



NATIONAL CYCLING TEAMS
ÉQUIPES NATIONALES CYCLISTES

2013 HIGH PERFORMANCE ROAD PROGRAM



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PLEASE NOTE: ALL PROGRAMMING IS SUBJECT TO CHANGE



1.0 Introduction

The Canadian National Team had success in various aspects of our program and clearly showed that we are headed in the right direction to get on the podium in Rio and in 2020. Highlights include top 12 finishes at the Olympic Games, Ryder Hesjedal's Giro win, Svein Tuft's TTT World Championship medal and Hugo Houle's 4th place in the U23 World Championship road race. The 2013 seasons represents the first year of the quadrennial leading into the 2016 Rio Olympic Games. Programming shifts to build on our recent successes will see a greater integration between the road and track endurance programs. This integration is a proven formula to increase Olympic medal potential and develop athletes for professional road teams.

The road and track programs are inextricably linked, and can work to benefit the other. Road racing creates fitness that riders can't get on the track as well as providing practice with tactical bunch racing. The track creates top-end fitness and speed, and provides more medal opportunities for endurance riders than the road alone. By focusing on identifying and developing a pool of endurance riders who are able to succeed in both sports, we can increase the depth in our team and the chances for medals.

As we enter into a new quad the road coaching responsibilities will be divided into two areas. The first area will be to ensure coaching support to our already identified 2016 cohort of road athletes. The second area of responsibility will be to assist the track endurance coaches in the delivery of a road program to support the development of our track endurance group of athletes.

We will be working towards centralization in order to provide an optimal daily training environment. Through centralization coaches, athletes and staff can learn to work together to enhance the athletes' ability to perform in a climate that is conducive to building mutual trust. For our Road team, we will continue to improve the environment and services at the European Cycling Base (ECB).



2.0 Women's Elite Program

2013 represents the first year of our new quadrennial leading up to the Olympic Games in Rio in 2016. To offer a better reflection of our international results, and to follow some of the leading nations, our road program will see the first step of an alignment with our track (endurance) program. Track endurance athletes will benefit from road racing and training in Europe and North America while the positive effect on our road program will be evident as riders develop better skills, tactics and racing qualities from the track. The road and track endurance pool will be combined with opportunities offered both on the road and track.

The women's road program consists of an early season training camp, a spring European campaign, Pan Am Championships in Mexico, followed by UCI races in North America. July will see the kickoff to the European summer project with the focus of providing ideal development opportunities for road and track endurance athletes. World Championship preparation will take place late August to September. The length and composition of the European phases will vary depending on the availability of athletes and invitations to events.

2013 Calendar Link: <http://www.cyclingcanada.ca/road/national-team/program-policies>

Details on the proposed Women's Elite/Development program

Focus: Familiarization/Introduction of 2013 Plan

NOVEMBER TO JANUARY

- ✿ Disseminate information and direction of the new quadrennial plan
- ✿ Contact athletes about their training and racing program
- ✿ Contact team managers about the 2013 racing program
- ✿ Contact Provincial coaches to share information regarding camps and development program
- ✿ Open lines of communication with athletes regarding selection procedures for major events
- ✿ Begin IST assessments with each targeted athlete (if required)

Focus: Development/Road-Endurance Track Integration and Alignment

FEBRUARY/ MARCH

This group will be comprised of development athletes from road and track – second year juniors, provincially identified talent, some athletes with prior CC project experience, and 2016-2020 identified athletes – who will attend the second annual training camp in South Carolina with the following objectives:

- ✿ Increase the aerobic base and lactic threshold; some high end physiological training in the Max VO2 range
- ✿ Improve climbing & sprinting technique, descending skills, riding in an echelon
- ✿ Team building and preparation for the 2013 season
- ✿ Athlete education sessions by CSC IST (Integrated Support Team) service providers. These sessions will be focused on realistic and practical methods for improving performance this season. Sessions may include:
 - Recovery and Regeneration strategies and technique
 - Post ride training (Yoga, Pilates)
 - Sports Psychology (goal setting; visualization; distraction control)
 - Nutrition and hydration strategies
 - Bike fit
 - CCES education session

APRIL/MAY/JUNE

Athletes will compete in races in **Holland, Belgium and Luxembourg** during a four week block to:

- ✿ Provide an opportunity to integrate endurance track women with road women into the Euro racing scene
- ✿ Provide further development in international competitions for riders on the cusp of getting to the next level

- ✿ Continue to build upon the professionalism of the National Team
- ✿ To allow for coaching development by including mentoring opportunities

North American events to provide opportunities:

- ✿ for development athletes to race in the National Team colours in North America
- ✿ for road and track riders to enhance their skills by competing in US criterium series
- ✿ for the National Team coach to communicate with trade team directors
- ✿ to showcase our talent on hometown soil
- ✿ to continue the professionalism of the National Team by building cohesiveness among more riders
- ✿ to allow for coaching development by including mentoring opportunities

Focus: Development

JULY

This will be an opportunity for athletes to experience stage racing in France and kermesses in Belgium with the following objectives:

- ✿ Introduce new riders to European racing from road and track endurance
- ✿ Introduce development riders to the National Team coach and the National Team system
- ✿ Increase the pool of riders with more experience to be drawn upon for the future
- ✿ Provide an opportunity for developing riders to be immersed in a professional setting
- ✿ Build upon the spring European experience

Focus: Road World's Preparation/World Championships Performance

AUGUST/SEPTEMBER

This phase of European program will start late August with a series of UCI stage races and one World Cup with riders chosen to the World's Pool with the following objectives:

- ✿ Prepare Canadian athletes to be competitive at the Road World Championships with the goal to podium in the road race and time trial
- ✿ Prepare an optimal team for World Championships by offering a program of competitions and a structured training plan
- ✿ Integrate, if possible, selected athletes who excelled at previous projects an opportunity to gain additional experience
- ✿ Integrate track endurance athletes with a view on preparation for upcoming track season

Focus: Development/Road-Endurance Track Integration

DECEMBER

This training camp in California will provide an opportunity to integrate track endurance women and road riders. Training will be done both on the road and track.

TRACK TO BETTER SERVE YOUR DEVELOPMENT

Our road program will seek optimal alignment with our track endurance program. We strongly believe this will have a positive effect on our road program as riders will develop better skills, tactics and racing qualities. It will benefit to the talent ID of our track program on the long term development. Track cycling is one of the best development and coaching tool cycling has to offer.

For 2013, it will mean our Elite road women will get invitations to attend some of Cycling CANADA's track camps. On a domestic level, many more regional / provincial camps will take place to offer extra opportunities to riders to develop skills, expand on race tactics, increase quality speed work, etc. P/TSO's will also be encouraged and supported to include some track training during their winter / spring preparation camps down south.

As this is part of a long term development strategy, it is understood our *Learn to Compete and Learn to Win* riders will have a stronger motivation to participate in such programs

3.0 Elite Men

The elite men's program will again focus primarily on working with our targeted Olympic road athletes and their professional trade teams to ensure they arrive ready to perform for Canada.

Combined Elite/U23 men's projects and training camps will include Pan American Championship, Tour de Beauce, Tour de l'Alberta, QC and Montreal WorldTour events and a winter training camp. The purpose of these projects is to field competitive teams and provide racing opportunities for our elite men whose trade teams are not present at these events.

4.0 U23 Men

2013 will be a special year for our U23 riders, as the best in the country will battle it out in Sherbrooke, QC for the Canada Games medals. Our programs will be aligned accordingly to allow our riders to represent their respective provinces. We are also looking forward to working in partnership with the respective teams (clubs, continental and/or pro-continental) to offer an adapted calendar to all riders.

For the first year of our Olympic Games quadrennial, our road program will see the first steps to align with our track (endurance) program. We believe this will have a positive effect on our road program as riders will develop better skills, tactics and racing qualities and it'll also benefit to the talent ID of our track program on the long term development.

Since the U23 category is a broad one, we are still observing gaps between our top athletes and our younger U23's who don't have the same opportunities.

That's why we have the responsibility to create opportunities for young Canadian road cyclists with talent who need a pathway to develop. For this reason, the U23 program will be run on two fronts this year:

- 🍁 Learn to Win group
- 🍁 Learn to Compete group

This allows us to offer a better development path to everyone, and at the same time, invest better into the future of Canadian cycling.

It is one of our main priorities to receive some specific funding sources for our Developmental programs. A medium term plan will be put in place within the following months. For the moment, most U23 programs will be self-funded unless we secure short term sponsorship or donations.

Over the last years, Canadian cycling has also been victim of its own successes. 2011 was a great example of this as we saw a limited number of our top riders racing on the America Tour circuit. As we know, the best developmental path brings us to Europe to race some of the best races in the world; thus, the reason of the creation of the European Cycling Base (ECB) in Belgium. Like in the past years where we saw Team Symmetrics and Spidertech greatly contributing to our America Tour rankings, it'll be important to create special partnerships with some of Canada's top teams to represent us in specific events on the America Tour calendar.

LEARN TO WIN PROGRAM (*Subject to competitive team composition*)

The *Learn to Win* program will be focussed with a final objective of the World Championships. In order for such program to be successful, we will need to be able to count on our best riders' availability and that they show up to these events with a proper preparation.

The three main phases of this program will be as follow:

- ✿ Spring (April 1st to 15th)
 - Ronde van Vlaanderen Belofte (Nations Cup) in Belgium
 - Côte Picarde (Nations Cup) in France
 - ZLM Tour
- ✿ Saguenay (June 6th to 9th) and Tour de Beauce (June 11th to 16th)
 - The Saguenay Nations Cup represents an important goal on the U23 calendar as it allows us to score points on both the Nations Cup and the America Tour calendar
 - We will also look at the possibility of combining this project with the Tour de Beauce depending on the availability of the riders (and combining it with our elite program)
- ✿ World Championships
 - Tour de l'Alberta (September 3rd to 9th)
 - GP de Québec and GP de Montreal (September 13th & 15th)
 - World Championships, Italy (September 23rd & 28th)

LEARN TO COMPETE PROGRAM

Over the last few years, we offered April programs and received a limited number of applications. School and lack of early season fitness were the main reasons why many riders were not available. This resulted in a program not necessarily suited for every rider.

By creating a *Learn to Compete* program later, we are confident we will have a greater impact on the long term development of our riders and our program.

In 2013, as we said earlier, we want to avoid conflicts with the Canada Games program as much as possible. So we will not be offering any U23 programs in August like we did in the past. We will, however, offer the possibility of the May program, while not necessarily limiting our age group to U23. We will open our window to new (older) talented riders with limited European experience.

Here are some of the details of the *Learn to Compete* program:

- ✿ Date: April 22nd to May 26th
- ✿ The program will include a good combination the following events
 - Belgium National Events and Kermesses
 - Stage Race (Either the U23 Ronde de l'Isard or the An Post Ras)
 - Track training in Roubaix

AMERICA TOUR

As mentioned earlier, the America Tour is part of the qualification process for World Championships, for both our U23 and elite men's programs. The U23 Nations Cup is also another qualification avenue, but only allows us one extra rider (at World Championships) if we make it in the Top 5 nations.

With its limited budget and resources (including the number of riders available), it is not an easy task for Cycling CANADA to solely take charge in the America Tour calendar. It is also felt it would not be best for long term development to sacrifice the European calendar for the Americas one.

For 2013, Cycling CANADA will keep on creating partnership programs with some of our best teams and offer them a chance to go race down south. The initial criteria will be for these teams to have a solid structure as well as a good mix of elite and U23 men.

The details for such program will be published will be developed.

As for the Tour de Beauce, this project will be listed under the elite program, and could include U23 riders; although it is felt most of our *Learn to Win* U23 riders will be racing it on there respective teams.

The Pan-American Championships will also be considered as a U23 Nations Cup. Although we currently have limited information from the UCI, we know only the top 4 U23 riders will score points (8, 5, 3, & 1), so very limited when compared to a regular Nations Cup (Top 20 in Saguenay). A more enlightened decision can be taken regarding this project when:

- ✿ We get final information on the financial situation of the Cycling CANADA
- ✿ We get full information on the availability of our Learn to Win riders
- ✿ We look at the possibility of combining this event with the Vuelta a Guatemala where the organizer would pay a good portion of our travelling expenses.

TRACK TO BETTER SERVE YOUR DEVELOPMENT

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For 2013, it will mean our U23 road athletes will get invitations to attend some of Cycling CANADA's track camps. On a domestic level, many more regional / provincial camps will take place to offer extra opportunities to riders to develop skills, expand on race tactics, increase quality speed work, etc. P/TSO's will also be encouraged and supported to include some track training during their winter / spring preparation camps down south.

As this is part of a long term development strategy, it is understood our *Learn to Compete and Learn to Win* riders will have a stronger motivation to participate in such programs

5.0 Junior Women

The 2013 Junior women's program will begin in Feb with an opportunity to attend the annual South Carolina Training Camp. Open communication with the Provinces and personal coaches will continue to identify emerging talent, convey the program details in a timely fashion and eliminate duplication of programs whether it be racing or training opportunities. Selection for the World Championship team will take place after Road Nationals and the Tour de la Relève in order for athletes to have personalized training prior to the final preparation.

World's will be contested in conjunction with the Elite categories as it was in 2012. CC European cycling base in Belgium (ECB) provided excellent pre-World's preparation where the women competed in local kermesses with both the Elite and Junior categories. There are very few UCI category junior races so the women benefitted greatly from testing themselves against the best in Belgium and other foreigners. The junior riders also shared the space with the Elite women and had a chance to mingle, train and be inspired by Canada's best. This formula will remain the same for 2013 as it will assist athletes who may race the following year in Europe by providing familiarization and adaptation to European culture.

The objectives of the 2013 program will be:

- ✿ To introduce athletes to the European scene with access to all the services provided at the Belgian Base

- ✳ To allow athletes to remain in a “homey” setting prior to World’s and leaving from the base with a shorter transfer thereby arriving fresh and enthusiastic to perform
- ✳ To provide athletes selected to the World Championships with ideal preparation prior to the World’s

Details on the proposed Women’s Junior program

Focus: Familiarization and Exposure

DECEMBER TO FEBRUARY

- ✳ Contact P/TSO for list of potential athletes to attend Feb camp and European projects
- ✳ Contact P/TSO regarding Provincial Camps/racing program
- ✳ Open discussions with athletes and coaches regarding selection process and National Team program

FEBRUARY

DEVELOPMENT TRAINING CAMP:

Will include second year juniors, provincially identified talent, some athletes with prior CC project experience, 2016/2020 identified athletes – who will attend the second annual training camp in South Carolina with the following objectives:

- ✳ Physiological -
- ✳ increase the aerobic base and lactic threshold; some high end physiological training in the Max VO2 range
- ✳ improve climbing & sprinting technique, descending skills, riding in an echelon

Team building and preparation for the 2013 season.

- ✳ Athlete education sessions by CSC-O IST (Integrated Support Team) service providers. These sessions will be focused on realistic and practical methods for improving performance this season. Sessions may include:
 - Recovery and Regeneration strategies and technique
 - Post ride training (Yoga, Pilates)
 - Sports Psychology (goal setting; visualization; distraction control)
 - Nutrition and hydration strategies
 - Bike fit
 - CCES education program

MAY

Grand Prix Cycliste de Gatineau & Chrono Gatineau

- ✳ Will be available for top second year juniors who can benefit from the experience and better prepare them for International competition

Focus: World Championship Selection

JUNE/JULY – Selection races with respective Provincial or Trade Teams

- ✳ National Championships
- ✳ Tour de la Relève

Focus: Road World’s Preparation/World Championships Performance

AUGUST/SEPTEMBER

This phase of European program will start end of August with a familiarization training period in Belgium then a series of Belgian Kermesses with both Elite and Junior fields with the following objectives:

- ✳ Prepare Canadian athletes to be competitive at the Road World Championships with the goal of top 10 in the road race and time trial

- ✿ Prepare an optimal team for World Championships by offering a program of competitions and a structured training plan

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For 2013, it will mean our Junior road athletes will get invitations to attend some of Cycling CANADA's track camps. On a domestic level, many more regional / provincial camps will take place to offer extra opportunities to riders to develop skills, expand on race tactics, increase quality speed work, etc. P/TSO's will also be encouraged and supported to include some track training during their winter / spring preparation camps down south.

As this is part of a long term development strategy, it is understood our *Learn to Compete and Learn to Win* riders will have a stronger motivation to participate in such programs

As this is part of a long term development strategy, it is understood our Junior riders will have a strong encouragement to participate in such program. As a matter of fact, the Canadian Track Championships will be part of the Talent ID program and some full camps will take place in the fall/winter (2013-2014) period.

6.0 Junior Men

Through the years, Cycling CANADA has done a number of junior projects in North America and Europe and we have been sending teams at Road World Championships. Knowing that the junior period is only one stage (*Learn to Compete*) into an athlete's development path and podiums are not the ultimate goal, we feel that we could do a better job of implementing a more efficient system of development for this category.

Before putting anything in place, Cycling CANADA will endeavor to:

- ✿ Collect and disseminate information about the junior riders from P/TSO at road Nationals
- ✿ Optimize the junior self-funded return on investment
- ✿ Coordinate across Canada coaching
- ✿ Stay in liaison with juniors as they progress to U23 category

In 2013, we would like to keep on developing on our goal of offering training camps in order to do more talent ID and help a bigger number of young Canadians.

In addition, the fact the Road Junior Worlds are now back with the Elite and U23 in late September also opens up more opportunities to create a good preparation program. Instead of rushing the selection right after Road Nationals we will be able to select a pool of athletes and work with them until early August before doing the final selection for Worlds. The Tour de l'Abitibi, although no longer a Nations Cup, will be now part of the selection process for the junior men.

The Cadet Tour de la Relève in Rimouski, Quebec, will be also a good opportunity to educate as well as to do some talent ID with future junior men riders.

For the past two years, we have used the European cycling base (ECB) to host junior projects. We will renew this in 2013. Our best juniors need to experience European culture and gain experience in high level races. We have the possibility to compete in many kermesses and UCI races close to the base in order to introduce them to European/ international racing.

Here are some of the details of the junior men's program:

Talent ID phase

As previously mentioned, knowing the riders before we select them is key to a good long term program. Too often in the junior *Learn to Compete* phase, we only pay attention to the winners of the selection events, and we forget to ones with potential. The idea behind a good talent identification phase is to bridge this important gap in our system.

For 2013, we will be looking to partner with regional and/or provincial team camps. Ideally, on a medium term basis, we would hold one eastern and one western talent ID camp. For the moment, we understand the provinces or regions are doing a great job with spring training camp. This is the reason why we would like to visit these camps and participate with some information sessions as well as observe and get to know the participating riders.

Spring project

Once again, we will invite junior riders to compete in Europe this spring. The main objective of such project is to offer a chance for riders to familiarize themselves with the European culture and adapt to the racing level from our European base in Tielt, Belgium.

Here's a description of this year's spring project for our junior men:

- 🍁 Dates: April 1st to 24th
- 🍁 Selection: based on applications and consultations with the provincial and Centre coaches
 - This selection is not a pre-cursor to the World Championship selection
- 🍁 Racing / development program (about 15 days of racing)
 - Kermesses and Belgium Nationals events for better adaptation
 - UCI junior calendar events
 - Grand Prix Bati-Metallo
 - Track training in Roubaix

Summer program (Canada and Europe)

With the constant changes happening on the International junior men's racing calendar, and with the intention to evaluate our juniors on the track, we have decided to make a significant change to our 2013 *Learn to Compete* program. By creating a summer program for our juniors, we are at the same time supporting our only international race in Canada (the Tour de l'Abitibi) and allowing our riders to better prepare for the World Championships while using the track.

This portion of the program will also allow us to make better decisions with regards to our athlete development as well as for our selections.

Following a selection of a pool of riders during our Canadian Road Championships, we will follow up with the following campaign:

- 🍁 Dates: from July 16th to August 4th
- 🍁 Development events:
 - Tour de l'Abitibi
 - Belgium Kermesses
 - Le Trophée Centre Morbihan (Nations Cup)
- 🍁 Riders will also have the opportunity to participate in the Canadian Track Championships later in August.

World Championships

To somewhat copy the successful U23 World Championship lead up, we are switching to a shorter World Championships program for our *Learn to Compete* group for 2013. Here are a few of the reasons why we intend to make such switch:

- ✿ It will allow us to better align our programs with track cycling
 - The Canadian Track Championships usually being held in late August
- ✿ It will also allow us to focus on developing a greater number of riders versus solely focusing on performance at World Championships
 - Over the years, it has been proven that performance at Junior World Championships is not a direct indication of future performances
 - With the Nations Cup as the only qualification opportunity for Junior World Championships, we will more than likely have a limited number of starters
- ✿ Over the past years, we've observed a certain level of fatigue from our junior riders by the time the World Championships got started
 - We also, on a regular basis, have been asked by personal coaches, the opportunity to have a better preparation vs. racing program

- ✿ Dates: from September 14th to 29th
- ✿ Preparation events:
 - Keizer der Juniores (UCI 2.1) and possibly another Kermesse
 - World Championships (September 23rd and 29th)

The number of starters for junior World Championships will only be announced in August. With Abitibi no longer being a Nations Cup, it is expected that scoring UCI Nations Cup points will be harder for Canada – it now needs to be done on European soil.

The UCI guarantees us a minimum of 3 starters at World Championship which we intend to bring more than the predicted number of starters for our July / August project. We strongly feel the development of a good cyclist not only goes through the World Championships, but via a well structured program.

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7.0 European Base

The Canadian National Road Cycling Team has established a European Cycling Base (ECB) in Tielt-Winge, Belgium. The central location is 45 minutes from Brussels. The base provides Canadian athletes with a comfortable home while they train and compete primarily around northern Europe in the spring and throughout France and Holland in the summer.

Objectives:

- ✳ Providing a professional and comfortable environment for Canadian athletes to train and race
- ✳ Improving the logistical aspects around the training and racing schedule in Europe
- ✳ Increasing the number and quality of services around the base (IST) – athletes/staff visited a local and competent chiropractor, osteopath, and family doctor; hospital in Leuven is well equipped for racing incidents
- ✳ Providing a central location for equipment needed for our programs
- ✳ Offering a better network of high-level European racing
- ✳ Having a few long term staff at the base to help with overall organization

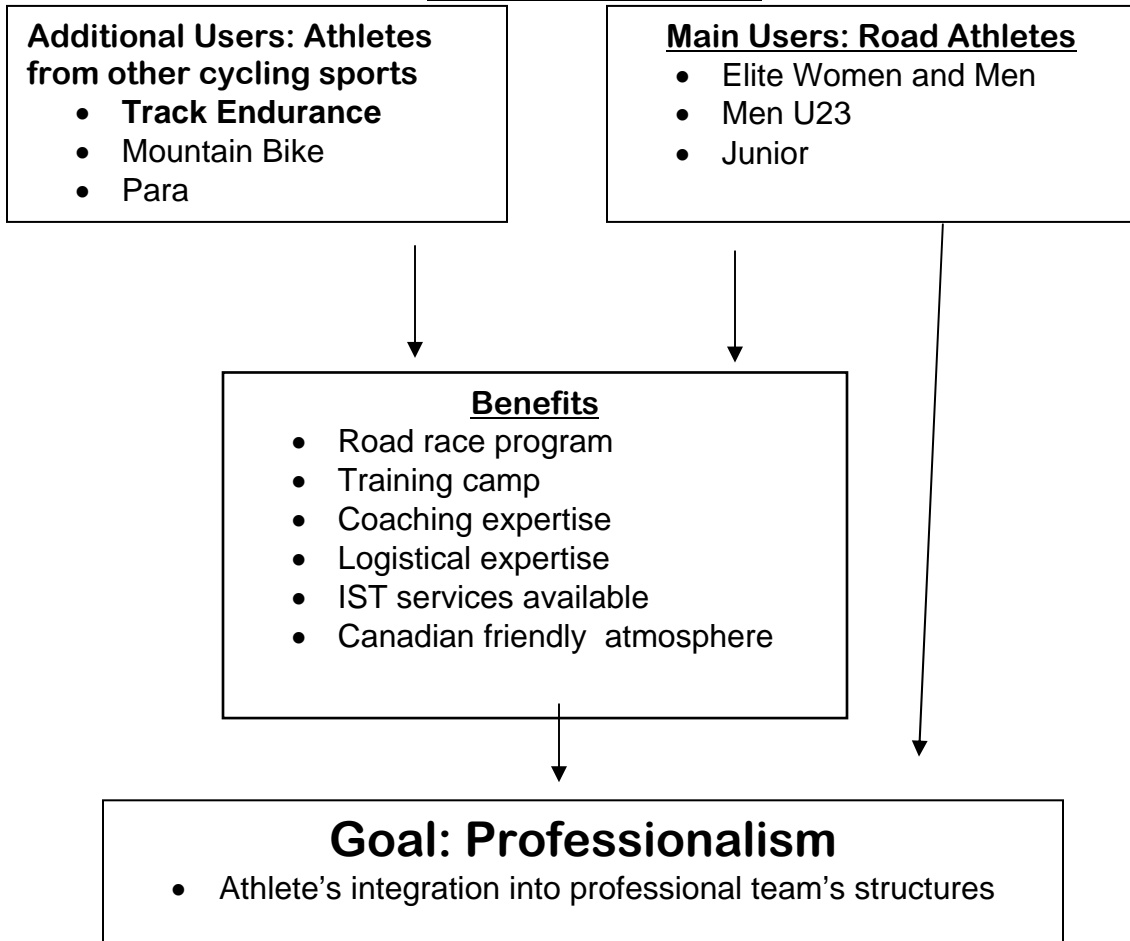
Positives of the base include:

- ✳ Proximity to Gent and Roubaix Velodromes (approximately 1 to 1.5 hours)
- ✳ Separate living quarters for various teams in apartment and house
- ✳ Proximity of grocery store and bakery (700m), delicatessen (100m); café (100m) allowing athletes autonomy when planning meals, etc.
- ✳ Large service-course area and secure lock-up and washer/dryer
- ✳ Owners (Jos & Tim) are helpful, friendly, accommodating and well-connected in the cycling community and the community at large
- ✳ Endless number of riding routes
- ✳ Proximity to Brussels airport (45' on a good day; 2.0 hrs on a not-so-good day)

Goals to aspire to include:

- ✳ Cohesion between road and track endurance programs while in Europe
- ✳ Bring up more Canadian athletes to European Professional teams
- ✳ In the long term, develop a strong partnership with the local community and secure private partners

European Base Model



8.0 Coaching Development

In order to run our programs from the European base or in North America, we will need to recruit more coaches. The Canadian Cycling community has a good number of coaches who work with Provinces, cycling centres and private teams.

These programs represent an excellent opportunity for us to use these coaches and offer professional development for them. The centralized European base will make facilitate supervision by the National Team road coaches.

In parallel with the selection of athletes for our program, we will work closely with the P/TSO in order to get a list of potential coaches who are interested in managing some of our National Team programs.

9.0 Conclusion

In conclusion, our performance over the 2009-2012 quadrennial showed that Canada is competitive and our programming is going in the right direction. Although we did not meet all of our benchmarks, the performances that fell short of expectations highlight where we will invest our energy to improve.

In general, it will be a busy but focused program for the National Road Cycling program. The first year of the quadrennial will focus on getting our road and track endurance programs aligned.

We also keep offering development projects for men and women as it is our responsibility to provide National Team opportunities for our young talented athletes who may not have access to international level racing elsewhere. Having more riders racing in the European Professional peloton, will create more opportunities for young talented Canadian athletes who dream about a professional cycling career. It is really important for Cycling CANADA to find resources and invest in a serious development program.

