

Nordic Handcycling Training Camp & Races

May 10 – 17, 2020
Falun & Arlanda, Sweden



You are invited to the Nordic Handcycling Training Camp in Falun, Sweden from May 10-17. The camp will focus on training, bike skills and race strategy, the camp will lead up to the races on the weekend (time trial on Saturday, road race on Sunday). This camp is for athletes on the national team and developing athletes. It will be a great miljø to focus on training, racing and socializing with other handcyclists.

Contact Jason Dyck for more information: jason.dyck@sykling.no

Address:

1. Dalarnas Parasportförbund
Liljans Herrgård, Liljan 55
791 93 Falun
www.parasport.se/dalarna
tel 023-31001 / 0706-77 18 99
2. Scandic Upplands Väsby
Hotellvägen 1
194 35 Upplands Väsby
www.scandichotels.com
+46 8 517 355 00

Day	Morning	Afternoon	Evening	Location/Accommodation	Included meals
Sunday (10.04)	--	Arrive at Falun	Setup bike Socialize	Dalarnas Parasportförbund Liljans Herrgård, Liljan 55 791 93 Falun	Dinner
Monday (11.04)	Group ride	Long ride or skills practice	Training Lecture		Breakfast Lunch Dinner
Tuesday (12.04)	Intervals	Skills and drafting practice	Socialize		Breakfast Lunch Dinner
Wednesday (13.04)	Long ride	Long ride	Socialize		Breakfast Lunch Dinner
Thursday (14.04)	Rest	Easy ride	Nutrition Lecture		Breakfast Lunch Dinner
Friday (15.04)	Short fast intervals	TT strategy and race prep	Rest		Breakfast Lunch Dinner
Saturday (16.04)	Falun TT	Drive to Arlanda	Rest	Scandic Upplands Väsby Hotellvägen 1 194 35 Upplands Väsby	Breakfast Dinner
Sunday (17.04)	Arlanda Road Race	Departure	--		Breakfast

What to bring:

1. Handbike with spare tires, tubes and parts
2. Helmet, sunglasses and clothing. Check the weather it might be cold or wet
3. NCF race license
4. Training and racing items (water bottles, nutrition, tools, sunscreen lotion, etc)

Accommodations: The rooms at Dalarnas Parasportförbund in Falun are shared with 4 people. Scandic Upplands Väsby is also shared rooms.

Race Information:

<https://www.uci.org/para-cycling/calendar/CompetitionDetail?competitionId=62918&year=2020>

<https://www.uci.org/para-cycling/calendar/CompetitionDetail?competitionId=62919&year=2020>

More info available soon

Cost: 5000 SEK

This includes accommodation in Falun and Arlanda + full meal with breakfast, lunch and dinner at Falun + room and dinner at Arlanda. Entry fee for the races are not included in the cost.

Register: Please contact Michael Lindgren at SCF to register: michael.lindgren@scf.se