

PROJECT DEVELOPMENT PHASE:

Project Development –Delivery of sprint-4

Group Practice:

The final step in sprint training is to practice while riding with others. Before trying your new sprint in a race, try practicing on a group ride. Having pre-designated mock finish lines during long training rides where multiple people are sprinting will help prepare you for producing the effort in a real race. Practicing alone is good, but having others around you going for the same goal adds a new dynamic and certainly adds to your race preparation.

Planning the Training:

Dedicate one day per week to sprint training. If you are just getting started, reduce the efforts or sets until acclimated. Just like training itself, these efforts take time and practice to master. Since the

efforts are short and intense, target doing them at the beginning of the week. Here is a progression to get you started:

Session 1: 3 or 4 Hill Stomps with 3-5 minute recovery between. 10 recovery, then finish with 4 X 4 Rolling Sprints

Session 2: Repeat Day 1

Session 3: 3 X 3 Stand Stills. 10 minute recovery then finish with 4 X 4 Rolling Sprints using slightly bigger gears.

Session 4: Repeat Day 3

Session 5: Double up on strength work. 3 or 4 Hill Stomps with 3-5 minute recovery between. 10 minute or more recovery then finish with 3 X 3 Stand Stills

A benefit to sprint work is that the work can be done before or after a group ride or endurance day.

After six to eight sessions, you should start to see progress. Then, as the season continues, you can sprinkle the different exercises as needed.

During your group rides, get organized and have designated sprint signs, etc. that allow you to hone your sprinting skills. The key to having a good sprint is to practice, train and perfect the above mentioned drills. Then, bring them all together in the final of a race.