

# Prime Coaching Better Biking

A comprehensive guide to all aspects of performance  
cycling

# Prime Coaching Better Biking Series

## \* **Clothing**

- \* *Bike handling skills & techniques*
- \* *Stretching and Core Stability*
- \* *Basic training plan*
- \* *Nutrition*
- \* *Events, putting it all together*

# Layer upon layer!

## Base layer

Wicks away sweat to keep you cool and dry in the summer, warm and dry in the winter



## Summer

Available in both men's and women's fit



## Winter

Warm and waterproof



## Spring / Autumn

Warmer for those cooler days

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# Riding techniques



Fast riding



Climbing



Cornering



Descending



Sprinting

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# Why is this important?

# =Power!



Flexibility



Core Stability



Strength



# Flexibility, core stability and strength in action

Rock-steady upper body and fluid pedalling through core stability

Maintain functional aero position through lower and upper back flexibility

Gluteal stretching for power and aero position

Maintain open chest for unrestricted breathing through upper chest stretching

Up to 5% power increase through hamstring stretching

Maintain legs in-line (avoid leg kick-out) through hip flexor and ITB stretching

Flat-foot pedalling technique through calf stretching





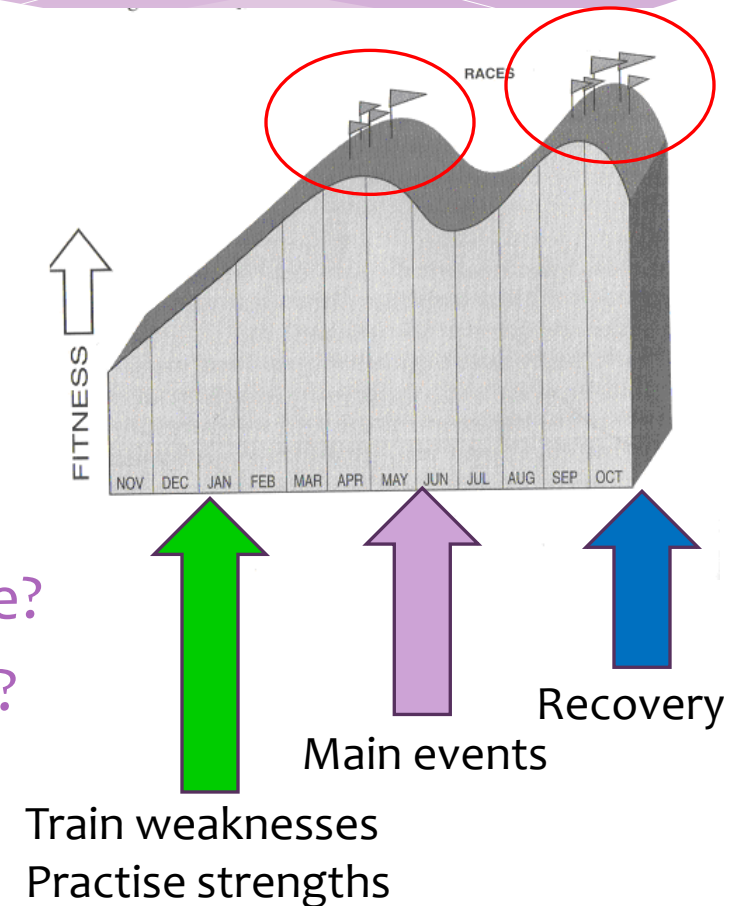
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# Why is this important?



- \* **“To fail to plan is to plan to fail.”**
- \* Where are you now?
- \* Where do you want to get to?
- \* What’s the difference?
- \* How do I ensure I achieve my goals?
- \* How do I make the best use of my time?
- \* What’s “training” rather than “riding”?



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# On the bike nutrition

Ensures you have enough energy and hydration to perform and complete your event at your very best.

Carbohydrate (CHO) =  
Sugars + Starches

Fats

Water

Salts

Protein



Energy

Sweat =  
Water + Salts

Muscle  
damage

Performance

Muscle repair &  
build

General nutrition

Pre-ride fuelling

On-bike fuelling

Recovery

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# A whole world of possibilities on two wheels

Competitive Racing

**Road racing**

Time trialling

TRACK

*Trials*

**Grass Track**

**Cyclo-cross**

**PARACYCLING**

Speedway

*Freestyle*

**BMX**

*Mountain Bike*

Competitive Non-Racing

**Sportives**

**Audax**

Charity

Challenge

Leisure / Utility

**TOURING**

Commuting

**UTILITY**

**FUN**