We all know how boring indoor training can be, yet it is a necessary part of most people training regimes. Be it because of the weather, the traffic or just the necessity to get a quality session done in a controlled environment.

Indoor training works, but how do we make it more enjoyable and overcome the boredom to push ourselves to new limits.

IndoorWorx. That’s how.

IndoorWorxis an online video streaming application that streams real training videos from the internet, to be used whilst training indoors. Sessions can range from group training rides, intervals sessions, time trials, triathlons, track sessions, the list is endless. Power and/or HR profiles will show the levels that you should be working in.

**Experience Indoor Training like never before.**