

**Improving living conditions in
Latgale, Zemgale and Utena
regions through establishment of
cross-border network of cycling
and healthy lifestyle activists**



Interreg
Latvija-Lietuva
European Regional Development Fund





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Introduction

Cycling is one of the most popular means of physical activity among people of all ages, from children to seniors. At the same time, it appears to be a very popular competitive sport, also remaining one of the most complex sports in its content, where athletes are required to employ the whole set of their abilities.

Excellence of road cyclists is mostly dependent on aerobic and anaerobic endurance and muscle power in various energy zones. Most of the cyclists' results are determined by consistent workout planning during the annual training cycle, which is a complex pedagogical process including various structural, physiological, mental and adaptive processes taking place in athlete's body. (Atkinson et al., 2003; Faria et al., 2005; Ronnestad, Hansen, 2018) Thus, high requirements for training program accuracy are raised, aiming to ensure proper training of functional and physical capacities of an athlete.



As long as the training load is appropriate for the maturation level of minors, it is unlikely that negative consequences for young athletes—such as injuries—can occur. However, despite the benefits undoubtedly associated with sport practice, many children and adolescents end up abandoning sport. Among the causes of sport abandonment, the scientific literature highlights the presence of burnout as a fundamental factor.

Therefore, it is very important not to overwhelm children from an early age. Therefore, it is very important not to overwhelm children from an early age. Therefore, during the project, we used three methodologies that help to systematically work with children.

During the project, a trainer was appointed responsible for all 3 cities. It is very important to mention that the trainer used different teaching methods because:



Some kids will have already progress, others will just come in for a new sport (for some will be too hard, for others too easy).

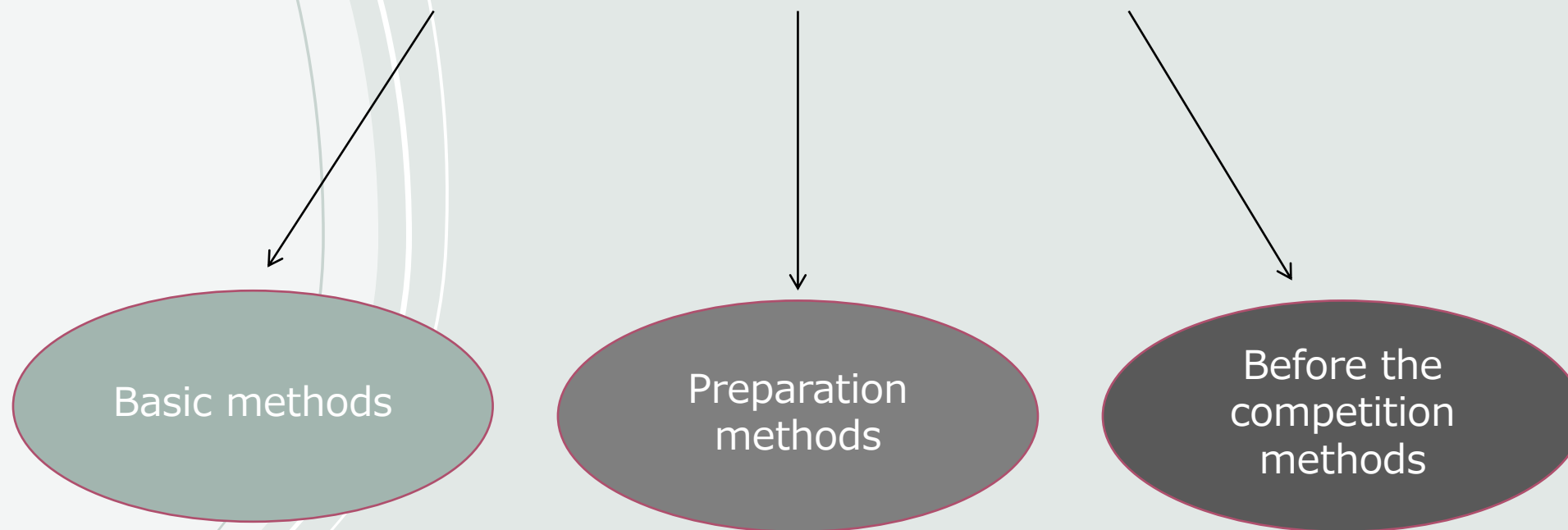
Training for kids of different ages, (don't give the same load to everyone)



For these reasons, three training methodologies were applied ↪



Training methods



Basic methods



When a child starts playing sports, it is important to get him interested in sports. Therefore, there should be more than just physical exercises during training. Cycling sport is quite dangerous because children have to go out on the road, so they need to be taught the basics of cycling from the first days. It is important that training takes place in a safe environment, such as parks, stadiums, where children are safe. Only after you have mastered cycling well can you plan further steps.

Main things: bicycle familiarization, bicycle control, road safety, signage along the carriageway with traffic.



Preparation methods

After the basic training, the next step must be the training of the cycling technique. In order to avoid serious injuries, it is first necessary to teach the child how to operate a bicycle technically. At first glance, it seems that everyone knows how to ride a bike, but it is not always technical and safe. There are basic things you need to learn to ride a bike safely and efficiently.



The main things:

- ✓ correct, technically and safely remove twists.
- ✓ shifting techniques.
- ✓ correct cycling gear.
- ✓ twist technique.
- ✓ uphill technique.
- ✓ downhill technique.
- ✓ cycling in a team.
- ✓ cycling upwind and downwind cycling

Before the competition methods

After passing the first two methods, the child was subjected to a vo2max test, his physical abilities are determined, which helps the coach to create the right training program for the test he took. Preparation for the competition begins in the third stage. Therefore, the test results help to assess the athlete's physical preparation. After the coach properly plans the training plan, the athlete will be ready for the competition.



Project results

During the project, most of the children were in the preparatory stage, there were 80 children in this stage. 80 children were tested with the vo2max testing system. There were more than 150 children in all three cities who wanted basic training. During the entire project, 300 children tried cycling sport. LP and PP coaching methodologies are based on the needs and geographical location of each country. The LP project is dedicated to driving on the road, because our goal is to involve as many children as possible in driving on the road, because the infrastructure is favorable for driving on the road in Lithuania. Well, the direction of the PP project was mountain bike MTB - mountain bike track and race. All the created programs were available to anyone registered on the LP website - they were sent by e-mail. This possibility was repeatedly announced during the project event and on the website.



Project results

During the project:



we completed
two summer
camps.



We organized two
competitions in the
vicinity of Utena.



we participated
in Latvian
MTB
competitions.



More than 150
children tried
cycling sport.



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