



CYCLING WITH A GROUP

Drafting - Drafting is the method in which cyclists are cycling extremely close to each other. The draft is used as a rest. Cyclists take turns being in the lead and work hard to cut into the current of the wind. The lead rider works approximately 25% harder than the rest of the group. If the lead rider cannot hold the lead pace he or she will be dropped back, passed or dropped from the draft.

Single Pace Line - A single pace line occurs when a rider is tired and either drops back or can't hold the pace. The line of cyclists are allowed to pass and then you jump on the back of the line. The single pace line limits everyone's exposure to the wind.

Double Pace Line - A group of cyclists cycling two abreast is called a "double pace line." This form of cycling is used more regularly as a warm up or as a social part of the ride.

Circular Pace Line - A circular pace line is when cyclists move through the line, dropping back and moving up continuously. This method is more typically done in a double pace line, although it can also be done in a singular line.

PRESSURING THE GROUP

Single Pace Line Pressure - Team cycling at the front increases the pace in an attempt to put pressure on the group. The application is more sustained in an attempt not to get away from the group, but to separate the strong from the weaker cyclists. The pressure feels relentless, as all of the cyclists' body systems are challenged to hang on for as long as possible. Use this as an extremely effective visualization drill for anaerobic threshold intervals.

SPRINTS

Individual Sprints - The pack approaches the finish en masse. Another good example is a sprint to a specific point i.e. "sprint to the bridge."

Team Sprints - A team arranges themselves in a pace line with the chosen "winner" at the back tucked safely in the draft. The front person's sprint is maintained until he or she fall off the pace. Have each person lead out hard for no more than 20 seconds before switching to the next person.

ATTACKING THE PELOTON

Solo Attack - A solo attack is an explosive sprint or sharp increase in speed that is designed to take a rider clear of the pack and away to victory. The solo attacker has to work harder once he or she have pulled away from the pack as they have now lost the advantage of the draft.

Chase Group - The chase group requires the same kind of effort as the original attack.

Counter Attack - Once the solo attacker has been reached, there will be another attack done while either the chase group or the solo attacker is starting to fade from their efforts.

Big Mountain Stages - During this stage, it is less about the draft and more about the strength of a rider. Big mountain stages allow for great detailed visualizations in an indoor class. Small group or pair dynamics can add great relationship dynamics to a ride.

TIME TRIALING

Individual Time Trials - Time trialing is an all out effort given for a specific period of time, a race against the elements: wind, gravity and distance. This type of visualization is great for anaerobic threshold intervals.

Team Time Trials - Team time trials test the depth and ability of each team in the absence of tactics. Utilize visualizations of a circular or singular pace line and watch cyclists work hard to urge on their team. Utilize resistance to mimic the draft and maintain a constant RPM, which mimics the speed and necessity to maintain a consistent pace.