

TIME TRIAL

CODE/DISCIPLINE:



✓ STAGE 1

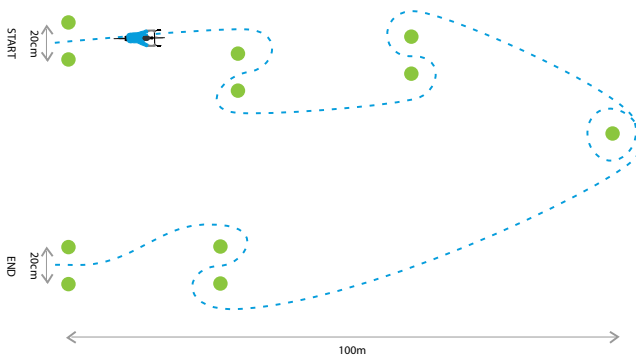
STAGE 2

STAGE 3

STAGE 4

EQUIPMENT: Set of marking cones.

ACTIVITY: Time trial rider rides 2 timed laps of the circuit. Create an emphasis on technique throughout the circuit rather than the time itself. For example impose a time penalty for touching a cone.



**PROGRESSION
OR VARIATION:**

Vary the space between the cones or add more corners. Can be done with or without time keeping. Can be done individually or in teams (relays).

Introduce a group riding element into the circuit with 2 or 3 riders, riding side by side, working as a team to negotiate the circuit. Riders must maintain the line at all times.

