

Cycling Form Drills:

Simply put the more force you can apply to your pedals, the faster you will go. By improving your pedaling efficiency (applying force throughout more of the pedal stroke), finding your optimal cadence (between 80-100 RPM's) and balancing out your pedal stroke (both legs applying equal force to the pedals) you can become more efficient and thus increase your speed.

Perform the following drills on your stationary trainer, one-to-two times per week.

One-Legged Drills:

Warm-up for 10-15 minutes of easy spinning.

The non-working leg is unclipped and can be rested on small stool next to the trainer.

30 seconds right leg, 30 seconds left leg, 30 seconds both legs focusing on proper form at a comfortable cadence (Aim to build the interval to one-minute as your form and fitness improves).

Repeat sequence 3 times through.

5 minutes of easy spinning and repeat the sequence.

Cool-down for 10-15 minutes of easy spinning.

Total Time: Approximately 44 minutes

One-Leg Focus Pyramid:

Warm-up for 10-15 minutes of easy spinning.

Both legs remained clipped in to the pedals and the non-pedaling leg just "goes along for the ride."

30 seconds right leg, 15 seconds both legs, 30 seconds left leg, 15 seconds both legs.

45 seconds right leg, 15 seconds both legs, 45 seconds left leg, 15 seconds both legs.

60 seconds right leg, 15 seconds both legs, 60 seconds left leg, 15 seconds both legs.

Repeat pyramid three times through.

Cool-down for 10-15 minutes of easy spinning

Spin-Up Drill:

Warm-up for 10-15 minutes of easy spinning.

Spin at your normal cadence for 45 seconds and then spin-up as high as you can, without bouncing, for 15 seconds. Make note of your highest cadence and try to better it with each repetition and with each workout.

Repeat this sequence four times.

5 minutes easy spinning and repeat spin-ups.

Cool-down for 10-15 minutes of easy spinning.

Total Time: Approximately 44 minutes

High Cadence Drill:

Warm-up for 10-15 minutes of easy spinning.

Spin at your normal cadence for one minute and then one minute at your max cadence (good form, no bouncing).



Repeat this sequence 3 times.

5 minutes easy spinning and repeat high cadence repeats.

Cool-down for 10-15 minutes of easy spinning.

Total Time: Approximately 47 minutes

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