



Cycle Skills Session 2

Running with your bike



Equipment Required - Bike, Helmet, Cones

Aim - During a triathlon, you are not permitted to ride your bike inside the transition (change over) area, you must run with it until you cross the mount line. Running with your bike is therefore a valuable skill to practise.

Exercise 1

Practise different ways you can hold your bike. Start with walking and progress to running.



TWO HANDS ON THE HANDLE BARS

Hold the bike with two hands, one hand on each handle.

ONE HAND ON THE STEM

Hold the bike with one hand only, on the stem in the centre of the handle bars. Wrap your hand around the stem and handlebars like a claw to give you best control. Use the hand closest to the bike. Try this standing on both sides.



ONE HAND ON THE SADDLE

Hold the bike with one hand only on the saddle. Use the hand closest to the bike. Try this on both sides.



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Exercise 2

Now try adding in turns;

Slalom



Dead Turn



Exercise 3 - Race scenario

Choose which running with your bike technique worked best for you. Set up a transition zone by laying down your bike and helmet and marking a start/entry point and exit/mount line.



From the start point run to your bike, put your helmet on, pick up your bike and run with to the mount line. Race your family members or time each other.