



Bike Fitting

Ensuring that the bike fits you correctly can, and will, help enhance performance. In some cases this can see a significant increase in power output thus leading to greater speed. Furthermore, a correctly fitted bike can help with the overall safety and comfort of the rider, whilst reducing the potential for induced injury due a result of a badly setup bike.

During the fit you'll undergo:

- A basic biomechanics and flexibility assessment.
- Assessment of the current setup with measurements recorded.
- Bike fit itself
- Evaluation of the new measurements with these measurements recorded
- An evaluation between the new and old measurements
- The development of a plan in order to help with the progression from the old to new measurements (By implementing this plan you'll reduce the risk of potential injury whilst the overall physiology of the body adapts to the new position)
- If required a progressive flexibility plan to help achieve your desired position
- A review of the fit will be required every 2 weeks (this can either be a visit or chat), with a revisit once a month until the fit is



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complete. The purpose of this is to evaluate the change in positioning based on the 'change plan', as well as any improvement in flexibility