

## 2 Spinning technique

Spinning is the feeling of not doing any work. You should feel like your pedalling is matched to your speed. If your cadence is too slow you will feel like you are labouring through your revolutions. If your cadence is too high it will feel like you're bouncing around on your seat.

Aside from cadence, it is important to utilize the benefits of the entire pedal revolution. Do not simply focus on pushing the pedals down. It is important to pull up on the pedals, push forward on the pedals, and pull back on the pedals.

Most people work on 50% of the pedal stroke, the pushing and pulling. The remainder two portions of the pedal stroke are equally important.

Practice the entire revolution by breaking it down into 4 parts. Spin for 3-5 minutes by focusing on the pulling up. Spin for 3-5 minutes focusing on the pushing down.

Continue by focusing on the pushing forward for 3-5 minutes. This is where you push your toes into your toe cavity of the shoe. You will notice an increase in your forward motion.

As well, practice pulling back on the pedal, by pushing your heels into the heel of the shoe, almost like you are wiping off the bottom of your shoe. You will also notice an increase in speed.

This practice technique can be used while riding on the flats or while riding up a hill in a seated position. This will eventually create muscle memory whereby you will automatically include these movements in your daily pedal stroke.