

PROJECT DEVELOPMENT PHASE:

Project Development –Delivery of sprint-3

Sprinting is not just about brute strength and acceleration, it is about using the correct form. This is clearly demonstrated by Mark Cavendish. By no means does Cavendish produce the most watts for the final kick to the line. However, he pays very close attention to his form and understands how every part of his body is committed to producing that explosive effort.

1. Good form takes time to perfect. Some basic techniques to work on are as follows:

2. Start the sprint with your strongest leg coming up and over the top of the pedaling circle.

A perfect time to work on your form is while doing the Rolling Sprints. Technique is often overlooked yet needs as much attention as strength and acceleration.

