



Indoor Cycle Courses / Contact Grant 083 703 8754 or academy@cyclepro.co.za



TIME TRIAL Grant Heger – Director Cycle Pro Academy

Discovery Vitality Fitness Convention
Virgin Active

THE CONCEPT:

What is a Time Trial? Individual or Team
Factors: Bike, Road, Conditions, Rules, Apparel

Le Monde, Armstrong & Ulrich
RPM 95-105

THE SCIENCE:

Time Trial Techniques
Gear Ratios
Conditions

TIME TRIAL VS SPEED LEAGUE (Lets use "Time Trial" rather)

THE DEBATE: (We now concur with VA rec max 130 RPM)

SPINNING VS CYCLING ito SPEED

Fixed Wheel vs Free Wheel Hub
Track Bikes???
Speed League???
But remember they are still different sports

TIME TRIAL -BENEFICIAL AS A TRAINING TOOL WHY

Power
Pedal Efficiency
Fast vs Slow Twitch Muscle Fibres

DANGERS:

Knee Fractures, Ligament Tears, Bursitis, Tendonitis
Remember your market- deconditioned, unfit , overweight etc
Never ride without resistance

PRACTICAL DRILLS:

“Spin Ups”
“Marking Cadence”
” Pedal Techniques”
“Posture Drills”
“Pedal Drills”

COMPETITION TIME:

Catches
Focus on Distance Covered
Light Resistance 2/10 vs heavy 6/7
Posture Marks

LET'S GO

Individual Time Trial – “Catches”
Team Time Trial – “Tour” – Add your teams times
Group Time Trial – “Esprit”

CONCLUSION & PRACTICAL RIDE:

We sincerely hope you have enjoyed your day with us. Please would you be so kind as to offer as much feedback as possible via email to academy@cyclelab.com.

Our courses are only as strong as you make them. We look forward to seeing you on our upcoming workshops and thank you for your participation.

Grant Heger

Cycle Pro Academy
083 703 8754