

## Cycling tips from George

- ✓ Do you know how many racing engines make their power at low rpm??  
NONE! They spin to win!
- ✓ Be sure you know your race course before race.
- ✓ Use races to pinpoint your weaknesses and don't be afraid to redesign your training plan to concentrate on eliminating them.
- ✓ Take one more gel than you need for races over 50 miles, to ensure that you can top off your glycogen level if it starts to run low near to the end of the race.
- ✓ Know your cadence. For steady power, a high cadence places the burden on your aerobic system and let your legs spin more easily. At same speed you could last far longer @90 rpm that you power around 60 rpm.
- ✓ Remember, you are only strong as your core and everybody has different leg strength and pedaling skills.
- ✓ Snug your clothing and your race number down to cheat the wind.
- ✓ Latest study shows (don't know if it's true) that aero helmet make bigger difference slicing through the wind than pair aero wheels.
- ✓ Remember aero advantage starting over 30 km, so get into the tuck and stay there.
- ✓ Skip the gloves or use some with spandex.
- ✓ Keep your bottle on the seat tube rather than down tube.
- ✓ Pay attention to your pedal stroke. A great spin is rider's greatest asset. As your stroke gets smoother, cadence will increase.
- ✓ When it's time to accelerate, spin those legs as fast as they go. If you can go from 60 to 120 rpm, you can double your speed in the same gear, shifting means changing your grip, backing off pressure and risking a case of chain-fu. So less shifting is better shifting as long as you are making good power.

- ✓ Shift before you need to.
- ✓ Keep your chain strait as possible to not add extra friction, you should change the chain at least once a year (before the races) and check also the cassette for wear especially the smallest cogs get wear faster and chain can skip under heavy load.
- ✓ If you feel you are coming into form too early for your target, put in a week of increased distance steady riding.
- ✓ Raw speed and acceleration are most important factors in any races.
- ✓ Think about the rest as part of your training. If you work hard and rest hard, you will improve.
- ✓ If you have long races, practice eating and drinking on you bike in training so that will become second nature in a race.
- ✓ If you are really struggling and feeling uncomfortable on the climb, pay attention to your form. Open your upper body, breathe, lighten your hands and spin smooth circles. This can make a huge difference. That said, if you going super hard or you're out of shape, it's gonna hurt. Welcome to the cycling!
- ✓ It's no good being crafty in training, the time to be crafty is in the race.
- ✓ Tactics are a bit overrated. If you are at your strongest, tactics don't matter so much.
- ✓ To sum up my techno blabs in most important three points.
  - Learn to spin fast as possible
  - Experiment to find your optimum cadence
  - Use gear that keeps you @ your optimum cadence

George