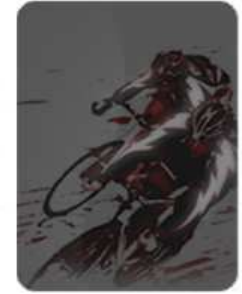
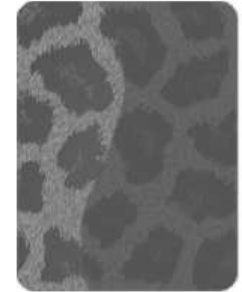
7 ↔ 10

8 ↔ 9

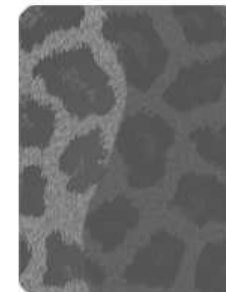
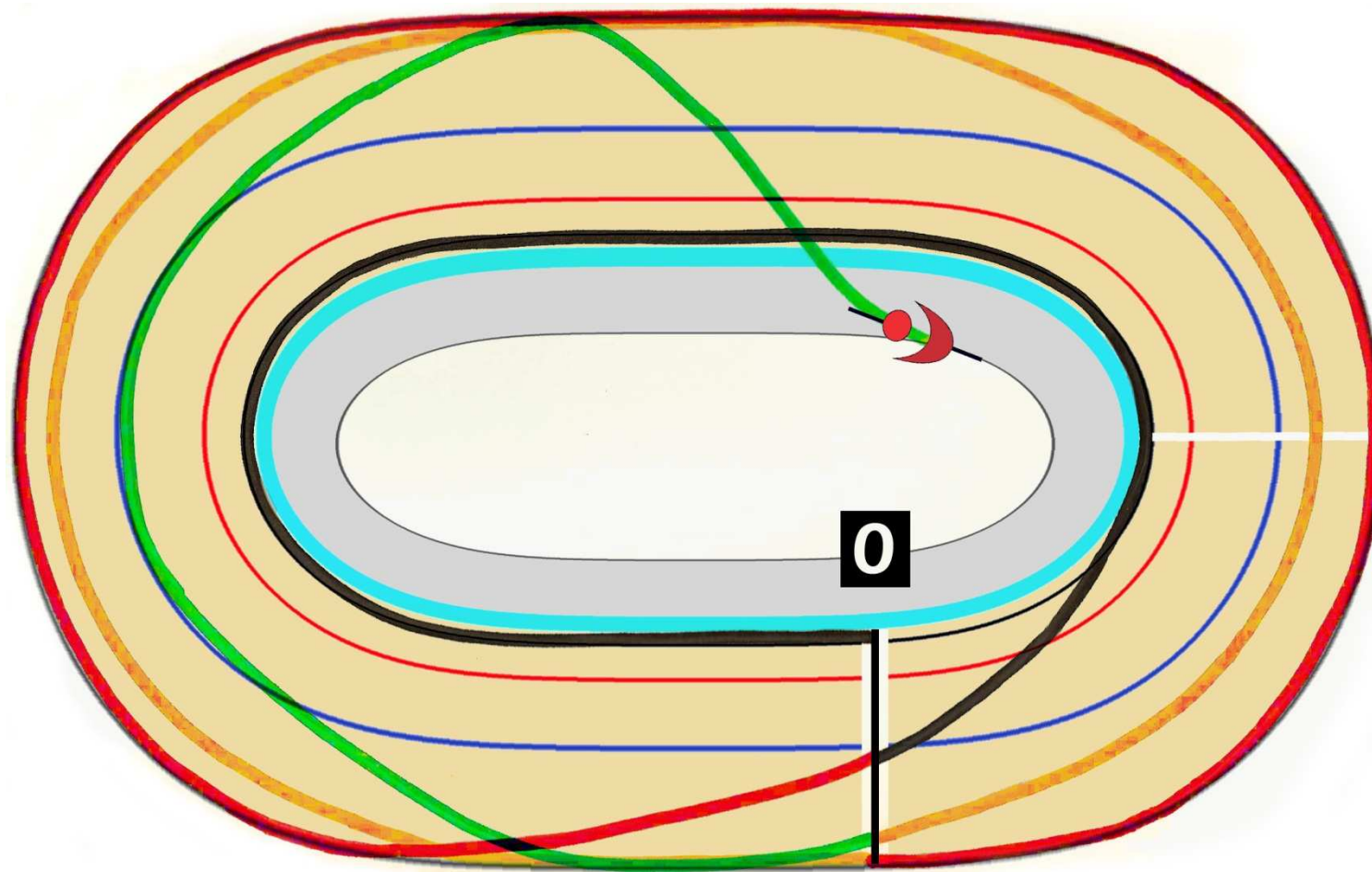
- World Cup Q $\leq 10,446$
- Next round 12th $\leq 10,362$

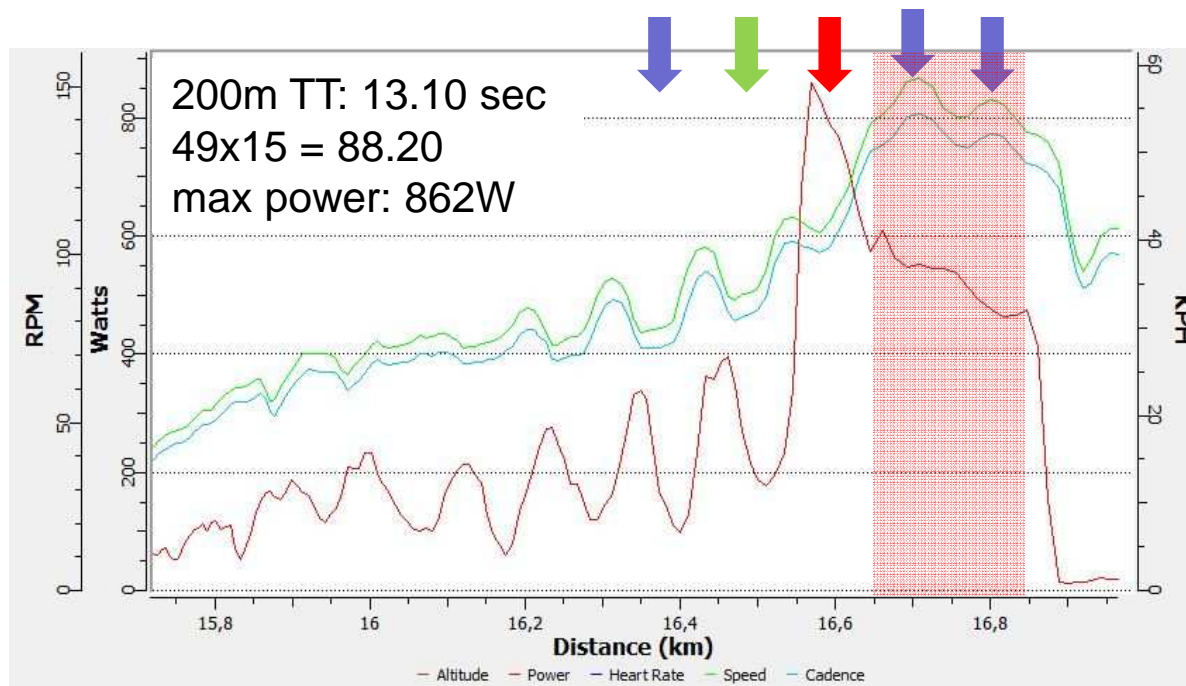


<http://youtu.be/70Oxkiu3m6I>



200m TT wind-up



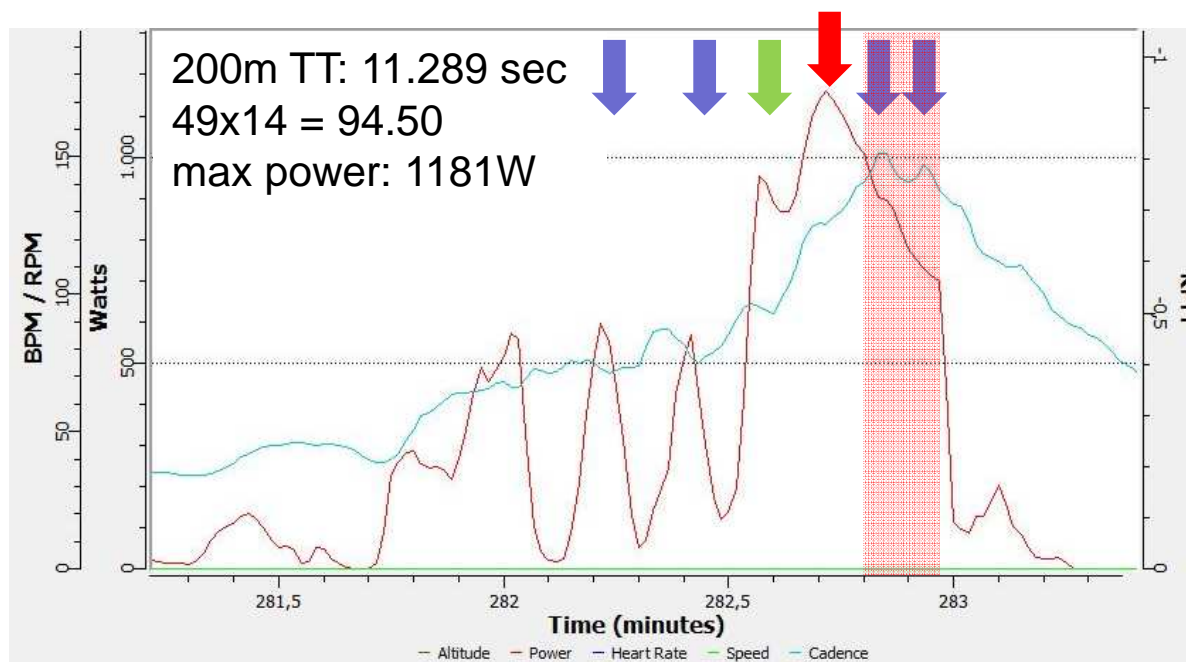
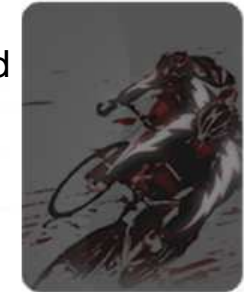
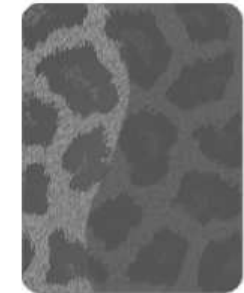


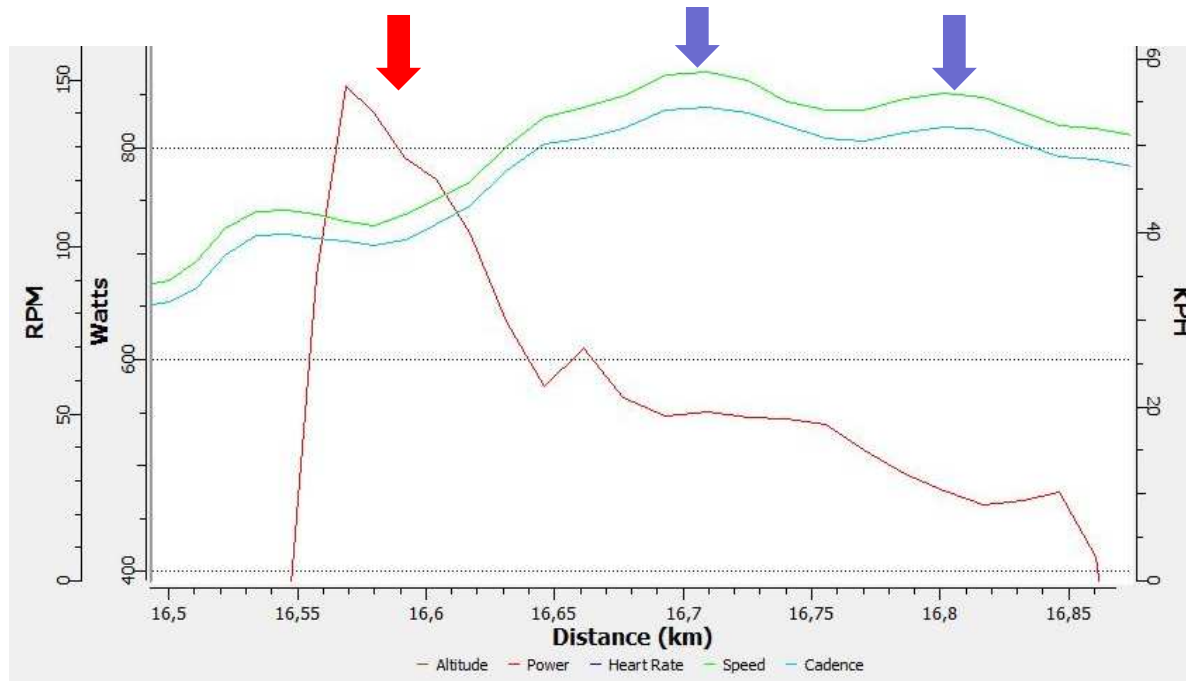
↓ = center corner

↓ = center last wind-up corner

↓ = center second last wind-up corner

█ = 200m TT

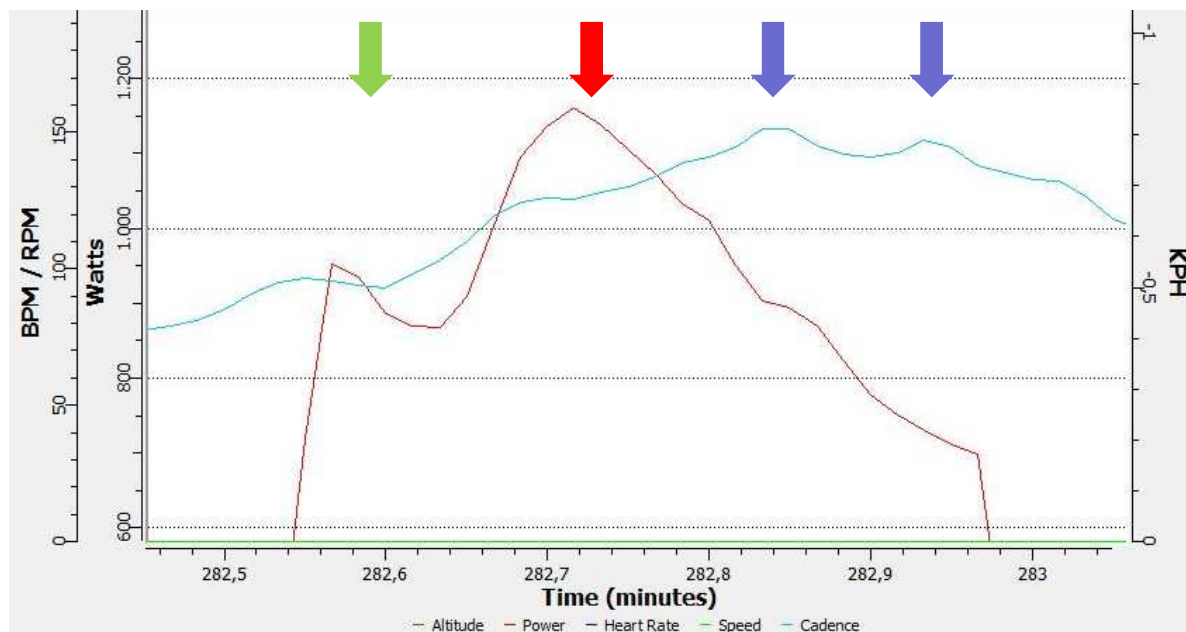
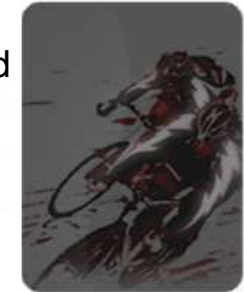
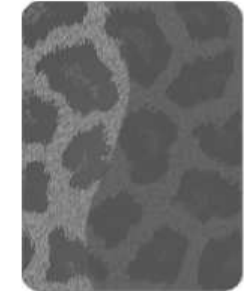




↓ = center corner

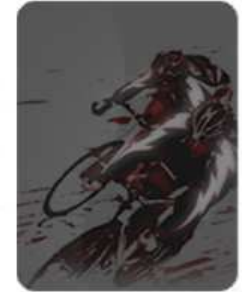
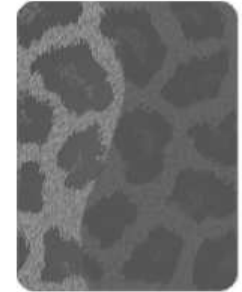
↓ = center last wind-up corner

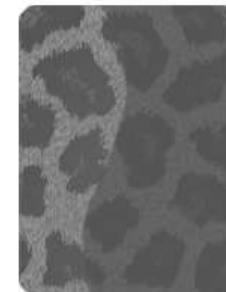
↓ = center second last wind-up corner



200m TT coaching points

- Safe energy in wind up:
coach push, go slow & take tops off
- Accelerate through last wind-up corner:
push hard going in to the corner.
- Determine the spot for your jump
- Determine and ride the correct lines
- Hug the black line:
look far into the corner & drop left shoulder
- Aerodynamic position:
low, narrow arms & head position and helmet





Training & Racing

- 1st round, 1/6 finals EETC 2010

9,999 ← 1 ↔ 24 → 11,046

2 ↔ 23

3 ↔ 22

4 ↔ 21

5 ↔ 20

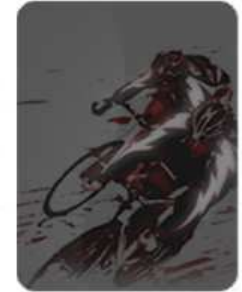
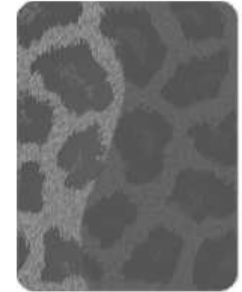
6 ↔ 19

7 ↔ 18

8 ↔ 17

etc...

http://youtu.be/-QmYo_eL9Mc

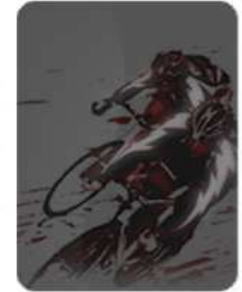
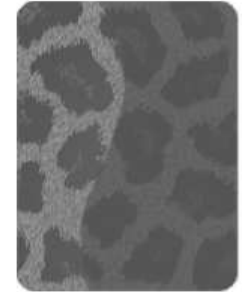


Training & Racing

Sprint basic rules:

for more info see uci.ch > rules > part III:track races

- 3 laps
- Get to the finish line first
- Pole / red line / sprint lane – Rule:
3.2.042 During the final sprint, even if launched before the last 200 metres, each rider shall remain in his lane up to the finish, **unless** he has at least a **clear cycle-length lead** and shall not make any manoeuvre to prevent the opponent from passing.

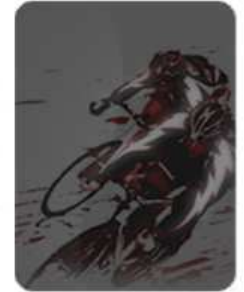


Tactics & Skills

- Always go for the line
Don't get Felixed
- Eyes on your opponent
Don't get Forstemanned
- Bike and track handling skills

<http://youtu.be/HDMmPNuO0Bo>

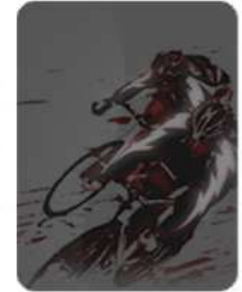
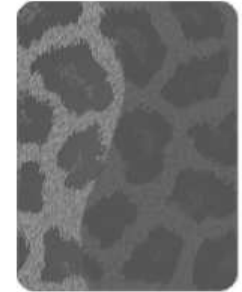
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Tactics & Skills

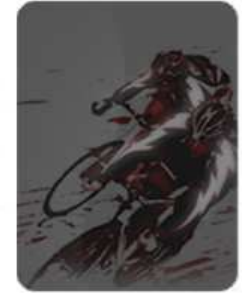
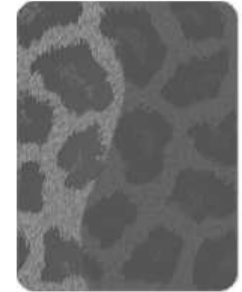
- Running: leave a gap
- Use the track
- Open/Close the door
- Boxing in

<http://www.youtube.com/watch?v=MNyOY7wedrs>



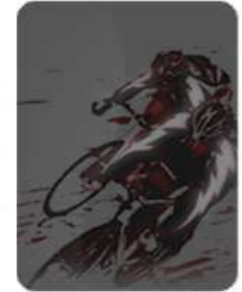
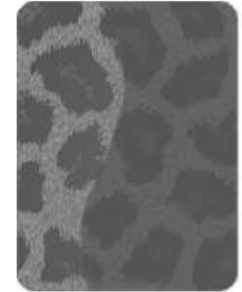
Training Tactics & Skills

- Video feedback
- Homework: Youtube analysis
- Coach led racing: *hide your cards*



Training

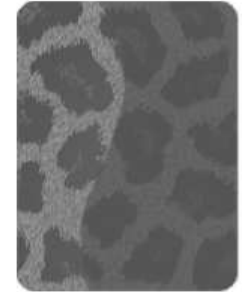
- Sprinters need the whole track
- Standing starts, rolling starts, jumps, flying & derny paced flying
- High intensity & lots of rest
- Easy road sessions up to 2,5 hours
- Weight training
- Roller training



Things that happen...

- Track Stand
 - Skid
 - Über Skid
 - Keirin crash
- Things that happen...too

<http://youtu.be/3xMhbw0v3jc>
<http://youtu.be/mDThbgvMQZI>
<http://youtu.be/v-sSilmus3o>
<http://youtu.be/rltqF-HT9iU>



Question Time



Track Sprinters aren't Zebras

Be the best sprinter you can be!



Feel free to contact me:

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