



Watch Your Line (Second Edition): Techniques to Improve Road Cycling Skills

Alan Canfield

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This book presents a systematic approach to improving road cycling skills and efficiency. The author presents the "Four-P's" to orient, organize, reinforce, and remind the rider of the principles presented: - Position - Pedal - Precision - Practice An overview of proper positioning and bike fit is presented in the Position chapter, followed by recommendations and drills for developing and maintaining a smooth pedal stroke in the Pedal chapter. Discussion and techniques to reduce rider negative inputs to the bicycle are discussed in the Precision chapter. Finally, the author presents numerous drills in the Practice chapter to develop and refine the road bike handling skills discussed. The book is targeted at the intermediate cyclist interested in developing and improving road bike handling skills. The material will also be beneficial to the beginner cyclist, and includes advanced techniques and tips for the fast recreational rider or racer. The updated second edition has been expanded with over 40 figures, 7 tables, skill drills, and additional references.

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Alexandra Stafford:

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