



Learning to Fish

Workshop 17

Your Questions &
Highlights from Learning to Fish

How Can I Avoid Crashing?

Seven Tips from Chris Carmichael

- Former Pro, Olympic rider and Coach of USA Cycling

<https://trainright.com/secrets-the-pros-use-to-stay-safe-while-riding-in-a-pack/>

- Keep your head up
- Have an exit strategy (e.g. look to the inside of a corner)
- Stay off the brakes
- Get comfortable with contact
- Don't overlap wheels
- Learn who is safe, and who is not
- Take the inside line



Learn Bike Handling from Other Disciplines

- MTB & Cyclo-Cross (wheel slide, bunny hop, etc.)
- Track Cycling (quick handing, awareness, etc.)

Other Questions?



- **More depth on something we've covered**
- **Something we have not covered at all**
- **A burning question or confusing topic**



Weeks 1 – 8

- Set SMART Goals & Objectives
 - Process and Outcome
 - Focus on what you can control
- Evaluate Event Demands
 - On-the-bike
 - Off-the-bike
- Determine your Strengths & Weaknesses
- Build a Strategy & Training Plan (templates on LtF page)
- How parents can support their young athletes



Weeks 9 – 16

- **Off-the-bike Strength & Conditioning**
 - Essential for power delivery & Avoiding injury
- **Race Day Preparation**
 - Timetable & Packing list, Pre-race Nutrition & Appropriate Warm-up
- **Nutrition on & off the Bike**
- **British Cycling Pathway & Alex Franks' Journey (multi-discipline)**
- **Mental Resilience & Tools**
 - POSITIVE Self-talk, Visualise Solutions, Control controlables, See the Chimp
- **Self-help Bike Fit**



See you in Zwift !

7:30 RACE with Duncan