



Jon's Coaching Tips

Tuesday, June 30, 2009



Climbing Tips

- ☀ Think "smooth and fluid" as you go from sitting to standing and vice-versa.
- ☀ By *not lunging forward or sitting down heavily* you'll save energy and preserve momentum.
- ☀ Just before standing, *shift to the next 1 or 2 smaller cogs* so that you won't lose speed as your cadence naturally decreases.
- ☀ Then *as soon as you sit again*, click back to a lower gear to regain a quick spin of about 80 rpm.
- ☀ Remember to extend your arms to push the bike forward as you go from standing to sitting. This will gain a few centimetres and put your butt toward the rear of the saddle where most riders have more pedaling power.