

# PROJECT DEVELOPMENT PHASE

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## **Project Development –Delivery of sprint-1**

Simply put, being able to put out an extended threshold effort requires a great deal of strength, especially to launch the effort. The slow twitch muscles that are used in the initial part of your sprint need to be purposefully developed. One of the best ways to train for sprinting on the bike is to practice accelerating while in a big gear. On the bike, strength is built through the use of two key exercises; Hills Stomps and Stand Still Sprints.

The Hill Stomp is a drill done by climbing a 2 to 5 minute consistent grade of 4 to 8 percent at a very low cadence. This exercise not only works on your pedaling strength but also your acceleration after an intense effort, serving a dual purpose in helping your sprint.

A Stand Still Sprint is a favorite workout of mine. Here, you need a straight section of road that is about a quarter mile in length and is either flat or has a slight 2 to 3 percent rise to it. Mark off a 200-meter stretch. It is best to be able to go back and forth so an unobstructed road is best

Stand Stills are done by rolling up to your start line seated at 2 to 3 mph. With your hands in the drops, come out of the saddle and continuously accelerate

for the next 200 meters. Higher cadence efforts might require you to sit in order to complete the sprint. tand Stills provide preparation for the fact that most sprints begin with sudden, intense muscle effort.