



Radsportverband Nordrhein-Westfalen e.V.
im Bund Deutscher Radfahrer e.V.

Elite training concept of the NRW region

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Introduction

- **Content:**

The training concept of the national federation (Bund Deutscher Radfahrer e.V.) and the transfer to exercise young competitive sports talents in the NRW region.

- **Structure:**

- part I: Conditions in the federation
- part II: Young talent program of the national federation („Nachwuchsprogramm BDR“)
- part III: Training concept NRW

BDR Nachwuchsprogramm

(“young talent program of the national federation”)

- In 1992 the national federation („Bund Deutscher Radfahrer“) formulated a basic reference book for the work of the regional federations and cycling coaches. The intention is a better control of the long term training and performance development of young cycle sports talents. (<http://www.rad-net.de/radsportjugend/nachwuchsprogramm>).
- Main content of the reference book is a „stair-program“ to help and support the development of young athletes at the different ages. Basic informations given by the program are:
 - workout zones
 - „Training reference numbers“
 - National selection standards

Training concept NRW

Aim of the regional training concept is to get the athletes to perform the national standards and to lead them in the national representative team.

To that the federation formulated 2002 a “founding concept track” and 2004 a “regional competitive sport concept 05-08”.

- **Existing tools for practical work are:**
 - Parallel education on track and road
 - “Building Blocks”
 - Regional selection system
- **Main transfer problems are:**
 - Rescheduled dates
 - To determine training periods (e.g. change between track and road)
 - Economic pressure

