



Power Training. Powerful Results!
PEAKS COACHING GROUP

Name of Article: Training on the Indoor Trainer

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Cycling and Endurance Sport Training Information - Training on the Indoor Trainer

This is the time of year that many of us spend more time indoors than we prefer. With snow and ice covering many of our streets and byways, we either resort to the couch, cross training, or riding on the indoor trainer.

Many clubs attempt to provide motivation to starting base training this time of year. For those of you who wish to be flying in those May races, December is the time to be getting in that base training. I'm not going to attempt to cover all the available trainer options but instead, I'll cover some of the preparation you should do to be safe and easier on your equipment.

A good trainer is imperative. It should be reasonable quiet, unless you are in a secluded location that won't disturb too many people. Fluid trainers are quieter than wind trainers but select the best you can afford that meets your personal circumstances. Rollers are typically very quiet until you attach resistance units to them; then they get noisy also. There are other obvious concerns with rollers such as, where will you fall if you lose control/concentration?

When it's freezing outside, you'll need some form of heat in the location you select. If you're using a form of propane or kerosene heater, provide adequate ventilation. Breathing in large volumes of carbon monoxide won't be very productive. Many of these heaters are hot to the touch so make sure you won't fall into it if you have a mishap.

If the temperature is over about 60F (16C) degrees, you'll probably need a fan. I use one or two box fans to provide adequate ventilation. The more intense the effort, the more fans. Personally, I don't see a need for any speed but HI.

The bike and the surrounding area should be prepared for the ride. Ensure you have adequate nutrition and hydration products and then use them. Get a towel and have it in a handy location. If you use a drip towel to prevent frame rust and corrosion, put it on. If you think someone may call you, put the phone receiver/cell phone close enough to get it without interrupting the ride, if you just can't let it ring and answer it later. If you were on the road you wouldn't be answering it. Guess you just need to consider your priorities. Many riders have a beater bike to avoid additional stress to their race steed. Make sure it's setup the same as your race bike, road, CX, MTB, or track.

The rear wheel and tire take a lot of abuse. I suggest you get an inexpensive wheel and mount a cheap tire. This is a good place to put last year's rear cogset. The tire should be a hard rubber to

allow it to take the abuse that it'll be receiving. Those soft rubber tires, that hold so well in corners, won't last long on a trainer. Tires on trainers will develop a flat surface after just a few hours. Using that tire on the road will be dangerous in corners so don't use it outside. Higher tire pressure will preserve the tire tread, I use 120 PSI. Remember this when you're warming up on the trainer for a race. I use my training wheel, not my race wheel. Rollers are less abusive but will cause the same situation after sufficient time. If you're going to be off the trainer for a couple of days, release the roller tension from the back wheel. It'll develop a flat spot and won't ride comfortably the next time you get on the trainer.

Have a plan before you get on the bike. What are you planning on doing? Deciding once you start the ride is no more acceptable on a trainer than on the road. If you don't have a plan, either work one out yourself or, even better, hire a coach who can provide you appropriate workouts.

Prior planning and preparation will make for a productive session, if not a bit boring. Remember that what you do now will provide significant benefits in the spring. Procrastinate now and pay for it later.

*Don Russell is a USA Cycling Elite Level coach and a Peaks Coaching Group associate. Don will be heading our Phoenix camp in February in 2004 and is currently accepting athletes at all levels.

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