## Chainsets: explained

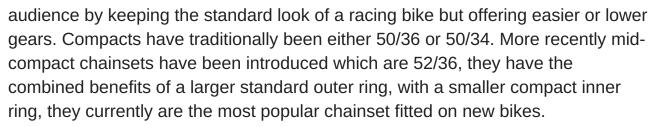


Chainsets have become a lot more flexible over the past 10 years with a lot of options now being available. A Chainset includes a crankarm and chainrings and are described by the number of teeth each ring has. A 52/36 for example has 52 teeth on the outer ring and 36 teeth on the inner ring. Most rings will have the number of teeth written in small numbers somewhere on their outer face.

A standard chainset for a racing bike is a 53/39 and this is still the set up of choice for most pro riders and pro triathletes, though is starting to change. With the advent of more people riding bikes compact chainsets were introduced, these opened up cycling

46/36 Cyc Shimano N set up for

46/36 Cyclo-cross Shimano Mid-Compact set up for Youth limits





Cyclo-cross chainsets fit into the compact and/or mid-compact categories. These are a 46/36 and are produced by most of the leading brands, Shimano, SRAM, FSA. They are an excellent choice for T2\*/T3 and Youth gear limits.

Finally there is '1x' (pronounced '1 by'). Chainsets in road cycling are still predominately all double ring set ups or what is becoming known as '2x' (2 by). However, 1x is becoming more and more common. Popularised by mountain biking and now cyclo-cross and gravel riding too 1x does have some relevance for young athletes as riders are generally not changing between front chainrings in races. However, our preference is that given double chainrings are still the most popular choice at senior level that young athletes learn to use a double chainring while they are developing.

Thankfully whatever set up you have can be adjusted to fit restricted gears. Please see What are my Options?