



## Workouts in a Binder for Indoor Cycling

By Wes Hobson, Dirk Friel

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**Workouts in a Binder for Indoor Cycling** By Wes Hobson, Dirk Friel

Indoor workouts on trainers and spin bikes are great opportunities to isolate weaknesses, work on drills, and more closely measure performance, but the preset courses of a stationary bike can quickly become boring. These spiral-bound, sweat proof workouts enable cyclists and triathletes to choose workouts geared toward their personal objectives, making indoor rides more interesting and productive. Each workout allows the athlete to use heart rate zones, perceived exertion, power levels, or a combination of methods to track performance and improve skills. The workouts are categorized by objective: endurance, force, speed skills, muscular endurance, anaerobic endurance, or power. The book can be used in conjunction with training plans for both triathlon and cycling and is the perfect solution for days when inclement weather threatens to cancel a ride.

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## **Workouts in a Binder for Indoor Cycling** By Wes Hobson, Dirk Friel Bibliography

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## **Editorial Review**

From the Back Cover

**Here is an entire book devoted to making indoor rides more interesting and productive for cyclists and triathletes. You'll find 60 workouts and 6 training plans packed into this compact, sweatproof format.**

Indoor workouts on trainers and spin bikes are great opportunities to isolate weaknesses and work on drills. Each workout in this binder allows you to use heart rate, perceived exertion, power output, or a combination of all three methods to better track your performance. Focusing on particular skills is easy because the workouts are categorized by objective: endurance, force, speed skills, muscular endurance, anaerobic endurance, and power.

Whether you incorporate it into your training plan periodically, build an off-season program around it, or just use it when the weather won't cooperate, *Workouts in a Binder for Indoor Cycling* will renew your purpose and enthusiasm for indoor rides.

About the Author

**Dirk Friel** is a USA Cycling-certified expert level coach. Dirk raced in the pro ranks from 1992 to 2002 and his accomplishments include top ten placings in both the U.S. pro road and criterium championships.

**Wes Hobson** has enjoyed a long and accomplished career as a professional triathlete. A member of the U.S. national team from 1997 to 1999, he was the bronze medalist at the 2000 ITU North American championships. He is a former U.S. Olympic Committee Triathlete of the Year.

## **Users Review**

**From reader reviews:**

**Irma Kellner:**

Nowadays reading books become more and more than want or need but also become a life style. This reading behavior give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The knowledge you get based on what kind of guide you read, if you want get more knowledge just go with education and learning books but if you want really feel happy read one along with theme for entertaining such as comic or novel. Typically the *Workouts in a Binder for Indoor Cycling* is kind of publication which is giving the reader unpredictable experience.

**Tyrone Hogans:**

Why? Because this *Workouts in a Binder for Indoor Cycling* is an unordinary book that the inside of the guide waiting for you to snap it but latter it will jolt you with the secret the idea inside. Reading this book beside it was fantastic author who else write the book in such wonderful way makes the content inside of easier to understand, entertaining means but still convey the meaning completely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of gains than the

other book get such as help improving your skill and your critical thinking technique. So , still want to hesitate having that book? If I were being you I will go to the publication store hurriedly.

**Sara Matthews:**

This Workouts in a Binder for Indoor Cycling is brand-new way for you who has fascination to look for some information mainly because it relief your hunger info. Getting deeper you onto it getting knowledge more you know or else you who still having little bit of digest in reading this Workouts in a Binder for Indoor Cycling can be the light food for you because the information inside that book is easy to get by anyone. These books build itself in the form and that is reachable by anyone, yep I mean in the e-book application form. People who think that in guide form make them feel drowsy even dizzy this guide is the answer. So there is no in reading a book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the item! Just read this e-book sort for your better life as well as knowledge.

**William Hayes:**

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