



Indoor Cycling Benefits for Competitive Cyclists

Presented by Troy Jacobson

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Summary: For years, top professional cyclists and triathletes have utilized the specific and focused nature of indoor training to achieve better results. This lecture bridges the gap between indoor and outdoor training, explaining how to develop a training plan targeting the competitive cyclist and multisport athlete.

Introduction

Overview of Basic Training Terms and Principles

- Specificity
- Periodization
- Overload

Benefits of Indoor Training for Competition

- Focused and efficient
- Repeatability
- Safety
- Improved effectiveness

Performance Testing Overview

- Methods
- Field testing
- Monitoring

Training Program Development and Coaching

- Goal setting
- Strategic planning
- Scheduling
- Reviewing results

Translating Indoor Training to Outdoor Performance

- Technique concerns (climbing, cadence, pedaling form, etc.)
- Gear selection awareness
- Road riding/racing strategy

Coaching 101

- Coach/athlete relationship and interaction
- The business of coaching

Coach Troy is the creator of the Spinervals Cycling DVD series. For more useful multisport training articles, videos and podcasts, please visit www.CoachTroy.com. Thank you for your time and attention and good luck!

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