



What Should I Expect after a Bike Fitting?

Rule#1: Your new position may require time for functional adaptation.

Rule #2: There is no exceptions to rule 1. A trap we can fall into is thinking we are the exception. You have spent considerable time and money to be here. Make the most of both by treating the fitting process as a periodization activity.

Efficient cycling requires the central nervous system to switch muscles on and off in precise and complex motor patterns. Our bodies adapt quicker to positional changes by cycling at low intensities.

- Repetition at a low load embeds these motor patterns
- You will adapt quicker at comfortable and consistent loads.
- Because the physical relationships between the contact points (seat, bars, brake levers and pedals) on your bike are no longer the same, your form, function and breathing must adapt
- You may feel strange and lacking in power over the next 2-4 weeks as muscles may fire out of sync
- A common description is “First week: weak and powerless. Second week: weird but comfortable. Third week: starting to get it together.”
- Ride as often as possible for the first 3 weeks but at low to moderate exertions, at heart rates no higher than 75% of your maximum
- Avoid racing, sprinting, hard efforts, intervals or steep hills
- After the fourth week post-fitting, ride as hard as you feel the need but do so with an emphasis on a stable pelvis, a relaxed torso and effective breathing
- Minor pains that diminish over a short period are/can be expected because your body is functioning differently
- If there is any pattern to the aches, or they get worse, contact us so we can address the issues as soon as possible
- Do not try and ride through chronic pain! The chances of these problems occurring are low but if you have any doubt or concerns, contact us
- We understand that position adjustments can be needed during training blocks. Stay in touch and let us know how things feel and focus on restructuring your form and technique

Remember:

- Your body adapts far faster and with less discomfort when subjected to moderate loads
- Be sensible and patient/we are not static/we change over time
- Perform the off the bike exercises diligently to expedite the adaptations

Thank you for choosing us for a fitting.

Regards,

Matthew Schieferstein