



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Q: Hi Cid & Sonni,

>>

>> Sorry to bother you....just a quick question. Someone I met at Powerman

>> who does bike fits suggests that at my size (5'10", 143 lbs), I should

>> use 175 cranks. I have Dura Ace 172 (or 172.5's...I can't read it too

>> well). What is your thoughts on that?

>>

>> Thank you, KV.

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Cid's answer:

Kristin, What determines the crank length for a rider are: leg length (inseam), foot

>size, and riding style. Being 5'10" and with pretty long legs (right?), you

>could probably ride 175 cranks. I'm 5'11 with a 32 inch inseam (and size 11

>foot) and I ride 175 cranks. With that being said, usually if someone is "in

>between", we recommend going with the smaller size. This generally puts less

>stress on the knees and helps the rider to use a higher cadence. In the late

>eighties and early nineties, so called bike experts were saying that for

>time trialing, longer cranks were better, especially for "stronger" riders.

>Today, the thought is that long is not always better, because it generally

>makes the rider use a slower cadence which does not always translate in

>higher watts. My gut feeling is that you can go either way and will get used

>to whichever you you choose, but I recommend asking Sonni first, because he

>knows your riding style better. Sonni went from 172.5 to 175 back to 172.5

>and now down to 170. (I think). If you want to try out a pair of 175s before

>you purchase new expensive cranks, we may have a pair of used 175s that you

>can use for a few days.

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>Let me know what you decide.

>

>Cid Cardoso Jr.

>Inside-Out Sports

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Sonni's answer: KV & CJr.

I concur.....you get the same watts out of more pedal strokes (thereby requiring less power in EACH stroke) w/ going the shorter arm route.

Where it is drastic is in the up-pull of the pedal stroke (ie: like w/ one-legged pedaling & w/ my Powercranks). The adjustable (165 to 180mm)

Power-crank arms will **REALLY** show you this!!!

Sure, w/ longer cranks you will get more leverage.....but that leverage will be used (primarily) in pushing the opposite foot (& it's weight) over the top of a larger arch on the opposite side of the bike.

I think Cid is exactly right, you WILL adapt to either.....and in the end, go the same speed.....It's just that w/ the shorter cranks, your legs will be in better shape to get off and run because THAT speed came @ a reduced "cost".

Just my opinion based on the recent studies that I've read off of 'Peak-performance online' from the Australian Institute of Sport regarding TT cadence, wattage, and it's effects on glycogen depletion and residual lactate concentrations.

ps: Lance TT's @ 100+.....& wins using 175's.....which is the shorter arm for him.

Sonni Dyer

Coach