



# Bike Mounts



# Aim

To be able to support athletes in developing bike T1 exit skills



# What can we learn from the best?



# Options



# Options



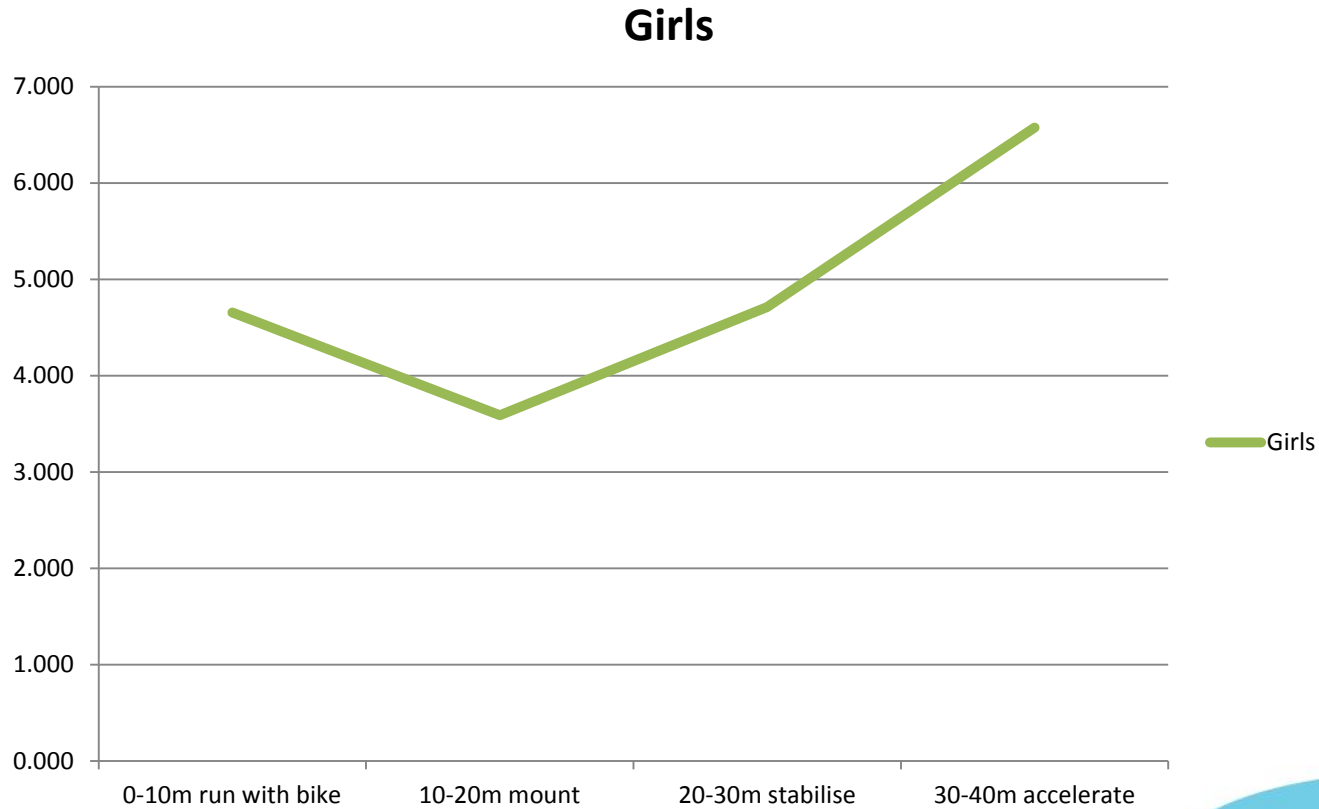
# What determines choice of pedals / shoes?



# Type of mounts

	Flying Mount	Scoot mount	Stop / get on
Road shoes	✓	✗	✗
Mountain bike shoes	✓	✓	✓
Trainers	✓	✓	✓

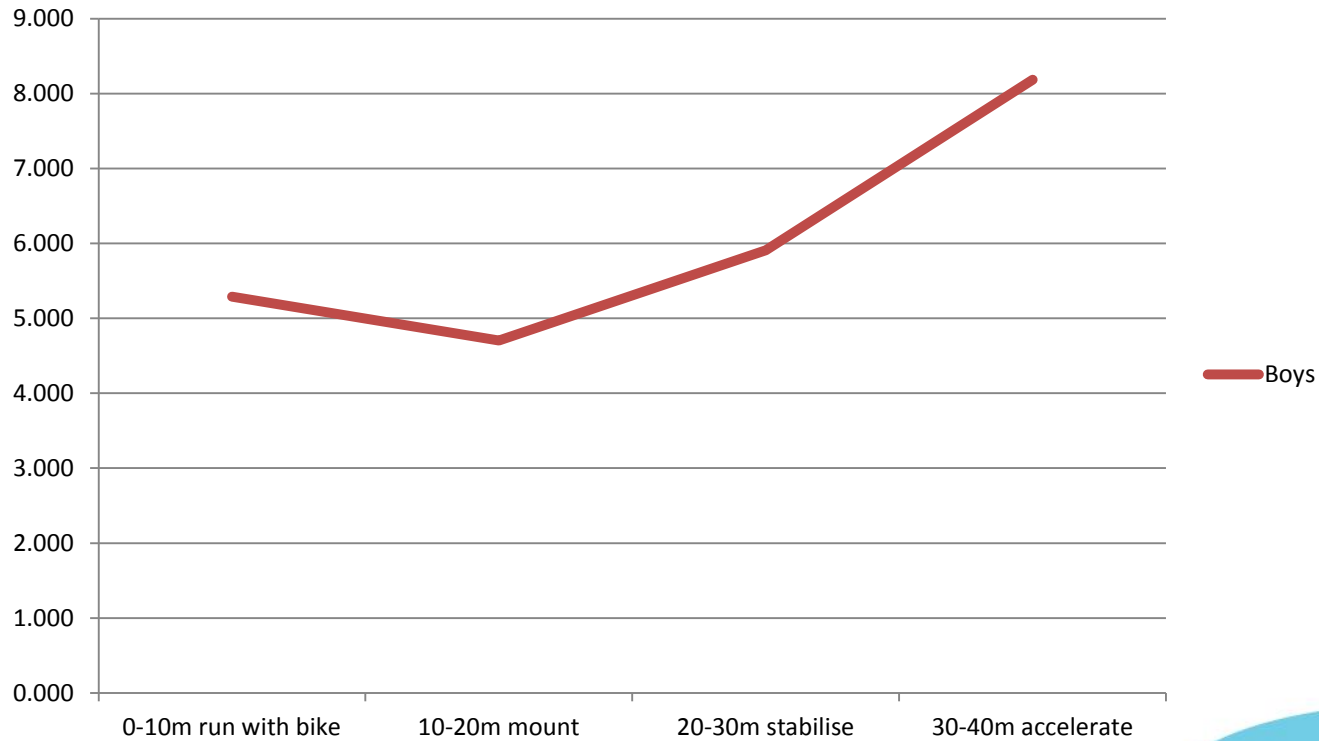
# Speeds through flying mount



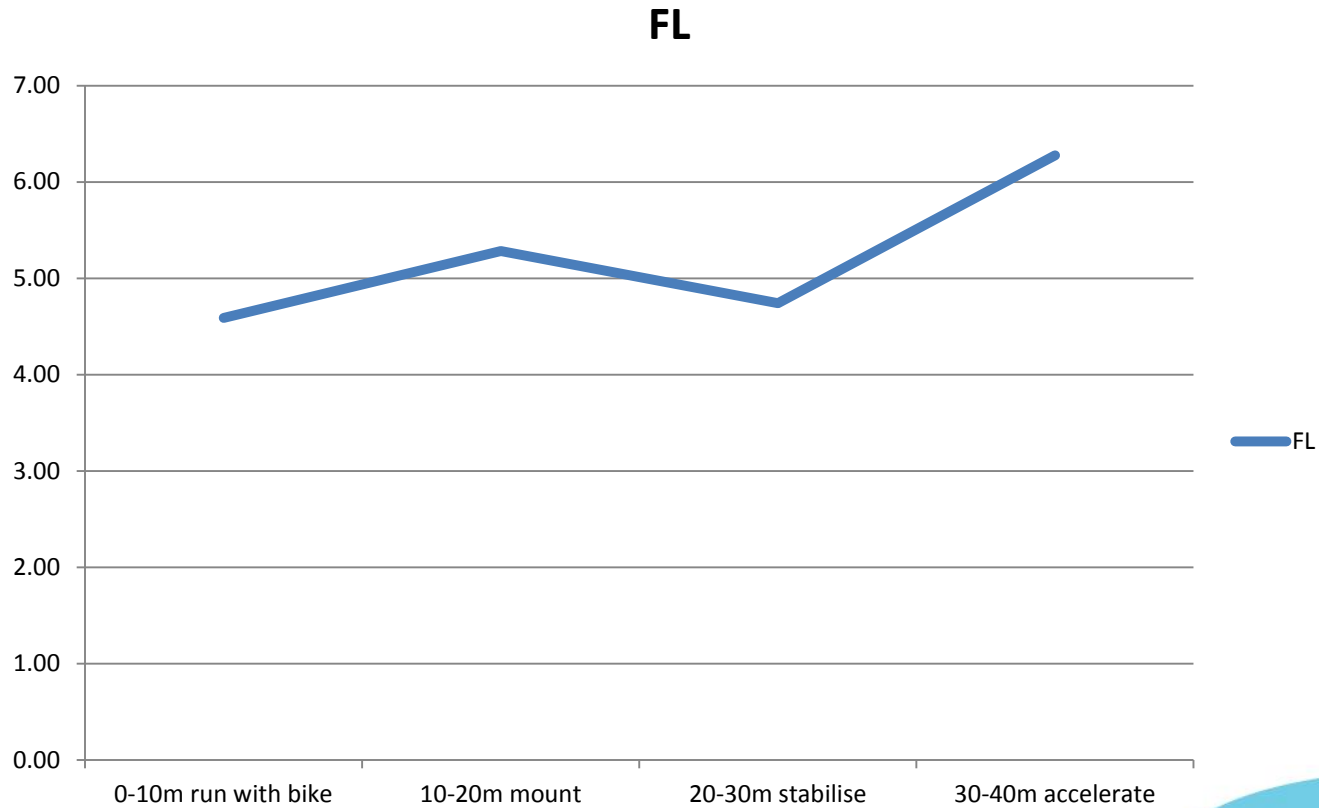


# Speeds through flying mount

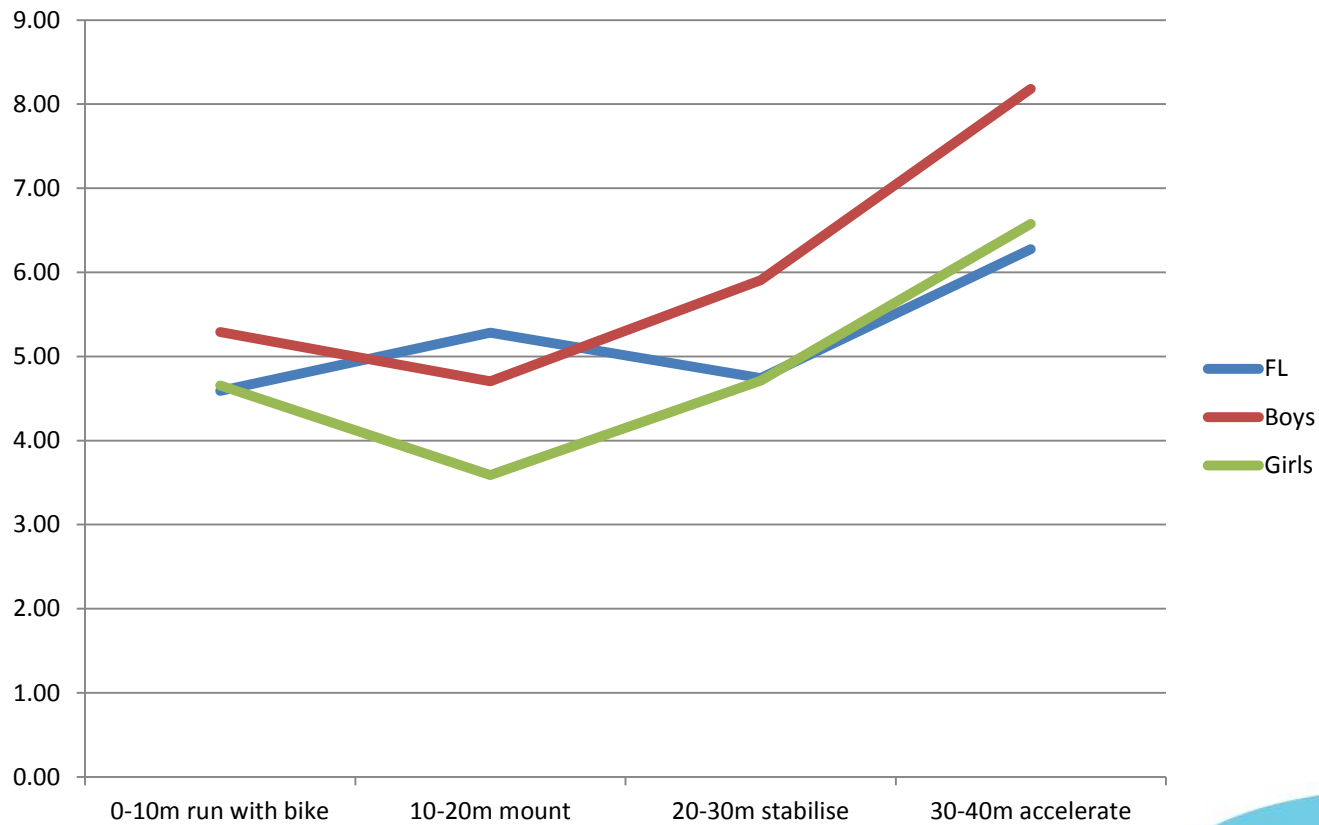
## Boys



# Speeds through flying mount



# Speeds through flying mount



# Developing mount skills

- **Free Practice**
  - Imitating
  - Video playback
  - Athlete observation
- **Structured practice with feedback**
- **Competition simulation**

# Flying mount

## Progressions

- Trainers / Mountain bikes
- Trainers / lower saddle
- Trainers / saddle correct height
- Trainers under pressure / at speed
- Cycle shoes
- Cycle shoes under pressure
- Cycle shoes in group

**DON'T PRACTICE  
UNTIL YOU GET IT  
RIGHT. PRACTICE  
UNTIL YOU CAN'T  
GET IT WRONG**

# Decision making:

- Shoes / Pedals
- Mount style
- Gearing
- Where to mount
- When to put shoes on
- Where to take shoes off
- Where to dismount

