Table of Contents

Prologue	iii
Chapter 1 – Reasons for Training Indoors	1
Chapter 2 – Types of Indoor Cycling and Trainers	6
Chapter 3 – How to Train Indoors	20
Chapter 4 – Indoor Training Workouts	31
i. Recovery Workouts	36
ii. Leg Speed Workouts	38
i. Endurance Workouts	40
ii. Tempo Workouts	44
iii. Threshold Workouts	47
iv. Anaerobic Workouts	60
v. Strength and Power Workouts	80
Bell Lap	84