



Précis Velo Approach

Improved and Optimized
Ride – Time Trial - Climbing
Performance

Individualized
Program

Feedback and
Corrections



Visualization
and Imitation

Video-based
Dynamic Movement
Performance Analysis

Understanding the Expert
Athlete: Gold Standard of
Performance



Understanding the
Amateur Athlete:
Undeveloped to Unstable

www.Dartfish.TV/precisvelo Channel
Video Collection:
Performance Movement Patterns



“Preferred Movement Patterns
in Cycling” The Science Book for
Coaches

Content: Instructional Animations
and Athletes in Action

Convenient Self-Paced
Learning Resources