

STUDIO

MULTI
SPORT

Coach-Athlete Q&A

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

Q: I am interested in the Power cranks, and visited the website. i would think the standard (non adjustable) cranks are the way to go, right?

A: yes, I've seen the adjustable length pair in the event that we could run some crank-arm length test relative to bike AND run splits off different lengths.....the variable length crank-arms are good for testing (*and answering my never-ending questions "what if?"*).....but I use the fixed length for training.

What do i do to get the discount? **I THINK** it's 10% off. Just assure Frank that you're one of our's and he may call me to verify.

I do think that i will get them. With a known weakness with the hipflexor strain that i have had, any thoughts on how i should start with them? **Your question assumes that there will be some sort of 'choice' involved.**

TRUST Me, There will not be. You'll begin like everyone else.....cursing my name, frustrated that you spent \$ on them, and riding for 10-15minutes INDOORS (trying to keep 90+ rpm's continuously) on them til you're done (cooked).

And you'll do this **DAILY** until you reach the 1hour mark (indoors @ 90rpm's).....

.....and **only THEN** will we need to begin to differentiate the training path options on how, best, to utilize them as a tool. {Gotta learn to walk before I coach you w/ run-interval training. Right?}

Maybe stay inside on the trainer for a while until i am feeling comfortable? **In fact, it's almost critical to stay inside FIRST.** (given that you have 2 bikes and a choice) You've got to develop the neuromuscular part **BEFORE** you add the sheer muscular power that they'll eventually build.

BUT.....remember, this takes time. [Remember that I said that **I spent ALL of 2002 w/ them inside** getting up to 2:30 rides @ 90+rpm's?]

I've coached less patient folks on them who slapped them on for outdoor riding out of the box, and replied "These ain't so bad!! I put in 40miles on them today! I'm a stud.".....all while they turn 55-70rpm's on them in monster gears OUT-doors.

.....and they **NEVER** get to the point that they turn 90+ w/ them.

So they develop strength (**BUT**..... **strength is finite**)..... They never develop that additional strength in a medium of ideal pedal-stroke mechanics.

You don't teach a pitcher to throw hard until he can throw strikes. You don't have a point-guard practice 3-pointers until he can make free throws. And you don't have a golfer swing for the greens until he can keep it in the fairway.

Point is: 'Neuromuscular efficiency' (*economy of movement*) **ALWAYS PRECEEDS** 'muscular strength'.

Can the use of the power cranks be infused into the training program? **Sure, I do this for about 33 athletes.....Sonni**