



VELODROME GAMES

Presented by Cat Booker
catbookerfit@gmail.com

OVERVIEW

Race Day Energy Zone®

Ignite your thresholds with this exhilarating race experience on a world-class indoor cycling track arena known as the velodrome.

Take your place, be part of a team, and ignite your strong personal spirit. The race experience includes a selection of indoor track cycling events including the Madison, The Team Pursuit, Scratch Race, The Team Sprint and Elimination.

Feel the crowd roar. Inhale the smell of the boards and engage with the sensation of steep oval banks as you feel the rush of air with every move you make. Hear the thumping sounds of the DJ and the drone of the Derny bikes. Finally exhale success as you cross the finish line.

“It’s a Race!”

OBJECTIVES

- Take on a personal challenge and pace yourself during this a themed ride.
- Embrace working at hard efforts the whole way.
- Never take your foot off the pedal enough to feel the relief of recovery until the race is complete.
- Focus on each and every marginal gain you can make while you ride one of the most challenging riding disciplines.

SUMMARY

Embrace an adrenaline fuelled Race Day with the Worlds’ original indoor cycle brand and the spirit of indoor track cycling.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**