

Friday, January 3, 2025

NCIM ** Women's Only ** Track Cycling - Intermediate Structured Training (IST)

Date and Time: Friday, January 3 6:00 pm - 7:30 pm

Address: Mattamy National Cycling Centre, 2015 Pan Am Blvd., Milton ON L9E 0K7

INTERMEDIATE STRUCTURED TRAINING - Women's Only

Athletes take their riding to the next level with the IST program. Building on the BST program, riders acquire new skills while mastering old ones. By sampling a mixture of endurance and sprint based workouts the IST program will broaden an athlete's base of track knowledge while building fitness. A clear progression from Beginner Structured Training, these workouts are ability-based and grow both skill and fitness.

Designed to supplement a rider's existing track training, IST will be an intense aerobic workout for cyclists of all abilities. Interval based, these sessions will see riders get the chance to do a variety of high intensity work within a structured, near continuous riding environment. These classes are not race specific but both racers and recreational riders will benefit from the HiiT format. Open to all IST and AST clients.

Bike rentals are available free of charge.

Prerequisites: Track Certification A & B

Sign up here: <https://ncirevolution.com/train/adult-training/>

Saturday, January 4, 2025

NCIM Track League

Date and Time: Saturday, January 4 6:00 pm - 10:00 pm

Address: Mattamy National Cycling Centre, 2015 Pan Am Blvd., Milton ON L9E 0K7

Come out and test your track cycling racing ability! Youth and adult riders with a UCI Track Cycling license and race certifications are eligible to participate in NCIM race nights which consist of sprint-specific nights, bunch racing, and even timed events. With 3-4 different ability-based categories you'll be sure to find a group that fits. Overall race series points for races such as scratch and points races will be awarded at the end of the race season. Test your fitness and racing skills all season long from October to March with NCIM race nights.

Friday, January 17, 2025

NCIM ** Women's Only ** Track Cycling - Intermediate Structured Training (IST)

Date and Time: Friday, January 17 6:00 pm - 7:30 pm

Address: Mattamy National Cycling Centre, 2015 Pan Am Blvd., Milton ON L9E 0K7

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Bike rentals are available free of charge.

Prerequisites: Track Certification A & B

Sign up here: <https://ncirevolution.com/train/adult-training/>

Saturday, January 18, 2025

Track - Ontario Cup #2

Date and Time: Saturday, January 18 8:00 am

Address: Mattamy National Cycling Centre, 2015 Pan Am Blvd., Milton ON L9E 0K7

The Track OCup series, sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities with a new look and feel. Each of the three OCups will offer different events at each one with the inclusion of youth and para riders. The OCup series is designed to provide high-quality racing opportunities for riders prior

to competing at the Provincial Championships.

<https://ontariocycling.org/event/track-ontario-cup-2-milton-on/>

Sunday, January 19, 2025

Track - Ontario Cup #2

Date and Time: Sunday, January 19 8:00 am

Address: Mattamy National Cycling Centre, 2015 Pan Am Blvd., Milton ON L9E 0K7

The Track OCup series, sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities with a new look and feel. Each of the three OCups will offer different events at each one with the inclusion of youth and para riders. The OCup series is designed to provide high-quality racing opportunities for riders prior to competing at the Provincial Championships.

<https://ontariocycling.org/event/track-ontario-cup-2-milton-on/>

Friday, January 31, 2025

NCIM ** Women's Only ** Track Cycling - Intermediate Structured Training (IST)

Date and Time: Friday, January 31 6:00 pm - 7:30 pm

Address: Mattamy National Cycling Centre, 2015 Pan Am Blvd., Milton ON L9E 0K7

INTERMEDIATE STRUCTURED TRAINING - Women's Only

Athletes take their riding to the next level with the IST program. Building on the BST program, riders acquire new skills while mastering old ones. By sampling a mixture of endurance and sprint based workouts the IST program will broaden an athlete's base of track knowledge while building fitness. A clear progression from Beginner Structured Training, these workouts are ability-based and grow both skill and fitness.

Designed to supplement a rider's existing track training, IST will be an intense aerobic workout for cyclists of all abilities. Interval based, these sessions will see riders get the chance to do a variety of high intensity work within a structured, near continuous riding environment. These classes are not race specific but both racers and recreational riders will benefit from the HiIT format. Open to all IST and AST clients.

Bike rentals are available free of charge.

Prerequisites: Track Certification A & B

Sign up here: <https://ncirevolution.com/train/adult-training/>

<https://calendar.milton.ca>