

## **Pedal Technique and Skills Session**

As well as hard training, rollers are a great way to help improve your riding skills. This session develops pedal technique and body control. It can also be used as a recovery ride.

### **Equipment Used**

Any size rollers. No added resistance.

### **The Session**

Warm up at a steady cadence of 90-100 rpm for 10 minutes.

During the next 20 minutes to the following:

10 x 1 legged pedaling efforts (5 on the left leg and 5 on the right leg) for 15-20 seconds in duration.

Alternate between legs one after the other.

After the one legged drills ride steady for a few minutes and then complete:

4 x 15-20 second efforts riding out of the saddle.

This requires you to control the bike, keeping it central over rollers while keeping your body still over the bike.

Spin for 10 mins at above 100 rpm to finish the session.

# **KREITLER<sup>®</sup> ROLLERS**

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Training sessions provided by  
Coach Peter Georgi

**Halo**  
CYCLES

## **How to Do It**

For the one-legged intervals, pick a small gear and hold the bars steady. Hold your body still and concentrate on pedaling smoothly. Think circles and try not to stamp on the pedals.

When out of the saddle it will feel difficult to keep the bike central over the rollers at first. Concentrate on holding your body in a fixed position. As you get better, the aim is keep the bike and body as stationary as possible while pedaling.

## **Progression and Other Thoughts**

Gradually increase the interval lengths up to 1 minute each leg and 1 minute out of the saddle.

As you get more skilled at the one-legged pedaling, start doing the intervals with one hand off the bars. If pedaling with the left leg keep the right hand on the bars.