

## BMX Track Speed

	Volume	Distance	Resistance	Recovery	Description
<b>Half lap efforts</b>	4 - 8	½ laps	Race Gearing	5-10 mins	<ul style="list-style-type: none"> <li>• Incorporating 2 straights and a corner</li> <li>• Mix up skills each effort</li> <li>• Use cone placement to encourage riders to select different lines through straights and turns each lap.</li> <li>• Group efforts will help a rider develop their tactical ability.</li> </ul>
<b>1 – 3 straights</b>	2 – 3	1 straight 2 straights 3 straights	Race Gearing	5-10 mins	<ul style="list-style-type: none"> <li>• Increase distance each effort</li> <li>• Incorporating another straight each effort will increase intensity and pressure on the riders mental and physical skill set.</li> <li>• Increased recovery with increase on distance.</li> <li>• Group efforts will help develop tactical abilities.</li> </ul>
<b>Full laps</b>	1 - 3	Full laps	Race Gearing	10-15 mins	<ul style="list-style-type: none"> <li>• Working on keeping track speed and flow from start to finish.</li> <li>• Encourage all skills to be utilised.</li> <li>• Use cone placement to encourage riders to select different lines through straights and turns each lap.</li> <li>• Group efforts will help a rider develop their tactical ability.</li> </ul>

- **Pre-season Training:** Increase volume and distance with shorter recovery time.
- **Competition Training:** Decrease volume and distance with longer recovery time.
- Add or remove efforts from your program to work with your strengths and weaknesses.
- Cut back the volume if you're incorporating multiple track efforts in one session.
- Record skill progression from half laps to full laps.