



Using an Indoor Training

Some riders complain that turbo training is boring. Any training can become boring if your attitude towards it is wrong. Indoor trainers are best suited to shorter, higher intensity sessions. Interval workouts in particular, that are broken up into manageable chunks, work well. Being indoors lets you concentrate 100% on the work efforts and the pain and boredom are relatively short lived.



Although effective and convenient, indoor training can be incredibly demanding both physically and mentally. The efforts during interval sessions can be lung searing and the mental boredom can make minutes seem like hours.

Location

Think carefully about where you're going to site your trainer. Intense indoor workouts require large amounts of focus and concentration so a location where you won't be distracted is preferable. Shut yourself away and make it clear that, if the trainer's whirring, you're not to be disturbed.

Try to find a location that allows you to leave your indoor trainer set-up and ready to go. The shed at the bottom of the garden might seem like a good idea but has it got power and will you fancy traipsing out to it in the pouring rain? Make sure the room is cool, well ventilated and has a hard solid floor. Garages can be perfect but, in the depths of winter, you may need to wrap up until you get going. A basement or ground floor room is the ideal but modern trainers are far quieter and if you site it on a rubber mat on top of some old carpet underlay, noise from vibration can be significantly reduced.

Make sure that the turbo trainer is lying level on the ground, so that the bike will feel right when you come to ride it. This may mean finding a suitable patch of ground in the garage or shed and/or packing one or more of the legs of the turbo trainer. This needs doing though, because riding a training bike that is leaning or rocking about, however slightly, can affect your concentration during the training.

Inspiration

Any inspiration to keep you pedalling or to squeeze a few more watts of effort out is great. Remind yourself of why you're doing the workout. Maybe a picture of a mountain col you're going to tackle in a foreign sportive, a race number from a win last season or, even a picture of you being pipped on the line by your rival

Preparation

Getting started is the hardest bit so make it as quick and easy as possible. Psyching yourself to get on the indoor trainer can be hard and it will only take a couple of minor obstacles to make you lose your resolve and knock the session on the head.

If you are using a turbo, think ahead and, if your last session was a ride on the road, set the bike up on the turbo after that session. If you are using a turbo specific rear tyre or old tyre, rather than going through the palaver of switching tyres every session, buy a cheap rear wheel and cassette specifically setup for the turbo.



If you are squeezing in a workout before or after work, have all your kit laid out and ready to go the night before. Have your shoes ready next to the trainer; have a water bottle cooling in the fridge

- **Fans.** Even in the coolest garage, once you start riding hard on an indoor trainer, you will start to overheat. This increases your rate of perceived exertion so, if you don't attempt to keep cool, you will be compromising the effectiveness of the workout. One, two or even three high powered fans can make a massive difference to your comfort levels and how you perform on the indoor trainer.
- **Check your bike over.** If you are using a turbo, it can be tough on your bike and you don't want to lose valuable training time due to failing equipment. As well as using a turbo specific rear tyre to avoid unnecessary wear to your road tyres, double check that your bike is correctly bolted on, using a specific rear skewer if necessary. Check the tyre manufacturer's recommended tyre pressure and inflate the tyre accordingly.
- **Hydration.** The fans will help but sweat streaming down your face and into your eyes can make indoor training intolerable. Make sure you have a towel to hand and wearing a sweat band can also make a real difference. Keep well hydrated and always have a bottle of water to hand when you are on the indoor trainer. Expect to get through 500-750 ml of water per hour.

Entertainment



On the indoor trainer, seconds can pass like minutes and minutes can pass like hours. Having some audio or visual entertainment can make a real difference. For steadier work, you can watch films or TV programmes but, when you're trying to put the hammer down, you can't beat some cycling race footage and some of your favourite tunes. There are also a number of companies who offer specifically designed indoor trainer films. These give workout cues, such as intensity and cadence, and often put you in the heart of a simulated race.

If you are watching a laptop or screen, especially on rollers, make sure it's directly in front of you. Keep it out of the way of flying sweat and consider wireless headphones to avoid annoying cables.

Afterwards

Afterwards check your bike for any mechanical issues and wipe down any sweaty residues. Reset the bike to how you expect to ride the next session; indoors or outdoors, turbo or rollers.

Final Thought

As an athlete, you need to determine what type of training your body will need to perform at the optimal level required for your main competition. Following interactive sessions and turbo sessions can help reduce the boredom, but might be the wrong training for you. Take the time to find what works best for you, so you can perform your workouts at your highest level.