

Contents

Foreword by Sir Chris Hoy, MBE	5	Post-ride stretching	80
Introduction	6	Pilates exercises	82
THE BASICS	8	Training troubleshooting	84
Cycling at the Olympic Games	10	CYCLING DISCIPLINES IN DETAIL	86
Getting started	16	Track racing	88
Cycling clubs	18	The velodrome	90
THE BIKE	20	Track training tips and tactics	92
The bicycle – a brief history	22	Track techniques explained	94
The modern bike	26	Road racing	96
Anatomy of a track bike	28	Races on open roads	98
Anatomy of a road bike	30	Road racing techniques and tactics	100
Anatomy of a time trial bike	32	Time trialling	102
Anatomy of a mountain bike	34	Time trial techniques and training	104
Anatomy of a BMX bike	36	Mountain biking	106
Bike fit and setup	38	Mountain bike techniques explained	108
Clothing and accessories	42	Mountain bike training	110
Basic maintenance	44	BMX	112
BASIC RIDING	46	The BMX track	114
Pedalling	48	BMX track techniques and training	116
Gearing	50	THE BIG DAY	120
Riding in a group	52	Race day	122
TRAINING	54	Finding out more	124
What do you want to achieve?	56	Index	126
The body in training	58		
Training safely	60		
Training plans and diaries	62		
Measuring performance	66		
Measuring performance using equipment	68		
Training in zones	70		
Diet and hydration	74		
Pre-ride stretching	78		

