



Workouts in a Binder for Indoor Cycling

Wes Hobson, Dirk Friel

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Indoor workouts on trainers and spin bikes are great opportunities to isolate weaknesses, work on drills, and more closely measure performance, but the preset courses of a stationary bike can quickly become boring. These spiral-bound, sweat proof workouts enable cyclists and triathletes to choose workouts geared toward their personal objectives, making indoor rides more interesting and productive. Each workout allows the athlete to use heart rate zones, perceived exertion, power levels, or a combination of methods to track performance and improve skills. The workouts are categorized by objective: endurance, force, speed skills, muscular endurance, anaerobic endurance, or power. The book can be used in conjunction with training plans for both triathlon and cycling and is the perfect solution for days when inclement weather threatens to cancel a ride.

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