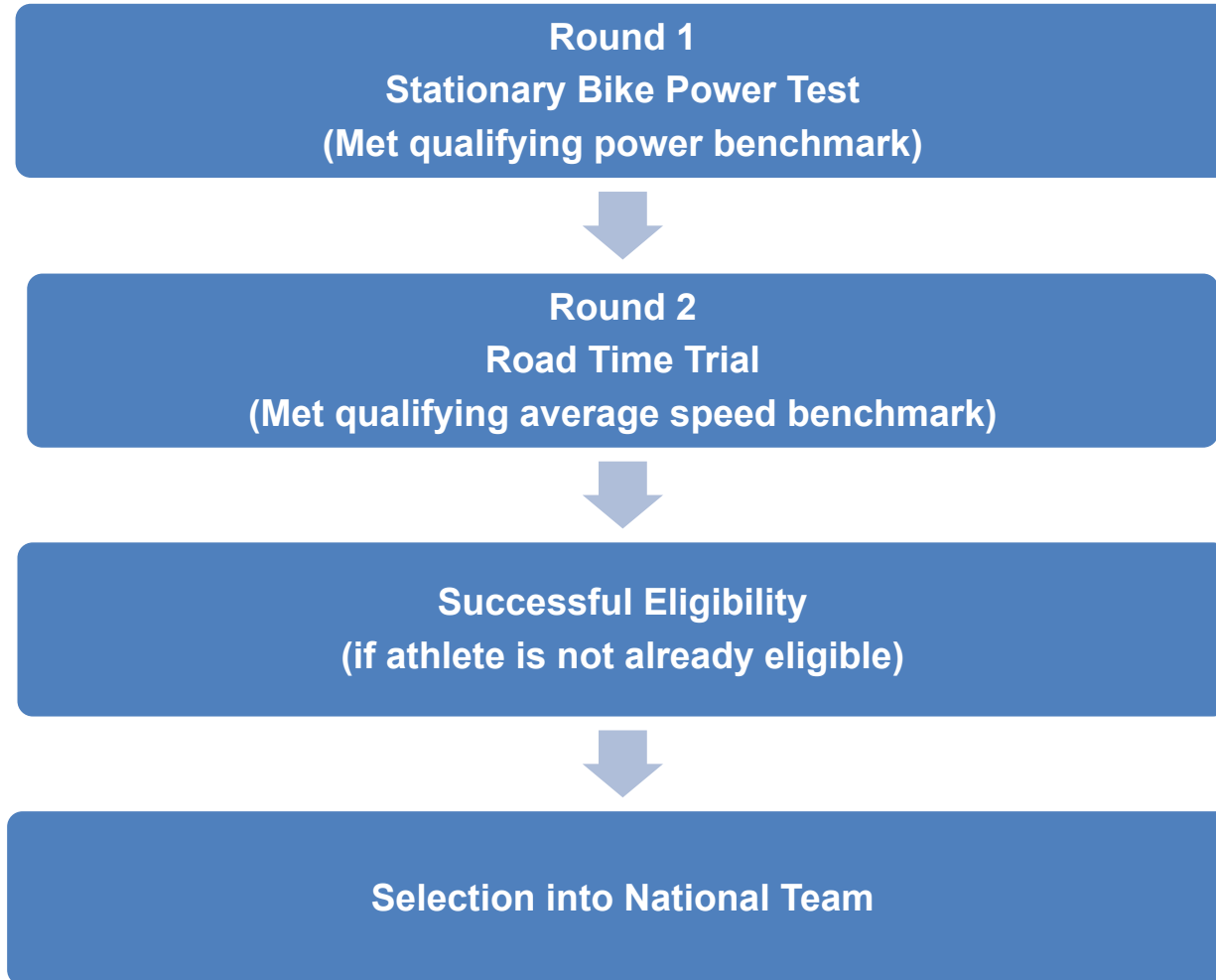




Para Cycling Selection Policy National Team (2026)

National Team Selection Pathway



Important Notes:

- Athlete must successfully complete all stages
- Only **Top 4 Male** athletes and **Top 4 Female** athletes (Total 8 athletes) who met the qualifying power/speed will be offered National Team places.
- In the event of tie, the final decision is at SDSC's discretion.
- There is no different qualifying standards between each class. Qualifying benchmarks are based on disciplines only.
- Athletes must sign an Athlete Agreement with SDSC prior to joining the National Team

Selection Trial – Round 1: Stationary Bike Power Test



Selection Criteria	Discipline	Qualifying Power
Power (20min Wattbike / Smart Trainer)	Tricycle	120w (Male) 100w (Female)
	Tandem	140w (Male) 120w (Female)
	Handcycle	90w (Male) 70w (Female)
	Two-wheel bicycle (C class)	120w (Male) 100w (Female)

*Athletes who achieve the qualifying power progress to Round 2

Selection Trial – Round 2: Road Time Trial (12km)



Selection Criteria	Discipline	Qualifying Speed
Speed	Tricycle	25km/h (Male) 22km/h (Female)
	Tandem	37km/h (Male) 33km/h (Female)
	Handcycle	22km/h (Male) 18km/h (Female)
	Two-wheel bicycle (C class)	28km/h (Male) 25km/h (Female)

*Athletes who met both the qualifying power and average speed, and successfully eligible will be considered for National Team selection

Maintaining National Team Status



To maintain status within the National team, athletes are required to adhere to the following training and attendance standards:

1. **Monthly Training Commitment**

Athletes to complete **52** training hours per month. This includes technical range work, strength & conditioning sessions and self-directed training.

2. **Scheduled Technical Training**

Location: Seletar and HPSI

Every Sunday at Seletar, Monday to Thursday at SSI Gym

Duration: Minimum 6 hours per week, 24 hours per month.

3. **Self-Directed Training (on Trainer at Home)**

Athletes are expected to supplement scheduled training sessions with self-training.

- Technical Training: 5 times per week (Minimum 1 hour each time)
- Strength & Conditioning: 2 times per week (1 time at SSI gym, 1 at home/own gym)

4. **Competition**

Requirement: Participation in sanctioned events

Allotment: 4 times a year

Participation of overseas training camps and competitions, including international classification opportunities will be subjected to selection and recommendation from SDSC National Head Coach

Maintaining National Team Status



Attendance & Performance Policy

- Minimum Requirement: Athletes must maintain a **minimum attendance rate of 80%**.
- Probation & Removal: if attendance falls below 80% for **more than three months within an 12 month period**, the athlete will be subject to removal from the National Team.
- Athletes preparing for major international competitions may be required to undertake additional training as prescribed by the National Head Coach.
- Submission of progress updates and assessment as required by SDSC and National Head Coach for monitoring and evaluation purposes

Summary Table		
Category	Frequency / Duration	Monthly Hours (Estimated)
Technical Training (Scheduled)	3 sessions per week, 2 hours per session	24 hours
Self-Technical Training	5 sessions per week, 1 hour per session	20 hours
Strength & Conditioning	2 sessions per week, 1 hour per session	8 hours
Competition / Lab Test	4 times per year	8 hours per year
Total Target		52 hours (exclude competition)