

HOW TO ROAD CLIMB LIKE A MOUNTAIN GOAT.

There are many different climbing positions on a road bike. Most of these positions stem from four basic styles: Seated power, seated spin, standing power, and standing rest. Varying your your position will fatigue different muscles, which delays the build up of lactic acid.

Seated Power

To recruit your powerful quadriceps and gluteal muscles, slide back in your saddle so your butt is almost hanging off the back. You can use all hand positions to generate power by pulling on the handlebars.

Seated Spin

Turning over a higher cadence on a climb will keep your legs fresher for longer. To get into the proper position, slide forward to the nose of the saddle. This may not be the most comfortable, but it will allow you turn the pedals over more quickly. Your hands can be on the hoods or in the drops, but remember to pull on the bars.

Standing Power

Standing power is like giving a motorcycle gas. It's a short burst of power to crest a hill or to bring your cadence back up if it drops. Drop down a couple of gears before you stand up; otherwise, you will spin out and not use all the power available. Your arms are vital to pull the bike into the pedals, so you should be holding the hoods or the drops. Your weight should be almost directly over the saddle, but weight distribution is dependant on grade of the climb.

Standing Spin or Standing Rest

You can rest standing by locking your arms out while riding on the hoods. You can use more of your body weight to push down on the pedals thus using less muscle.

