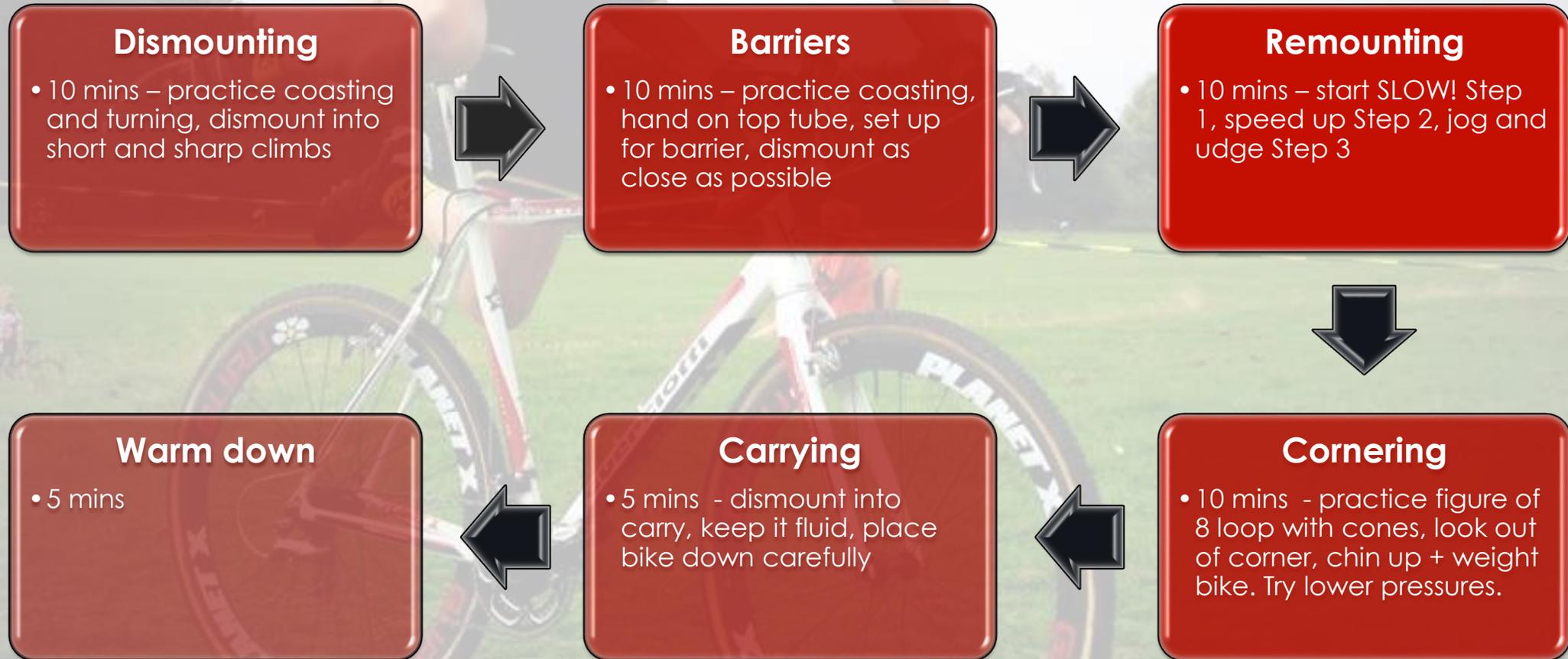




Fluent in Cross – 60 min Cyclocross Drill session

10 min warm up then....



Details of the drills

Dismounts:

Unclip foot of choice, swing free leg over back of saddle.
Lean saddle against hip, build up coasting speed over time.
Dangle free, unclipped foot behind the clipped in one.
Rotate foot to release from pedal and hop off.

Barriers:

Pick your line into barrier and a comfortable speed.
Hands on drops, unclip and swing foot over.
Hold top tub and coast into barrier.
Unclip and hop off as close to barrier as possible (min 2 footfalls).
Practice getting closer and more confident.
Pick bike up, carry over barriers and place down gently on the other side.

Remounts:

1. Stand next to bike, practice swinging leg behind and over the saddle, looking for the pedal with your foot.
2. Walking, swing leg over and onto pedal. Repeat on and off, at walking pace.
3. Speed up pace and instead of swinging leg whilst on ground, get slightly edge up and over onto saddle, foot coming down to meet pedal. Done!

Carrying:

Choose a carrying position that works best for you.
Don't dangle the bike off your shoulder.
Practice picking up the bike from downtube and toptube.
Practice running with the bike and then placing it carefully back down on the ground.

For further detail, how-to-videos and handy hints,
visit the **Materiaalpost** section on the **Fluent in Cross**
website:

<http://www.fluentincross.co.uk/the-materiaalpost/skills/>