



# Special Olympics Maryland Cycling Virtual Training Guide

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**Special Olympics**





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## **Introduction**

Now more than ever, with technologies in video communication becoming more easily accessible for everyone than ever before, SOMD wishes to support coaches with a variety of training resources to provide opportunities to athletes/partners regardless of in-person availability. With opportunities in sport-specific training, health and wellness, and more, we hope this guide will create a foundation for your Area/County Programs to take training online for a new pathway of athlete engagement.

This sport-specific *Training Guide* will provide resources for getting your virtual training program up and running, while also providing resources for you to modify this plan for your Program and even create additional virtual trainings. Use this guide literally as “guides” – let it stimulate your own creativity and inspiration for additional ideas for training at a distance.

If you are building your virtual training program and find you are lacking something you need, please contact [coaches@somd.org](mailto:coaches@somd.org).

You can also always find additional resources and coaching information on the Special Olympics Maryland – [Coach Resource](#) page.

As always, thank you to all of area leadership, coaches, volunteers, family members/caregivers/parents and of course our athletes/partners for continuing your commitment to training excellence as part of Special Olympics Maryland.

Special Olympics Maryland would like to acknowledge and thank the state Cycling - Sports Management Team for their contributions to the creation of this guide and their continued commitment to providing opportunities to our athletes and programs. Special Thanks to Adam Hayes, Gretchen Sumbrum, Chris Militello and Tracy Lea for their contributions in the creation of this guide.

# **Know Before You Go!**

## **Zoom:**

- You can sign-up for a free account to facilitate virtual trainings for your participants.
- As of, August 2020, free Zoom accounts have a 40-minute time limit for sessions that you host.
  - You can plan for back-to-back 40-minute sessions with a small break between the sessions if you wish to extend a session.
- Other virtual option(s) for hosting a virtual practice session:
  - Google Hangouts – Session hosts **DO** need a Gmail account to setup and initiate as virtual training session, but invitees **DO NOT** need a Gmail account to attend.

## **How to Use this Guide:**

- This is a guide, not a mandate, of how to run virtual training opportunities for your programs. Please feel free to use this as a baseline to generate ideas and customize to what your program will benefit from the most.
- Special Olympics Maryland highly recommends carving out time with your athletes/partners (or asking parents/guardians to do so) to complete the Special Olympics Athlete Development Plan, which comes from the Coaching Special Olympics Athletes training.
  - This is a great tool for learning more about your athletes/partners while working to set goals. This is also a good opportunity to teach your athletes/partners goal setting as an all-around skill to have.
  - Many SO Programs find it valuable to learn more about their athletes/partners.
- Make sure to take a look at the additional resources at the back of this guide for additional training ideas for your program. Resources like the SOI Sports Science and sport-specific coaching guides are very detailed and can provide additional content that may be beneficial for the growth of the participants.

## **Be Prepared to Demonstrate & Elaborate:**

- Coaches should always be prepared to demonstrate techniques they are teaching their athletes/partners or that they have shared through video from online resources. Not everyone will comprehend a technique or concept on the first explanation and may need a different perspective.
- Also be prepared to generate conversation after showing a video or other resources.
- Remember to ask questions and check for understanding!
- Always remember to have fun!
  - Virtual trainings are a new method of coaching our athletes/partners and interacting with parents/caregivers, and at times can drift into more of a lecture than an activity. Be sure to make extra effort to keep them interactive – asking open-ended questions is a great way to keep athletes/partners engaged.
  - While we are providing content in this guide to help you facilitate your sessions, feel free to infuse fun age-appropriate activities as you see fit.

## Training Session Plan Template

Sport \_\_\_\_\_ Date \_\_\_\_\_ # of Athletes/Partners \_\_\_\_ # of Coaches \_\_\_\_

Goal for Session \_\_\_\_\_

Facility Safety Check:   ☐ Equipment        ☐ Surface/Field of Play   ☐ Layout        ☐ Supervision

Time	Session	Specific Objectives	Drills/Activities	Layout
	Warm-up Exercises			
	Stretching Exercises			
	Skills Instruction			
	Competition Experience			
	Cool-down			
	Team Talk			

# Special Olympics Athlete/Partner Development Plan

## Athlete/Partner

First name:		Last :		Date:	
Program:		Phone:		Coach:	
Email Address:					

## Athlete's Interests

Favorite Sports:	
Favorite Sports Teams:	
Favorite Athletes:	
Favorite Musical Groups:	
Favorite Movies/Actors:	
Favorite TV Shows/Actors:	
Favorite Books:	
Favorite Food/Beverages:	
Other Interests:	

Why athlete/partner is participating in Special Olympics; check all that apply.

Fun:		To be with friends:	
Develop Skills:		Win Awards:	
Compete:		Recreation:	
		Because someone told me I had to do it:	

Other:	
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Name sports athlete/partner likes to participate in:

Current:	
Future:	
Why?	

**Athlete Considerations** (tips when working with athletes); check all that apply -

Doesn't like loud noises:		Needs to hydrate:	
Doesn't like whistles:		Is prone to seizures:	
Doesn't respond well to yelling:		Is easily distracted:	
Has limited verbal skills:		Has short attention span:	
Has visual impairment:		Is resistant to change:	
Has hearing impairment:		Is hyperactive:	
Exhibits self-stimulatory behaviors:		Is obsessive-compulsive:	
Other:			
Trigger(s) to inappropriate behavior:			

**Athlete/Partner Assessment -**

Interest in the sport:				
Athletic ability:	Speed:	Shuttle run -		Chair ups -
	Endurance:	3-minute step test -		
	Strength:	Push ups -		
	Flexibility:	Sitting reach -		
	Coordination:	Shuttle run w/bean bags -		
Sport-specific athletic ability:	Skill #1			
	Skill #2			
	Skill #3			
Cognitive ability (event understanding):				
Coping skills with environment:				
Ability to work with others:				

**Coach Observations and Conclusions -**

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**Goals -**

Individual goals

Long-term:

Short-term:

Team goals

Long-term:

Short-term:

**Support Plans -**

Individualized "At Home Training Plan":

Assistant Coach Support Plan:

Family, Guardian, and/or Caregiver Support Plan:

Competition Day Plan:



## Weekly Cycling Training: Week 1

### Training Session Plan

Sport: Cycling Date: Week 1 # of Athletes/Partners:      # of Coaches:     

**Goal for session:** Introducing athletes/partners to our virtual training program, beginning basic home workouts, and introduction to Cycling safety.

*Virtual facility check:* ☐ Equipment ☐ Technology/Production ☐ Supervision

#### **Warm-up & Stretching Exercises: 10 Minutes**

- **Fit 5 Fitness Level 1:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Jumping Jacks, Straight Leg Raises, Curl-ups
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### **Weekly Core Lessons: 20 Minutes**

- **Health & Wellness:**
  - Intro to Fit 5 & Fit 5 Progress Tracker
- **Sport Skills Instruction:**
  - Introduction to Virtual Training Program plan & setting expectations
  - Cycling Scavenger Hunt (Equipment Roundup)
  - Cycling Safety 101
    - Fitting & wearing a helmet

#### **Competition Experience: 5 Minutes**

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### **Cooldown & Team Talk: 5 Minutes**

- **Fit 5 Fitness Level 1: Flexibility Only**
  - Calf Stretch, Childs Pose, Knee to Chest.
- **Team Talk:**
  - Review of virtual training expectations
  - Cycling Safety 101
  - Home workout for the week (Fit 5 Fitness Level 1)
  - Celebrate the activity / Recognize accomplishment of each athlete

#### **\*Resources Section for this Week:**

- Fit 5 Fitness Cards
  - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- How to Fit a Cycling Helmet
  - [https://www.youtube.com/watch?time\\_continue=251&v=ZCB77SaRgsY&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=251&v=ZCB77SaRgsY&feature=emb_logo)

## Weekly Cycling Training: Week 2

### Training Session Plan

Sport: Cycling Date: Week 2 # of Athletes/Partners: \_\_\_\_ # of Coaches: \_\_\_\_

**Goal for session:** Introducing athletes to Fit 5 Hydration and learning how to pick out the right bike when the time comes for a new one. We also want to get into the habit of making sure our bike fit is correct before each practice and race.

Virtual facility check: ☐ Equipment ☐ Technology/Production ☐ Supervision

#### Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 1:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Jumping Jacks, Straight Leg Raises, Curl-ups
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
  - Intro to Fit 5 Hydration
    - 5 Bottles of Water a Day!
    - Signs of Dehydration
- **Sport Skills Instruction:**
  - How to Choose the Right Bike (Video)
  - How to Set Up Your Bike (Video)

#### Competition Experience: 5 Minutes

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 1: Flexibility Only**
  - Calf Stretch, Childs Pose, Knee to Chest.
- **Team Talk:**
  - What did we learn about selecting a new bike?
    - What are the steps to measuring yourself on a bike?
  - How do we prepare our bike so it's ready for a ride/race?
  - How often should we go through the bike set up process?

#### \*Resources Section for this Week:

- Fit 5 Fitness Cards
  - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Hydration
  - Pages 27-28
    - [https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?\\_ga=2.73731541.618053467.1595425723-1632369698.1554480806](https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806)
- How to Choose the Right Bike
  - <https://www.youtube.com/watch?v=fyIOPDfX494&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtIDC&index=46>
- How to Set Up Your Bike

- <https://www.youtube.com/watch?v=2rA2mSZ3LTE&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=14>

## Weekly Cycling Training: Week 3

### Training Session Plan

Sport: Cycling Date: Week 3 # of Athletes/Partners:      # of Coaches:     

**Goal for session:** Adding to the next level of safety training with teaching our athletes how to properly hold the handlebars, and adding a technical training lesson on how to pedal smoother for better results. Safety is often the main priority for educating our athletes, but teaching easy lessons on technical aspects can make them better racers.

*Virtual facility check:* ☐ Equipment ☐ Technology/Production ☐ Supervision

#### **Warm-up & Stretching Exercises: 10 Minutes**

- **Fit 5 Fitness Level 2:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Side to Side Hops, Chair Squats, Plank from Knees
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### **Weekly Core Lessons: 20 Minutes**

- **Health & Wellness:**
  - Check-in on Fit 5 Tracker and how team is doing.
    - Who needs help?
    - How can we support each other as a team?
- **Sport Skills Instruction:**
  - Making Your Pedaling Technique Smoother
  - How to Hold Your Handlebars

#### **Competition Experience: 5 Minutes**

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### **Cooldown & Team Talk: 5 Minutes**

- **Fit 5 Fitness Level 2: Flexibility Only**
  - Quad Stretch, Modified Hurdler Stretch, Chest Stretch.
- **Team Talk:**
  - What did we learn about pedaling today?
    - How can we use this to make our rides/racing better?
  - What is the correct method for holding your handlebars?
    - Have an athlete demonstrate.
    - Have your bike on hand to demonstrate corrections.

#### **\*Resources Section for this Week:**

- Fit 5 Fitness Cards
  - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Tracker
  - Pages 31-32
    - [https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?\\_ga=2.73731541.618053467.1595425723-1632369698.1554480806](https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806)
- Making Your Pedaling Technique Smoother

- <https://www.youtube.com/watch?v=PAHRvcOCSU4&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=22>
- How to Hold Your Handlebars
  - <https://www.youtube.com/watch?v=bDbCC-65nOc&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=24>

## Weekly Cycling Training: Week 4

### Training Session Plan

Sport: Cycling Date: Week 4 # of Athletes/Partners:      # of Coaches:     

**Goal for session:** The most essential skill to Cycling is balance. This is also a key motor skill that some of our athletes need to work on (seen in younger athletes more often). Learning and maintaining better balance will keep athletes on the bike and safer. A big challenge for racing is the turning aspect for riders. Step one is to learn how to take corners safely, then it's moving onto cornering while maintaining speed. Additionally, taking the time to introduce entry level nutrition concepts is a great way to keep athletes healthy year-round.

*Virtual facility check:* ☐ Equipment ☐ Technology/Production ☐ Supervision

#### Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 2:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Side to Side Hops, Chair Squats, Plank from Knees
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
  - Introduction to Fit 5 Nutrition
    - Healthy Food Circle
    - Healthy Meals & Snacks
- **Sport Skills Instruction:**
  - How to Improve Balance
  - Cornering Made Easy

#### Competition Experience: 5 Minutes

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 2: Flexibility Only**
  - Quad Stretch, Modified Hurdler Stretch, Chest Stretch.
- **Team Talk:**
  - How can we improve our balance while riding?
    - You can also work on this stationary at home!
  - What tips did you pick up today about cornering?
    - Adaptive bikes/Trikes: Remember that cornering is different for your type of bike.

#### \*Resources Section for this Week:

- Fit 5 Fitness Cards
  - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Nutrition
  - Pages 21, 24, 25
    - [https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?\\_ga=2.73731541.618053467.1595425723-1632369698.1554480806](https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806)
- How to Improve Balance

- <https://www.youtube.com/watch?v=PweYjt6Yz9Q&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=172>
- Cornering Made Easy
  - <https://www.youtube.com/watch?v=x3ynGnUmLzc>

## **Weekly Cycling Training: Week 5**

### **Training Session Plan**

**Sport:** Cycling **Date:** Week 5 **# of Athletes/Partners:**      **# of Coaches:**     

**Goal for session:** While the physical capabilities of an athlete play a major role in their competitive success, mental strength also plays a major role in helping athletes overcome obstacles. Rider comfort is also a key to success and preparing to ride in chilly weather should be part of preparation.

*Virtual facility check:*   ☐ Equipment   ☐ Technology/Production   ☐ Supervision

#### **Warm-up & Stretching Exercises: 10 Minutes**

- **Fit 5 Fitness Level 3:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Forward Jacks, Frog Jumps, Push-ups from Knees
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### **Weekly Core Lessons: 20 Minutes**

- **Health & Wellness:**
  - Introduction to Strong Minds
    - How to handle stress on & off the field
      - Introducing methods of stress relief using Strategies for Stress 2
    - Yoga Stretches
- **Sport Skills Instruction:**
  - Proper Cycling Clothing (Fort Ritchie/Other Venues & Fall Weather)
    - How to Dress for Cycling in the Mountains
    - Other Good Clothing Ideas:
      - Wear bright colored cloths on the road
      - Blinker on your bike

#### **Competition Experience: 5 Minutes**

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### **Cooldown & Team Talk: 5 Minutes**

- **Fit 5 Fitness Level 3: Flexibility Only**
  - Kneeling Hip Stretch, Butterfly Stretch, Triceps Stretch.
- **Team Talk:**
  - What are some ways we can deal with stress on & off the track?
  - What clothing items should be on our checklist for a chilly day of practice or competition?
    - Remember to talk about layers!
  - Halfway through our virtual training season!

#### **\*Resources Section for this Week:**

- Fit 5 Fitness Cards
  - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Yoga Stretches



- [https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Yoga-Hand-Out.pdf?\\_ga=2.177710818.618053467.1595425723-1632369698.1554480806](https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Yoga-Hand-Out.pdf?_ga=2.177710818.618053467.1595425723-1632369698.1554480806)
- Strategies for Stress 2
  - [https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Tips-for-Stress-Coachs-Guide.pdf?\\_ga=2.72722004.618053467.1595425723-1632369698.1554480806](https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Tips-for-Stress-Coachs-Guide.pdf?_ga=2.72722004.618053467.1595425723-1632369698.1554480806)
- How to Dress for Cycling in the Mountains
  - [https://www.youtube.com/watch?v=ntpD\\_SaSiCM&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=169](https://www.youtube.com/watch?v=ntpD_SaSiCM&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=169)

## **Weekly Cycling Training: Week 6**

### **Training Session Plan**

**Sport:** Cycling **Date:** Week 6 **# of Athletes/Partners:**      **# of Coaches:**     

**Goal for session:** Now that you're into the second half of the training season, it's time to take the next step. Starting with Level 2 of Hydration in the Fit 5 guide (pages 29-30), continue to express how important it is for your athletes to stay hydrated. When to hydrate is also important. Teaching athletes/partners how to work gears is another important skill for racing.

*Virtual facility check:*   ☐ Equipment   ☐ Technology/Production   ☐ Supervision

#### **Warm-up & Stretching Exercises: 10 Minutes**

- **Fit 5 Fitness Level 3:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Forward Jacks, Frog Jumps, Push-ups from Knees
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### **Weekly Core Lessons: 20 Minutes**

- **Health & Wellness:**
  - Fit 5 Hydration Level 2
    - Healthy Beverage Choices
    - How to Reach five Bottles a Day
- **Sport Skills Instruction:**
  - How to Use Bike Gears

#### **Competition Experience: 5 Minutes**

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### **Cooldown & Team Talk: 5 Minutes**

- **Fit 5 Fitness Level 3: Flexibility Only**
  - Kneeling Hip Stretch, Butterfly Stretch, Triceps Stretch.
- **Team Talk:**
  - What have we learned about hydration this week?
    - When should you be hydrating at a practice or competition?
  - How do we change gears on our bike?
    - When do we change gears on our bike?
  - How do we break properly?
    - Differences on a road bike, to trike, to adaptive.
    - When should we start breaking?

#### **\*Resources Section for this Week:**

- Fit 5 Fitness Cards
  - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Hydration
  - Pages 29-30
    - [https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?\\_ga=2.73731541.618053467.1595425723-1632369698.1554480806](https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806)
- How to Use Bike Gears

- <https://www.youtube.com/watch?v=bjIKdrfUu1o&list=TLPQMjkwNzlwMjAjCzQLrwhxmg&index=1>

## Weekly Cycling Training: Week 7

### Training Session Plan

Sport: Cycling Date: Week 7 # of Athletes/Partners:      # of Coaches:     

**Goal for session:** Getting our athletes/partners rolling is a huge step towards competition and a lifelong love of riding, but what about getting them to stop? This lesson aims to teach your athletes/partners methods of stopping in both dry and wet conditions.

*Virtual facility check:* ☐ Equipment ☐ Technology/Production ☐ Supervision

#### **Warm-up & Stretching Exercises: 10 Minutes**

- **Fit 5 Fitness Level 4:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Jumping Jack Squat, High Knees Jog in Place, Reverse Fly
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### **Weekly Core Lessons: 20 Minutes**

- **Health & Wellness:**
  - Check-in on Fit 5 Tracker and how team is doing.
    - Who needs help?
    - How can we support each other as a team?
- **Sport Skills Instruction:**
  - How to Break Like a Pro
  - Wet Weather

#### **Competition Experience: 5 Minutes**

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### **Cooldown & Team Talk: 5 Minutes**

- **Fit 5 Fitness Level 4: Flexibility Only**
  - Kneeling Hamstring Stretch, Side Stretch, Wrist and Extension Stretch.
- **Team Talk:**
  - How's everyone doing on their Fit 5 Tracker?
  - What did we learn today about breaking?
    - Remember – breaking on a road bike is different than a trike or adaptive.
  - What are some differences in stopping when it's wet outside?

#### **\*Resources Section for this Week:**

- Fit 5 Fitness Cards
  - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- How to Break Like a Pro
  - [https://www.youtube.com/watch?v=frlKK\\_XU-qE](https://www.youtube.com/watch?v=frlKK_XU-qE)
- Wet Weather
  - <https://www.youtube.com/watch?v=aV4BwDhGcTU&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=523>

## Weekly Cycling Training: Week 8

### Training Session Plan

Sport: Cycling Date: Week 8 # of Athletes/Partners:      # of Coaches:     

**Goal for session:** Safety is the top priority for your team and this week looks at safely planning rides as well as how to ride safely. Cities can be tricky to navigate, so this section can be very helpful to programs that deal with any high traffic areas.

*Virtual facility check:* ☐ Equipment ☐ Technology/Production ☐ Supervision

#### Warm-up & Stretching Exercises: 10 Minutes

- **Fit 5 Fitness Level 4:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Jumping Jack Squat, High Knees Jog in Place, Reverse Fly
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### Weekly Core Lessons: 20 Minutes

- **Health & Wellness:**
  - Fit 5 Nutrition Level 2
    - Building a Healthy Plate
    - Perfect Portions
- **Sport Skills Instruction:**
  - How to Plan a Safe & Quiet Ride
  - How to Ride in the City
    - Note: Never wear earbuds while riding! You want to be able to hear everything around you on the road.
  - Reading the Road
    - Practice in the Car!
      - Pretend you're on your bike when in the car and think of the following:
        - Where would you ride on this particular road?
        - At an intersection, when do you cross?
        - Signal your turns with your hand signals.
    - Remember to give cyclists 3 feet while passing

#### Competition Experience: 5 Minutes

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### Cooldown & Team Talk: 5 Minutes

- **Fit 5 Fitness Level 4: Flexibility Only**
  - Kneeling Hamstring Stretch, Side Stretch, Wrist and Extension Stretch.
- **Team Talk:**
  - How do you plan a safe and quiet ride?
    - Check for understanding with asking if riding on busy roads is a good idea.
  - What are some tips we learned about riding in the city? How is that different than riding on back roads?
  - What are key factors to reading the road?

#### \*Resources Section for this Week:

- Fit 5 Fitness Cards

- <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Fit 5 Nutrition
  - Pages 22-23
    - [https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?\\_ga=2.73731541.618053467.1595425723-1632369698.1554480806](https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.73731541.618053467.1595425723-1632369698.1554480806)
- How to Plan a Safe & Quiet Ride
  - <https://www.youtube.com/watch?v=GCE-RiehX8k&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=6>
- How to Ride in the City
  - <https://www.youtube.com/watch?v=HOASHDryAwU&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=12>
- Reading the Road
  - <https://www.youtube.com/watch?v=o-Ysq6AMx7A&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=234>

## **Weekly Cycling Training: Week 9**

### **Training Session Plan**

**Sport:** Cycling **Date:** Week 9 **# of Athletes/Partners:**      **# of Coaches:**     

**Goal for session:** This week's lesson is all about the need for speed. Maximizing your speed after learning good techniques is going to get you to the finish line faster and faster each time you go to race. Use the videos in this lesson to gain speed, but don't forget your other skills.

*Virtual facility check:*   ☐ Equipment   ☐ Technology/Production   ☐ Supervision

#### **Warm-up & Stretching Exercises: 10 Minutes**

- **Fit 5 Fitness Level 5:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Burpees, Wall Sit, Side Plank
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### **Weekly Core Lessons: 20 Minutes**

- **Health & Wellness:**
  - Strong Minds Review
    - How to handle stress on & off the field
      - Introducing methods of stress relief using Strategies for Stress 2
  - Yoga Stretches
- **Sport Skills Instruction:**
  - How to Improve Your Average Speed
  - How to Cycle Faster on Flats
  - How to Ride in a Headwind

#### **Competition Experience: 5 Minutes**

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### **Cooldown & Team Talk: 5 Minutes**

- **Fit 5 Fitness Level 5: Flexibility Only**
  - Seated Rotation Stretch, Crossed Leg Hip Stretch, Shoulder Rotation Stretch.
- **Team Talk:**
  - How can we increase our speed while riding?
  - How will this help us at Qualifying Competitions State Games next year?
  - If the wind is blowing in your face, how do you beat it?

#### **\*Resources Section for this Week:**

- Fit 5 Fitness Cards
  - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- Yoga Stretches
  - [https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Yoga-Hand-Out.pdf?\\_ga=2.177710818.618053467.1595425723-1632369698.1554480806](https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Yoga-Hand-Out.pdf?_ga=2.177710818.618053467.1595425723-1632369698.1554480806)
- Strategies for Stress 2

- [https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Tips-for-Stress-Coachs-Guide.pdf?\\_ga=2.72722004.618053467.1595425723-1632369698.1554480806](https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-Tips-for-Stress-Coachs-Guide.pdf?_ga=2.72722004.618053467.1595425723-1632369698.1554480806)
- How to Improve Your Average Speed
  - <https://www.youtube.com/watch?v=GC1y4qwdxZk&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=73>
- How to Cycle Faster on Flats
  - <https://www.youtube.com/watch?v=H6hzmEcKM7U&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=48>
- How to Ride in a Headwind
  - <https://www.youtube.com/watch?v=YhjaifV09CU&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=250>



## Weekly Cycling Training: Week 10

### Training Session Plan

Sport: Cycling Date: Week 10 # of Athletes/partners:      # of Coaches:     

**Goal for session:** This final week is more of a fun and informative lesson on how to replace hopping in the car to get you everywhere. Going for ice cream? Why not bike instead of driving? This is also an excellent time to review the virtual season as a whole.

*Virtual facility check:* ☐ Equipment ☐ Technology/Production ☐ Supervision

#### **Warm-up & Stretching Exercises: 10 Minutes**

- **Fit 5 Fitness Level 5:** \*See Fit 5 Fitness Cards for Visuals in the Resources Section at the end of this page.
  - Burpees, Wall Sit, Side Plank
    - For more exercises, please see the Fit 5 guide in the resource section of this week.

#### **Weekly Core Lessons: 20 Minutes**

- **Health & Wellness:**
  - Health & Wellness Review
    - Fitness/Hydration/Minds/Nutrition
    - Final review of Fit 5 Trackers
- **Sport Skills Instruction:**
  - How to Replace Your Car (or Walk) with Your Bike?

#### **Competition Experience: 5 Minutes**

\*Note: In a virtual setting, a competition experience may not make sense for each training team.

- Virtual Riding Team Challenge

#### **Cooldown & Team Talk: 5 Minutes**

- **Fit 5 Fitness Level 5: Flexibility Only**
  - Seated Rotation Stretch, Crossed Leg Hip Stretch, Shoulder Rotation Stretch.
- **Team Talk:**
  - What are some trips you could ride your bike for, instead of getting in the car?
  - Season Review and Wrap Up!

#### **\*Resources Section for this Week:**

- Fit 5 Fitness Cards
  - <http://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>
- How to Replace Your Car (or Walk) with Your Bike?
  - <https://www.youtube.com/watch?v=rYkJinJwmcA&list=PLUdAMIZtaV11U9AtszkMh0bpRqM4dtlDC&index=64>

## **Virtual Cycling Challenge**

For Area/County Programs that are looking to incorporate a competitive experience into their virtual training season, we are offering a Cycling Challenge that your team can undertake if you choose!

This challenge looks to test each participant's individual riding abilities as well as your team's ability to work together to achieve a goal.

### **Virtual Cycling Challenge**

**Goal:** Engage Special Olympics Maryland athletes/partners, families and volunteers in a competitive aspect while facilitating virtual trainings. While this will not give them the traditional competition aspect they are used to, this looks to push participants towards new personal bests and put their virtual learnings into practice.

Make your team goal challenging for your team, but accomplishable for your team.

### **Time Frame:**

Weeks 1-10 of Virtual Training

Individuals will log their own miles using the Strava app (Free) I would include the link to the app here as well and will strive to hit their mileage goal set individually or by their head coach.

### **Registration:**

Participants will sign up using: Strava Club

Miles will be logged using: Strava Club or Excel Spreadsheet

### **Additional Participation:**

- Participants actively engaged in Virtual Training can earn additional miles for the following:
  - 1 Mile: Attending weekly practice (1 mile per meeting)
  - 1 Mile: Full completion of 1 Fit 5 week (Five days of exercise, Five bottles of water a day and Five fruits and vegetables a day)

## Recognition (Examples that your Program could use):

While an overall and category winner will be recognized, additional incentives will be used for recognition.

- Overall Winner: Most Miles Recorded
  - Overall Athlete
  - Overall Coach
  - Overall Parent/Caregiver/Family Member
  - Unified Teammate
- Century Club Challenge: Participants will be encouraged to ride 100 miles to celebrate our next 100 years. Those who finish will receive a Century Club Certificate.
  - Certificate
- Fit Family/Fit Friends: A family (2+ people) can earn Fit Family Designation if all ride 50 miles.
- Fit Team: Any team with 80% participants (athletes/coaches/families) reaching 25 miles each person, can earn the Fit Team Designation.

## Using Strava App:

If you're planning on using the Strava app to track ride mileage, below is a helpful guide to get the app set up for your first ride.

<https://www.runnersworld.com/beginner/g25619156/what-is-strava/>

## Using Manual Tracking:

Below is the link to an excel spreadsheet which can be used for manual tracking of rides either on your computer or printed out. If you track using this method please note formulas are built in to do the math for totaling your miles and times for rides. **Note:** The essential fields to capture are in red.

[Virtual Cycling Challenge Excel Workbook](#)

## **Additional Resources for Training**

Below you will find additional resources that you can access to add to your virtual training program however you may see fit. These links will provide more opportunities in sport-specific training, fitness, nutrition and much more.

### **SOMD Resources:**

[Coach Resource Page](#)

[Virtual Movement Page](#)

### **Cycling Sport Specific:**

[SOMD Cycling Coaches Resource Page](#)

[Cycling Coaches Guide \(2007\)](#)

[Special Olympics Cycling Rules \(2020\)](#)

[UCI \(National Governing Body\) Rules & Regulations](#)

[USA Cycling Training Tips](#)

[Global Cycling Network](#)

### **Sports Science Guides (SOI):**

[Sports Science Injury Prevention](#)

[Sports Science Nutrition](#)

[Sports Science Psychology](#)

### **Fitness:**

[Fit 5](#)

[Fitness for Sports Coaches](#)

### **Strong Minds:**

[Yoga Stretches](#)

[Strategies for Stress](#)

[Strategies for Stress 2](#)

# **How to Guide**

## **Scheduling & Managing Zoom Meetings**

### **Scheduling a Meeting:**

- Select the blue “Schedule a New Meeting” button.
- Fill in the following fields:
  - o Meeting Name
  - o When
  - o Duration
  - o Select registration required
    - You now want to have registration enabled for all meetings for two reasons:
      - First is to track who is planning to attend.
      - It helps reduce unwanted “Zoom Bombing” where people can join and ruin your session with various inappropriate content.
      - NOTE: Be prepared to stop meeting immediately in the situation that “Zoom Bombing” occurs.
  - o Select meeting password
    - As mentioned above, this is protecting your meeting.
  - o Video:
    - Host – Off
    - Participant – Off
  - o Deselect “Enable join before host”
  - o Select:
    - Mute participants upon entry
  - o Optional additions
    - Description
    - Enable waiting room.

### **Add to Outlook (or Google/Yahoo):**

After completing the set-up meeting steps, you will be taken to a “receipt” of the meeting you just scheduled. This allows you to check for mistakes, add the meeting to your calendar, and copy the registration if so desired.

To add this meeting to one of your calendars, simply click on the calendar type and a download will begin. After the download completes click the file once and the invite will be displayed in your preferred calendar application to save and edit.

Note: It is highly recommended that when you download the calendar portion of your Zoom meeting for a reminder for yourself that you use that to invite the participants you want to join. This is for a few reasons:

1. You can then also get updates on who has “accepted” and “declined” that meeting to predict attendance along with Zoom’s registration.
2. Your participants will get all of the Zoom meeting info within the calendar invite.
  - a. Registration Link
  - b. Meeting ID

- c. Password
- d. Call-in Number(s)
- e. Call-in Meeting ID & Password (for calling in with no video).

### Resources for Scheduling a Meeting:

Scheduling a Meeting Video:

[https://www.youtube.com/embed/ZAYv8sVPTxU?rel=0&autoplay=1&cc\\_load\\_policy=1](https://www.youtube.com/embed/ZAYv8sVPTxU?rel=0&autoplay=1&cc_load_policy=1)

## Meeting Mechanics:

### Pre-Meeting Prep:

- Ideal Camera Angles for Activities
  - o Most have become accustomed to camera angles while sitting at our computers now, but finding the right angle for demonstrating sports activities and techniques can be a little more difficult.
  - o Make a test meeting to plan out your angles.
    - Test meetings are a great way to play with Zoom's features and give yourself a trial run before your meeting.
  - o Check out this link for helpful tips right from Zoom on best practices for workouts on Zoom:
 

<https://blog.zoom.us/best-practices-for-hosting-zoom-workouts/>
- Have Polls and Videos Ready to Roll:
  - o Polls are best prepared before your meeting begins.
    - Polls are great interactive opportunities to engage your audience and check for knowledge after teaching any concept.
  - o If you're looking for information on how to setup and deploy polls, use the link below:
 

<https://support.zoom.us/hc/en-us/articles/213756303-Polling-for-meetings>
- Prepare Your Videos:
  - o From a professionalism standpoint, having all of your meeting attendees on hold while you search for the YouTube video isn't ideal. Having your prepared videos for trainings is even more important if you're using a free account and are working against the clock.
  - o Have you or your producer get all of you videos loaded up onto one browser in multiple tabs so you can hop from tab to tab in the same screen share if needed.
  - o **Remember to go to the "More" option during your screen shared video and select "Share Computer Sound".**
- Suggestion: If you have the capability to do so, it can be helpful to have a second computer or tablet logged onto Zoom as a "meeting attendee" so you can see exactly what your participants are seeing.
  - o Be sure to mute the sound on this second device or you may have echo/feedback during your session.

### Launching a Meeting:

- Select "Meetings" from options on left of screen.
- Select your desired meeting you want to begin.
- In the upper right hand corner select the blue "Start this Meeting" box.
- Select "Open Zoom Meetings" from the prompt.
- Choose your audio type.
  - o Highly recommended to use the phone dial in info. Much clearer than using Computer audio.
- Note: Meeting Duration
  - o Free Zoom meetings have a 40-minute time limit as of August of 2020.
  - o All Zoom meetings now will show a meeting duration timer in the upper right hand corner of the screen to track how much time you have left.

### Toolbar Management:

- **Your toolbar will be at the bottom of your main Zoom box. It will hide itself automatically, but can be recovered by simply hovering over where it should be.**
- **If you are in need of recording this webinar/meeting and are using the free version of Zoom, you must manually select "Record on this Computer" after clicking the Record button on the toolbar.**
- Selecting the "Manage Participants" option will create a pop-out that lets you see, mute/unmute, transfer control and more to your participants.
  - o Additionally, under the "More" button within Manage Participants, you will find a "raise hand" option like in GoToWebinar.
  - o Knowing how to get to this and being able to demonstrate finding it for your viewers is a key to meeting success.
- The "Chat" function is also the most efficient way to handle questions that may come up.
  - o Knowing how to get to this and being able to demonstrate finding it for your viewers is a key to meeting success as well.

### Screen Sharing:

- Sharing in Zoom is much more functional than GoToWebinar. In Zoom you can share applications directly so there is no exiting awkwardness.
- Select "Share" in the middle of your Zoom box to be prompted with your options.
- Simply pick the option you would like to share and Zoom will switch to it.
  - o You may choose to share either a specific software or document or you may share your screen (show whatever appears on that screen). If you are not adept at screen sharing and comfortable that you will have the proper item showing, the option to share the entire screen is probably your best choice.
  - o Note: If you're planning to show video you need to enable the "Share computer sound" option in the bottom left corner.
- Sharing Video w/ Audio:
  - o Click "Share Screen" and choose the web browser (Chrome, Microsoft Edge, Firefox, etc.) that your video is located on.
  - o Once that screen is shared, navigate back to your toolbar and click the icon with three dots that says "More".
  - o Select "Share Computer Sound" (if you hadn't done so previously) and you will now be ready to show your video.
- Once sharing your screen, the toolbox will move towards the top of your screen.

- You can stop sharing at any time by selecting “Stop Share” in a red box attached to your toolbar.
- Transferring sharing to a meeting attendee:
  - o Under Manage Participants hover over another participant and select “More”.
  - o You can then switch control to that user.
  - o They can then follow the same steps you used to share.

### **Ending a Meeting:**

- When your meeting is finished simply select the red text at the far right of your toolbar that says “End Meeting”.
  - o Then select “End Meeting for All”.

### **Accessing a Recording for Upload to YouTube:**

- Once you’re back at the main Zoom page you can select “Recordings” from the left hand bar.
- All of your recordings from the past will show, so find the one you’re looking for and select “more”.
  - o Then select Download.
    - Three files will download:
      - Text file (ignore)
      - MP4 (Video file you want)
      - MP3 Sound (Ignore)

### **Resources for Managing a Meeting:**

Meeting Controls:

[https://www.youtube.com/embed/4w\\_pRMBEALE?rel=0&autoplay=1&cc\\_load\\_policy=1](https://www.youtube.com/embed/4w_pRMBEALE?rel=0&autoplay=1&cc_load_policy=1)

Recording a Zoom Meeting:

[https://www.youtube.com/embed/AYzPS28rg7E?rel=0&autoplay=1&cc\\_load\\_policy=1](https://www.youtube.com/embed/AYzPS28rg7E?rel=0&autoplay=1&cc_load_policy=1)

Sharing Your Screen:

[https://www.youtube.com/embed/9wsWpnpqE6Hw?rel=0&autoplay=1&cc\\_load\\_policy=1](https://www.youtube.com/embed/9wsWpnpqE6Hw?rel=0&autoplay=1&cc_load_policy=1)

Sharing Multiple Screens:

[https://www.youtube.com/embed/pt-tcvaQ9l4?rel=0&autoplay=1&cc\\_load\\_policy=1](https://www.youtube.com/embed/pt-tcvaQ9l4?rel=0&autoplay=1&cc_load_policy=1)

Best Practices: Hosting Zoom Workouts:

<https://blog.zoom.us/best-practices-for-hosting-zoom-workouts/>

How to Setup Polls:

<https://support.zoom.us/hc/en-us/articles/213756303-Polling-for-meetings>