

Successful start of the UEM MX Training Camp in France



At the training area of Motoclub du Lac, a riders training school certified by the French Motocycle Federation FFM and situated in St Ferréol, 60 km South-East of Toulouse and 45 km North-West of Carcassonne, riders from France, Italy, Luxembourg and Finland met professional conditions to attend training courses under the lead of instructor Patrick Finot who combined theory with practice.

Here his report from the 1st camp:

- Monday 15/02/10

Due to bad weather, the track was covered with snow, we moved to terrain motocross of Salle sur l'Hers thirty minutes from St Ferréol, volunteers motorcycle club Chaurien us very well received.

The first sessions began at eleven am and ended at one o'clock for lunch. We took the afternoon quatorze half hours for technical sessions steering.

That evening, back at St Ferréol to eighteen hours of stretching were implemented, then a review with video analysis.

- Tuesday 16/02/10

The circuit of St Ferréol is open thaw, we went back to Salle sur l'Hers. The day was identical to the previous day, ten hours first free session and then the technical work. At night, stretching and video work.

- Wednesday 17/02/10

The morning I set up a working muscle followed by a good session of stretching.

We left late morning and went to the International Circuit Gaillac Toulza located an hour from St Ferréol.

The pilot began to taxi to thirteen half hours to do two sessions of free practice thirty minutes followed by a session timing and a round of fifteen minutes for twenty 85cc and 125cc for. The work during this round was a run intensively taking up his time timepieces, see the improvement. Gilles being tired, it was more reasonable for him to drive by making a return to calm. Brandon was hanging after starting with another driver.

- Thursday 18/02/10

Pilots have rolled St Ferréol, the circuit was damp and difficult, work was directed towards the creation of new paths.

- Friday 19/02/10

It rained all night the morning, we discussed the physical work to set up according to age and lifestyle of an athlete, a good physical meeting came close this morning damp.

In the afternoon, I set up a meeting with a trials motorcycle club. At the end as a game, I created a zone with progressive penalties. Stock closed the day by highlighting the importance of technology to drive a trial.

The 3rd round of the camp will be held from the 5th to the 10th of April with participants from Czech Republic, Serbia, Switzerland, Poland and Finland.

For further information, checked the website www.motoclubdulac.com .