Smart cycling - successful training & racing for riders of all levels

Argo Pub. - Four smart trainer modes you might not know about

Description: -

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Mahrattas

Children: Grades 4-6

Juvenile Nonfiction

People & Places - United States

Bicycle racing.

Cycling -- Training.

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The Beginner's Guide to Indoor Cycling Training

Perhaps, even more, than you have felt in the past. This smart trainer works a little different compared to the other trainers reviewed. With shoe covers, look for a pair that provides insulation and shields your feet from the elements.

Winter cycling training tips: 10 helpful steps

The goal is to study the outcomes of your past races in their entirety. Start with the date you'd like your plan to finish — maybe a race or Fondo — work out how much time you have to play with, and then start to fill in the spaces.

Cycling Training, Computers, Nutrition, Apparel & Bike Accessories

Many long, slow and steady training adaptations use a blend of mildly and substantially higher intensity. How does the trainer work without touching your wheel? The big feature is the side-to-side movement that really gives you the feeling of riding on the road.

The Beginner's Guide to Indoor Cycling Training

For some nitty gritty details, this trainer is compatible with most, but not all wheel and hub sizes. To sum it up, a smart trainer makes indoor riding more fun and productive. Shop accessories to make your indoor cycling season a success or best-in-class safety gear once the weather is ready for you to hit the open road.

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