



Bike Hill Climbing



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If you are the kind of rider who gets dropped as soon as the gradient goes up, try this simple technique; it might be the thing to help you stay in the bunch over short, rolling climbs.

Instinctively, we begin a hill in a comfortable gear, shifting into easier gears as the effort increases. When riding in a bunch and trying to maintain their speed, you have to either: increase your leg speed in a smaller gear, which sends your heart rate shooting up; or, you have to use a lower gear and a lower cadence, which means you slow down. Instead, the key is to shift into a bigger gear and get out of the saddle.

Start the climb in an easier gear than usual and spin your legs fast. As your cadence begins to fade and riders start pulling away or shifting into easier gears, click into a gear one or two higher and get out of the saddle. Don't accelerate, just maintain a powerful pedal stroke. It sounds counter intuitive but it works. As you get out of the saddle, spare a thought for the guy sat on your wheel and make sure that you don't suddenly change speed in front of him/her.