

THE SETUP

Don't look at the front wheel, look ahead a few metres

Doorway or wall for stability

Front wheel almost directly over the front roller

Soft grip

Flat ground

Adjust if needed

Start in trainers if novice to allow for putting your foot down quickly

Start in a good (Not easy/not hard) gear to get up to speed

Rear wheel over the double drive rollers

RIDING ROLLERS

WHY USE ROLLERS

Rollers are a great tool for developing smooth pedalling technique. This increases efficiency and allows riders to attain higher speeds especially on track. Rollers are also a very good warmup tool, replicating actual riding closely. Rollers are also a training tool, allowing riders to complete intervals indoors.

HOW TO GET GOING

1. Stand with your legs either side of the top tube. Your feet should be on the frame of the rollers.
2. Apply both brakes to avoid the bike from moving.
3. Put/clip your foot onto the the pedal of your strongest leg. Or if using a wall for stability the pedal furthest away from a wall.
4. Using the wall or frame for stability attach the other foot.
5. Start pedalling, concentrate on a smooth pedal stroke. Engage your core muscles.

NEEDED SKILLS

1. Changing gears.
2. One handed being able to drink from a bottle whilst riding.
3. Both hands off the bars.
4. Being able to have a convocation whilst riding.

ADVANCED SKILLS

1. Aero bars
2. Rev outs- High Speed work.
3. Riding in close proximity with other riders on rollers.

ROLLER SKILL GAMES

Roller Catch

Set rollers up opposite another riders rollers. Once up and running add in a tennis ball for riders to throw and catch between each other.

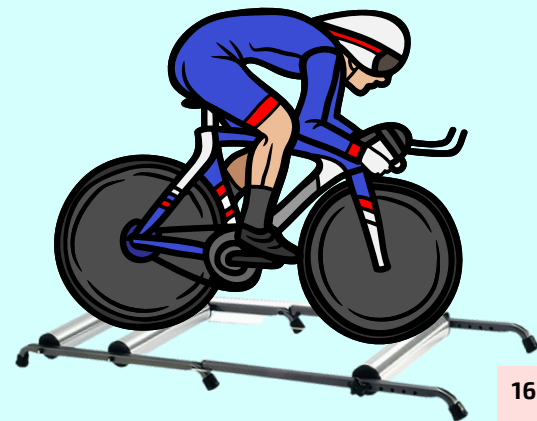
Roller Badminton

Setting up rollers the same as catch add in badminton equipment and see how long the riders can rally.

Challengers

Ask riders to remove a contact point on the bike progressively.

- One hand
- No hands
- One leg
- All of the above



IF RIDERS ARE CONFIDENT, YOU CAN DO YOUR SESSION BRIEFING WHILE THEY ARE ON ROLLERS. SIMPLY CREATE A SEMI CIRCLE.