



Guiding the personal and athletic development of your group is a challenging task. This is a big responsibility, and to help you out I have developed the video resources (and will continue to improve on these) to help your athletes adopt and improve their rhythm of athletic movement. The Précis Velo program will help you train very valuable and cycling-specific “Movement Patterns”. Get the club together for pizza, pick a topic and figure out how what the needs are and how to coach it. Help each other out as a group.

You may have raced for many years with good success, and it may seem logical to coach the athletes in exactly the same way that you trained. This might work for the few who come out of the same mold and respond to the same cues that you do. If you follow that approach you are stuck with teaching bike handling, and group dynamics; good topics, but they do have significant limitations. Most club members won’t respond to this “one size fits all” approach, and they will need individualized instruction to correct problems you or they might not even be aware of.

Why not let them ride and go hard, they will improve eventually, isn’t that the way to train? I wish that were true, far from it. When the history of the sport is one of emphasizing rigidity for the sake of aerodynamic gains; that philosophy artificially removes athleticism from the picture and creates a low performance ceiling.

Some members will want to race, others choose to ride in the group and participate in club activities. You certainly need to cater to various needs. Either way, the purpose of the club is cycling. Shouldn’t you include focused instruction or at the very least have avenues open to discover the best practical means of learning the fundamentals of the “Movement Patterns”? Most members would surely benefit from meaningful instruction to help them climb and time trial. Some will be commuting a fair distance to work and would surely appreciate performing the movements competently to make that task more effective and manageable.

A baseball analogy. The shortstop keeps launching the ball way over the first baseman’s outstretched arm and into the stands. The manager can make the player repeat the activity over and over until it improves. We know how that will turn out. That is in fact reminiscent to the approach in cycling; you hear the well intentioned “keep doing what you are doing, and it will get better”; it never does of course, and the movement pattern does not improve in a meaningful manner. Not that anyone is aware of a movement pattern, not yet at least.

This particular baseball manager is well prepared, and goes about identifying where the breakdown occurred; compares the athlete's performance with the "gold standard", identifies the issue, she then provides specific cues and drills the player in the correct technique. This is a "hands on" approach, and exactly what the cycling specific Performance Movement Pattern approach aims to do. As you tackle the learning curve you will find that the concept is not only rewarding but also a powerful training and analytical tool that works in favor of the athlete, coach and your club. Take the first step and begin implementing the program, you will be far ahead of the other clubs in your area.

As a club coach, other responsibilities and time constraints may make it very difficult to provide this type of instruction, and I'm sure you personally may also want to train and race effectively. Let me provide the best possible information to help your athletes reach their potential. For example, ask the group to review video of the movement pattern on their own time and build a mental image of what you want them to accomplish prior to practice. The video resources will free time for you to coach more effectively and practice tactical issues now that the athletes are well prepared. The ride now has greater value and purpose, if someone is experiencing difficulties the coach and the team now have the knowledge base at hand to help that individual.

It's not a matter of spending more training time; it's about being more effective with the available resources.