



3 Drills to Improve Biking Efficiency

1. Single-leg drills: On the trainer

- Warmup for 10-15 minutes
- Unclip one foot and pedal for 30 seconds with just one leg
- Clip back in and pedal for 60 seconds with both legs
- Unclip the other foot and pedal for 30 seconds with just one leg
- Repeat 4-6 times
- Your goal is to not hear the “dead spot” at the top of the pedal stroke

2. Scrape mud

- As you pedal, at the bottom of the stroke, pretend you are “scraping mud” off the bottom of your shoe. This will help you learn to do full circles in your pedal strokes vs. just pushing down from the top
- Start with 30 seconds on one leg, 30 seconds on the other leg and then try 30 seconds together. Repeat this process 2-4 times

3. Practice your cadence

- Warm up 5 min with a cadence of 80 rpms
- Next 5 min at 90 rpms
- Another 5 min at 100 rpms
- Do your main set at 85-95 rpms
- Cool down 10-15 min at 90 rpms