

Beginners

Technique



1. Seated if necessary to build confidence
2. arms straight
3. head up look where you're going
4. pull with both arms – squeeze a pen between your shoulder blades
5. PUSH – forget about pulling up, it's nonsense! Just PUSH/STOMP with driving leg

Set up

1. If out of saddle – cranks at 20 degrees, ideally left crank forward unless determined to use right
2. If seated – cranks at 40 degrees – wean from this ASAP (timing & fear are the issues here usually – give 'em one or two seated then insist on out of saddle once happy that they know they won't just fall over)
3. Practice in order of priority
4. Timing! Count down with the beeps on 2, take a breath and load up on 1 – pause, add a "and" count on 0 – go!

Breathe out between pedal strokes but hold breath during initial movement. - Maybe a hiss is ideal. "Like a deadlift/picking up a heavy suitcase"

Then add in -

1. straight arms
2. high hips (imagine razor blades on top tube! Or – think about full leg extension)
3. Looking forward

Constant reminder to practice timing while waiting – rehearse rehearse rehearse! Demonstrate this lots. Do "something" on "go" – ideally thrust hips forward with correct breathing in leadup/countdown

Be aware of foot angle – ideally roughly horizontal when "go" happens – some will collapse – watch for it, but don't harp on about it

Watch for wrist collapse – PULL!! don't rest on your wrists with them caved in. That's not how you pick up a heavy suitcase.

Advanced

Technique



1. Load up – get BAACCKKKK off the back of the bike, arms straight, back straight. Head can be up or down depending on preference – some get lost with head down
2. Hip throw – SILLY FORWARD – get them to headbutt hand way out front of bike, with hips HIGH! And eyes UP! Razorblades again – common fault is to drop hips instead of extending leg. HIPS HIGH! Hip throw FAST (always, FAST, it's never fast enough!) - try to hit hips on imaginary high stem. Keep hips HIGH! You won't fall over the front! Really!
3. Arms straight, head up – keep hammering this point
4. Recoil! Get back over the back of the saddle very quickly for first 2-3 pedal strokes & repeat action

If rider's back wheel is skipping – arms straight – common fault is to be crawling over the front of the bike with bent arms and low hips. Smoother

transition to recoil. Practice doing RAC10's