

The not so secret secrets of surviving indoor training

Some days the weather or your personal schedule makes out-door training impossible. When you train indoors you still need to do your scheduled time and pace. Don't think that a shorter, harder workout is just as good; it isn't and may interfere with the fitness development you seek. Endurance training indoors can be boring and painful. Here are some clues to alleviate these problems.

Make it less boring:

- 1) Watch videos while riding: Action and slapstick comedy are good since you don't have to be able to hear clearly to enjoy. Cycling videos are great since they inspire you while they entertain (be careful on curvey roads if you train on rollers). As part of your training preparation, keep a list of movies you want to see so you don't have to waste a lot of time at the video store.
- 2) Listen to music or news
- 3) Get together with friends to train. Arrange for a group trainer ride in a garage. You are not alone. Lot's of other folks need a motivation boost too.
- 4) Break up the ride: For instance, ride forty minutes and then take a five minute break to drink, stretch, pee, change the CD, etc.
- 5) Do drills: pedal with one leg, focus on pulling up, do higher or lower cadence, zig-zag the heart rate from the top to the bottom of the zone and back.
- 6) Focus on breathing on schedule
- 7) Talk on a hands-free phone
- 8) Put a book rack on the bars and read
- 9) Put a book rack on the bars and put your key-board on it so you can pedal and do computer work
- 10) Learn to ride rollers

Make it less painful

- 1) Have a big, powerful fan and a good source of cold air, put a wet towel on your back if necessary to keep you cool.
- 2) Change positions frequently, including standing vs. sitting and changing hand positions.
- 3) Stay hydrated and fed
- 4) Boost the front wheel enough to make the bike level to relieve weight on the hands
- 5) Break it up
- 6) Make it less boring

Avoid it

- 1) Unless the ground is icy, train outdoors
- 2) Get lights so you can train in the dark
- 3) Get rain gear so you can train in the wet
- 4) Get warm stuff so you can train in the cold
- 5) If there is a storm predicted, reschedule your riding for the days before and after and schedule a lifting day or a rest day for the storm day.

Other clues

- 1) Fluid resistance trainers are much quieter than either magnetic or fan trainers. That makes them better for taking advantage of all the suggestions under "Make it less boring".