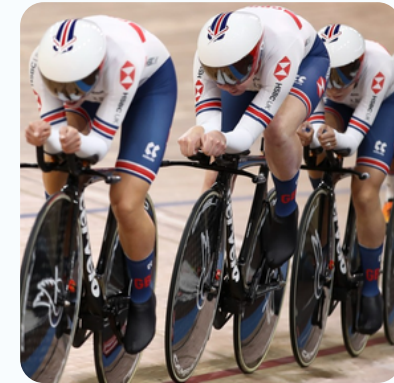




Track Cycling Starter Resource

The Track Cycling World Championships begin this week in France.



Take a look at the Components of Fitness shown below. Select the three COF that you think are most important for a track cyclist. Give reasons for your answers.

Power

Endurance

CV Fitness

Agility

Flexibility

Reaction Time

Speed

Balance

Extension Activity

Which of the following statements do you agree with?

Funding should be given to elite cyclists. They will then win medals and become role models for the next generation

Funding should be given to grassroots cycling. This will ensure that everyone has an opportunity to participate in the sport