

Cycling Drills

Cycling drills are designed to improve your pedaling efficiency by improving your neuromuscular engagement during each pedal stroke. Considering you pedal 4800 times every hour on each leg even just the smallest improvement can make a big difference in your energy consumption. The following drill should be incorporated into your training throughout the season emphasized more during the base and building phases of your training.

Slow Cadence or Frequency Repetition (SFR) – helps develop neuromuscular (nerve and muscle) strength

- Drill: Uphill reps at 40 - 50 rpm, HR/effort at Zone 2-3 or as indicated.
- Position: In the saddle, focusing on the working muscles, and maintaining even pressure during the pedal stroke.
- Time: Start with 1 min and increase by 30 seconds every week up to 4 - 5 minutes. Recover for 2-2.5 minutes.
- Reps: Start with 6 and build up to 10. Reps can be broken into 2 sets. Frequency: 1-3 times per week.

Standing – helps develop neuromuscular (nerve and muscle) strength

- Flat terrain or uphill. 1-4% grade.
- Reps at 70-80+ rpm, HR/effort at Zone 2-3 or as indicated.
- Position: Standing out of the saddle, focusing on the working muscles, and maintaining an efficient pedal stroke.
- Hands should be placed on the breakhoods, while your torso is over top your stem.
- Keep a slight bend in your elbows and shift your weight from side to side.
- Apply pressure to each pedal stroke independently and in a piston like manner.

Fast Cadence – helps develop neuromuscular (nerve and muscle) firing and smooth pedal stroke

- Flat terrain.
- Reps at 95 105 rpm, HR/effort at Zone 2+ or as indicated.
- Position: In the saddle, focusing on the working muscles, and maintaining a fast but efficient pedal stroke.
- Focus pedal stroke on foot movement forward on the down stroke and backward on the up stroke. In other words the foot should move straight forward over the top of the pedal stroke and back through the bottom of the pedal of the stroke.
- You should feel like you want to float off the saddle but don't actually do.

One Leg – helps develop neuromuscular (nerve and muscle) firing and smooth pedal stroke

- Drill: Flat reps at 85+ rpm, HR/effort at Zone 2 or as indicated.
- Position: In the saddle, focusing on the working muscles, and maintaining an efficient pedal stroke.
- Time: 30 sec right leg and 30 sec left leg.
- Reps: Start with 3 (right and left leg is one set) and build up to 5.
- Frequency: 1-2 times per week.
- Even pressure throughout the entire pedal stroke. Non-working foot is clipped out of the pedal. The foot should move straight forward over the top of the pedal stroke and back through the bottom of the stroke.