

For over 35 years, CK Valhall has served as an entry-level club for many competitive road cyclists. Our ambition is both to lower the threshold for getting started in racing and to help develop talented riders.

TRAINING SCHEDULE

- Tuesday tempo
- Sunday social
- April to September

**Our Race Goals for 2026**

- Ride because it's fun!
- Create the conditions to be Sweden's best entry-level club for competitive road cycling.
- Minimize DNFs among our riders.
- Have 35 active racers in the club.
- Reach 200 race starts in total for the club.
- Ensure that every rider completes at least 5 races before the summer break (there are approximately 35 to choose from).
- Achieve 5 podium finishes in total before the summer break.

We create the right conditions to start racing

- We organize Tuesday training sessions that build group-riding skills and physical capacity.
- We encourage participation in SMACK races.
- We also arrange skills and tactics training throughout the year for our members.
- Knowledge and experience are actively shared between riders

Priorities and long-term approach

- Road races in the Stockholm area are prioritized.
- We have a communicated race plan before every competition, where everyone has an important role to play.
- A Road Captain is appointed in each class where we participate as a team, responsible for communication during the race.
- All riders compete in the appropriate category. The first races should be completed in C, Sportmotion, or an equivalent category. A minimum of 5 races or 2 podium finishes is required to move up a class (*).
- Tuesday training sessions provide the foundation in group riding and give riders the confidence to race offensively.

* Competing in the correct category leads to faster tactical development, is more enjoyable, and is safer. If a rider cannot participate in the tactical aspect of the race, they should move down a category.

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General information, training schedule

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Training schedule, content, information

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Content, information

**CK Valhall**

Community chat, marketplace, race planning, meet-ups, tech-talk

Supported by**E&D**

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Financially supporting
Valhall Cycling Academy
and young racers**RULESB**

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Le Mond

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