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How height affects your cycling // aka why people height dope in zwift! Yes, if you are taller CDA is worse, but what if you scale everything up, like-for-like. Does a tall **rider** still have a disadvantage?

The Physics of Cycling! A big thanks to all current and future patrons who are helping fund this **science** and filmmaking outreach via Patreon: ...

The Science of Riding a Bicycle - KQED QUEST Riding a **bicycle** might be easy. But the forces that allow humans to balance atop a **bicycle** are complex. QUEST visits Davis -- a ...

Cycling's speed secrets | The Economist In Olympic **cycling** the smallest of tweaks to the **bike** and the **rider's** position can make the difference between glory and failure.

Cycling Strengths: How To Create Your Rider Power Profile Do you climb like Chris Froome? Are you the local Mark Cavendish? Or do you power over the short climbs like Greg Van ...

How Important Is Drafting In Cycling? We take a look at the importance of drafting in **cycling**. What is it and why is it important? In summary, it can make a huge ...

How Much Does Body Weight Affect Climbing Speed? GCN Does Science We test how much difference 5 kilos makes on a 5km climb.

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Team Sky: The Art & Science Of A Team Time Trial | Vuelta A España 2016 Team time trials are the fastest and in a way the most technical stages of Grand Tours. We caught up with Team Sky before the ...

Science Behind The Suffering | Fitness Testing At The Sufferfest High Performance Lab The Sufferfest have pushed the boundaries of what is possible with training in the past few years, particularly creating programs ...

Should We Keep Riding Through the Coronavirus Pandemic? The Science With the outbreak of Covid-19 and the cancellation of any and all **cycling** events in the foreseeable future, how should we adjust ...

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