

FISHBOYS' IM DRAFTING CHEAT SHEET

(LEFT HAND DRIVE)
VERSION

STEVE had a particularly bad swim, but is an uber cyclist - he's @ 250 w and leaving this train to head up the road.

DAVE, bless his socks, doesn't have a power meter, is a bit excited and is struggling to pass. He's about to drop in on STELLEY which will piss her off. Don't be like Dave. (This move should be a penalty, but it's not)

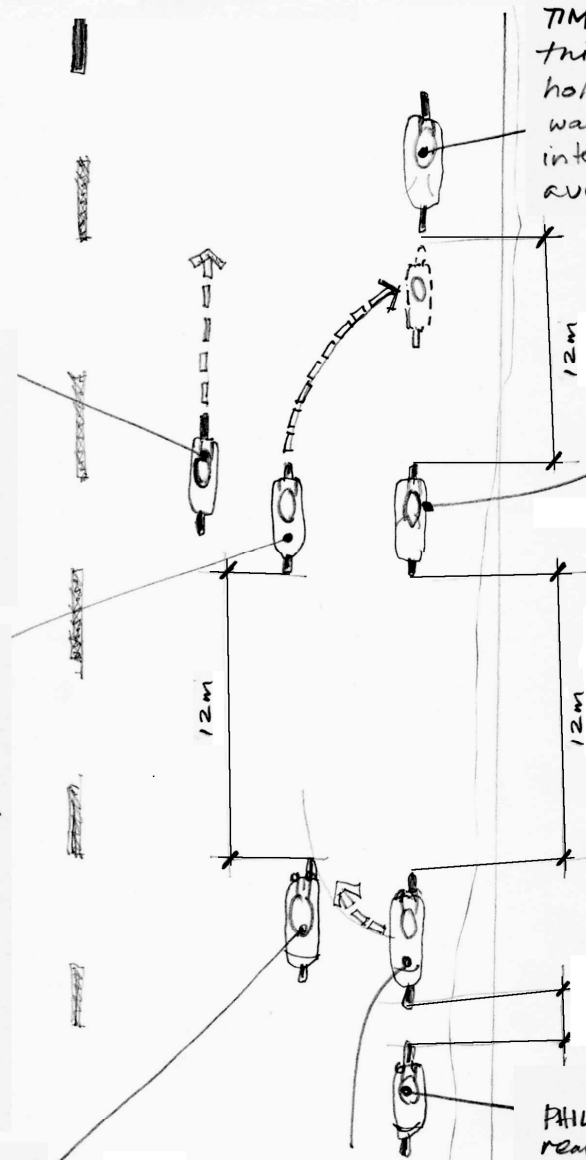
MARK is @ 200 watts but could handle a tad more. When Dave drops in (kook) he's going to do the right thing and ride to the front @ 230 watts then back off slowly to his desired average

BEN is @ 190 watts which is 30 watts less than his intended average. Once Mark is 12m ahead he'll come out and go to the front where he'll swap turns with Tim.

TIM is leading this hoe down holding 220 watts his intended IM average

STELLEY is @ 200 w her intended IM average... she knows she's saving 10% so she's staying put and not passing for now

PHIL (not his - real name) is a dirty stinkin' drafter - don't be like Phil



1M DRAFTING RULES *

IF you're drafting @ 12m

- 1/ - If you are over your intended average
- sorry this train is not for you.
- 2/ - If you are on your intended average
- stay put, don't pass - you won't make it stick or you'll have to drop in
- 3/ - If you are more than 10% below your intended average
- Sorry this train is not for you. You need to head up the road.

IF you're NOT drafting

- 1/ - Maintain your average intended watts
- 2/ - If a train passes wait for 12m separation then hop on.
Go to drafting rules.

* "Not really rules, more like guidelines" Captain Barbosa.