

CLUB RIDE TIPS

SLOW CHAIN (1 UP, ONE ACROSS):

At intervals decided by either the leading riders at the time, or more efficiently a timekeeper, the outside rider - that is the leading right hand rider moves in front of the leading left hand rider and is replaced in his former position by the next rider in the outside (right hand) line. The whole right hand line moves forward to fill the gap and the last rider in the left hand line moves over to join the right hand line. This method can be used on any training ride but is particularly useful for intensive early season training rides when riders are attempting to improve their fitness for racing or sports. If the group is 'captained' the time period between changes can be constant - e.g. 5 minutes, which would mean that each rider would spend 5 minutes on the right then 5 minutes on the left at the front of the group. The advantage of this method is that every rider should get several turns on the front during a training ride.