

## An Example of a Pupil Diary from the Saint

It takes dedication and commitment to be an elite sports performer and each week the Saint will give an insight into one of our students. **James Ashcroft** is a Year 10 pupil who is on the Advanced Sports Programme. He competes at National Level in Cycling and here he explains his weekly training routine and competition.

### Monday

Depending on whether I raced at the weekend I will either spin the weekend out or do a cadence session. Both on rollers. I will also go to the gym and do an arms and dead lift session.

### Tuesday

If the weather is good, then I will do the local chain gang. This is a really good training session. If I don't do chain gang then I will go on the turbo and do some short max efforts.

### Wednesday

Roller cadence session, standing starts and going to the gym this time doing legs and chest.

### Thursday

If I'm not racing at the weekend I will do the local 10-mile time trial. My PB is 24:07. This is an average speed of 24.9Mph. This was achieved on my road bike, shallow wheels and a u16 gear. If I am racing then this will be a rest day and I'll try to get my homework done, if I haven't already done it at break/lunch.



### Friday

At this time of year, I'm almost inevitably racing at the weekend either road or track. Whatever bike I'm using to race I'll use on the rollers and I'll do an activation ride. I'll then pack my kit bag with all the stuff I'll need for the race.

### Saturday/Sunday

The weekend days are interchangeable as if I race Sunday I'll go out on my road bike in the morning and then the mountain bike in the afternoon. And if I race Saturday the same thing happens on Sunday.

### Racing

If I'm doing a track race, then I will almost without fail need to get up at the latest of 5 as the closest velodrome apart from Palmer Park Velodrome is a 2-hour drive away. With a road race the closed circuit is 1 hour away but they normally start later so I don't need to get out of bed until 7. Once we've driven to an event I'll get gear checked, then sign on. Then I'll make my way down to the start, set my rollers up and warm up. Road races last anywhere from 25 mins to 1h 15. Paradoxically perhaps the shorter races are normally harder as they are normally city centre crits. Crits are my speciality as they involve max effort constantly and the ability to throw the bike round ludicrously tight corners at 30+ mph. In the case of Winchester crit (my favourite event of the year) I had an average HR of 199bpm for 25 mins.

