

TTIPS VOL. 44/22 – INSIGHTS - How To Get Started Cycling Indoors -



Introduction

Hello fellow riders. This week's installment completes our series on bringing your ride indoors. The following article discusses four different methods. I've done all of them. As I mentioned last week, I currently use a smart turbo trainer that displays an virtual riding world on a screen as you "ride" through it. I like it because it engaged my brain and my body. I have, however, also set up my trainer in front of a TV and watched a movie or a good sports event while I pedaled.

You likely have heard of the Peloton indoor bike. Simply put, it's a stationary indoor trainer that connects to the internet and allows you to train on-line whenever you wish, and with other like-minded riders. Peloton offers fitness classes under the instruction of their employees who are, as far as I can tell, super-human athletes to press their students to their physical limits.

Anyway, there are lots of good options if you are interested. Take a look below.

Indoor Cycling: How to Get Started

Want to Cycle Indoors? Here are Four Ways to Get Started

Bikeradar.com / Charlie Allenby / January 7, 2021

Turbo Trainers



Smart trainers, such as the Wahoo Kickr, have changed the way cyclists ride indoors. Dave Caudrey / Immediate Media

Turbo trainers are the most common form of indoor trainer for cycling and have come a long way in recent years thanks to the introduction of power-equipped smart trainers.

All turbo trainers require the use of a bike to function. On entry-level models, the rear wheel rests against a cylinder and resistance is adjusted manually, while at the top end, the rear wheel is removed and your bike is connected to the trainer via a cassette.

This not only enables third-party resistance control (so resistance can be controlled via a training app, hence why it's 'smart') but also offers a more realistic ride quality and improved power measurement. Mid-range, wheel-on smart trainers are also available.

Indoor Training Bike



Indoor bikes take up a lot of space, but are always ready to ride and offer a wealth of training data. Reuben Bakker-Dyos / Immediate Media

For riders who have the space (and budget) for a dedicated indoor training bike, there are a number of models on the market that will leave you with a seriously high-tech piece of kit for your home.

In fact, a range of brands have launched a dedicated indoor training bike in recent years. Wahoo has the Kickr Bike (you can read our [Kickr Bike review](#)), while power meter specialists [Stages launched the Stages Bike](#) and [Wattbike has updated the popular Atom](#).

Indoor training bikes are inevitably bulkier than turbo trainers that can be packed away, but having a dedicated indoor machine set up and ready to go means you just need to jump on to start your workout.

Rollers



Rollers are ideal if you're short on space or are warming up before a race. Allan McKenzie / SWPix.com

Although they might look odd, [rollers](#) are essentially a self-propelled treadmill for the bike. Like turbo trainers, they require a bike to be used, but there's no installing a rear wheel or connecting the drivetrain to a cassette – simply pop your bike on the drums, get up to speed and ride.

Although great for improving your leg speed, core strength and balance (with nothing holding you and the bike upright other than momentum), it's not normally possible to adjust (or automatically control) resistance in the same way that you can with a smart trainer or indoor training bike.

Spin Class



Spin classes may not offer the same level of realism for dedicated cyclists, but they are extremely accessible. Shimano

Although not typically as focused or realistic as the other indoor training tools described here, spin classes are easy to sign up to and can help keep your motivation up through winter – especially if you’re new to cycling.

Most gyms will offer regular group spin classes, while higher-end boutique studios will include clipless pedals and sessions that target specific training techniques, such as HIIT and intervals.

Some even offer power-based training, replicating the type of targeted session you might complete on a smart trainer or smart bike.

Okay riders, I hope that you found that three-part series interesting? Ideally our weather would be sufficiently warm that temperatures in the low country will not drive you indoors. But, it does rain here, and if you are like me, you try not to miss a ride if you can help it. I set up my smart trainer in the garage when I need to cycle but the elements don’t permit. With the garage door open I still get my dose of fresh air. You should see the looks that I get from the neighbors

All right, that’s all for now. Until next time,

Make Every Ride Epic,

Darryl