

# Chapter 1

## Introduction

### 1.1 Background

Cycling has been practised as a sport from as early as 1868 (Abt, 2022) and has only increased in popularity as more people seek ways to stay healthy and active with busy modern lifestyles. It is not uncommon to see many cyclists out on the road during early morning hours or late afternoon, trying to get their exercise in for the day. The modern city lifestyle is not without its drawbacks however, and this is especially true for someone who is passionate about staying active by cycling. Busy streets that are full of stationary and moving hazards have proven to be very dangerous for cyclists, especially during rush times when most people are commuting to and from work. Other factors, such as shortened days in the winter reducing the amount of time available for training, while cold weather keeps cyclists off the roads all together in many European countries.

Indoor trainers provide cyclists with the opportunity to train indoors in a safer and more controlled environment. This has revolutionized the modern cycling lifestyle, allowing cyclists to continue their training when it is too cold or dark outside. Although this has proven to be an acceptable solution to most competitive cyclists, it does not appeal to many new cyclists who are attracted to the excitement and social interaction of the modern cycling lifestyle, as indoor training can often be lonely and non-stimulating.