



Held Starts

Get Going

- Relaxed arms and elbows.
- Head up looking forward.
- Back pedal level with chain.
- Hands on drops.
- Pressure on front foot from 5 second countdown.
- Power off the line, wind up to speed.
- Start off on the flat part of the straight and progressively move up the track.
- Try both left and right leading foot.

Bottle Zone

Ride slowly past the table, pick up the bottle, ride around the cone and put the bottle back on the table.



START



FINISH



COACH