

# 5 TIPS TO CONQUER FROST HILL



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1. Shift into a lower gear.  
This will help you maintain your power and speed by allowing for an increased amount of effort as you continue up the hill without too much of a burn.
2. Find your threshold.  
You should ride up hills just below your threshold. The threshold is the point at which your legs start burning. If you ride at a speed just below your threshold you won't lose power by pushing past your bounds.
3. Don't shift too often.  
As you get higher up the hill you will be tempted to down shift more often. If you down shift too much you will be crawling up the hill, making the incline much more difficult.
4. Think posture.  
Many people misunderstand what posture is best for riding up hill. Maintain a flat back and bend your elbows slightly. This way, your momentum won't decrease because you will keep a low center of gravity.
5. Watch your breathing!  
Keep a steady breathing pattern. Find a comfortable breathing rhythm and breathe through your diaphragm. This is easier to do if you keep a steady pedaling rhythm. When you can't breathe, nothing else matters!