



I introduce a whole new language and terms for the sport, and this requires abbreviations. Some terms are straightforward, others are new and yet another set has been redefined.

“Aero” Positioning: for starters, transfer your exact position from road to time trial bike. The pelvis remains loaded on the saddle. The goal is to perform the movement pattern and continue to improve on the time trial bike.

Cycling Strength: Strength that is integral to the Movement Pattern, ie. Cycling specific strength.

Dynamic Balance: Weight shift and balance on the handlebars, pedals and saddle to perform the SBHH or TPR effectively.

Event Specific Power: Optimized power requirements for an event or circumstance, which takes into account duration, cycling strength, neuromuscular coordination, dynamic balance and physiological issues.

Gold Standard: World class level of Movement Pattern performance, the basis of comparison for all cyclists.

Hip Hike-led Acceleration: Use the SBHH and in particular the hike motion to drive the acceleration. This is a maximal hike effort.

ITT: Individual time trial.

Indoor trainer: Device which fixes the rear wheel in place with a means of adjusting resistance provides stability and safety to the athlete as he practices the Movement Patterns.

Neuromuscular Coordination: Coordinated movement between all kinetic links which results in a well executed movement pattern.

OS Advance: Off Saddle advance in the group.

OS Sprint: Off the saddle sprint.

PMP: Performance Movement Pattern.

PRF: Pedal Reaction Forces. According to Newton: for every action there is an equal and opposite reaction. PRF's are the primary source of instability in cyclists.

RD: Road.

Rollers: The tires free stand on the rollers. The bike can slide side to side and be very unstable. This is not recommended for purposes of learning to perform the movement patterns.

Sit to Stand: The transition from seated to off the saddle, while maintaining velocity or accelerating as the situation requires. The Movement Pattern leads the way in the transition. Stand to sit are the technical requirements to sit back on the saddle.

Stop and Go: uphill at the desired pace, apply the brakes briefly slowing significantly or coming to a stop, use the movement pattern to resume the effort. Down shift as needed.

Time trial bike: A bike designed to be aerodynamic for time trial purposes. The design of this bike should adapt to the position and flexibility of the athlete. The position should be conducive to learning and improving on the Movement Patterns.

TR: Track.