

# CYCLING- THE 3 BASICS

So you have just started cycling? “No I have been riding for years ..... !!!! Have you really one of the greatest things you can do for your cycling is STOP... What yes that’s right stop and learn the basics you can spend hours training, you could have thousands of kilometres in your legs but nothing will improve your cycling quicker than focusing on the 3 basics,

## POSTURE

Check how your sitting on your bike... if you slouched, or cramped perhaps too stretched then you need to have a correct bike fit, then there is YOU how is your core strength can you hold yourself at 45% without the aid of your handle bars to prop you up ? If not exercises that focus on core strength is needed the more effort you put into this the more efficient your cycling will become, less aches and pains in the upper body.

## BREATHING

This is a normal human function then what is the point, as your muscles require more oxygen your breathing intake increases, and as our lungs are “muscles” they too need to be treated as an element of your training learning to breath correctly is a skill that requires training on or off the bike, its as simple as learning to inhale through your nose and control the breath and exhale through your mouth the more practice you do the greater and deeper the breath your can intake and hold before exhaling spend at least 10 minutes a day doing this and you will see improvement in your lung volume in weeks.

## PEDAL TECHNIQUE

Pedal technique is the most important element to efficient cycling and without doubt the most neglected. In the modern age of carbon frames, pedal efficiency has been sacrificed as, in order to get the wheel base short through changes to the seat angle, the ability to get behind the centre bracket has been compromised. However if you focus on

your pedal technique you can overcome this issue but it requires much more effort on the modern frame geometry. By following these few steps you can improve your efficiency in every stroke by up to 25%

It is a drill that must be practised constantly it will pay dividends to your results immediately, couple this technique with BREATHING and

POSTURE and you are well on your way to greater results and much more enjoyable cycling.

