

Team Plymouth

Making a Sporting Difference



Name: Carla Haines

Sport: Cross Country Mountain Biking

Club: Plymouth Corinthian Cycling Club

Date of Birth: 11/10/1995

Status: Haines originally was a successful triathlete and a member of Bath's Potential Talent Squad. She won the sport category of Sterra Off Road Triathlon Championships two years in a row, which offered her a place in the world off road triathlon championships in Hawaii. She has since decided to concentrate on Cross Country Mountain Biking and subsequently won the 2008 National points Mountain Bike Series, and was ranked second Junior female in the UK. Carla also won the 50km women's Enduro series and came third in the National Mountain Bike

Championships.

Ambitions: Miss Haines is a very hard working and conscientious athlete who strives to become a professional rider. She would like to race abroad in world cup series events, and wants to progress into the elite category. Carla's main ambition is to be selected for the Olympic Team.

Training: During the winter Haines aim is to build on her cardiovascular endurance and aerobic capacity. Her sessions include an average of 15- 18 hours per week with a few mountain bike and cyclo cross events incorporated into her training. During the spring and all through the summer months her training reduces to an average of 12 hours per week, but consists of much higher intensity and speed sessions. As Carla progresses, her training demands will be a lot harder and longer, but is aware of the commitment required of her sport.

