

SPORT



REMAINING TIME
23:46

0.62 KM
126
5.2

ALL OUT

rpm: **76**
watts: **212**



DISTANCE
5.98

PAUSE
STOP

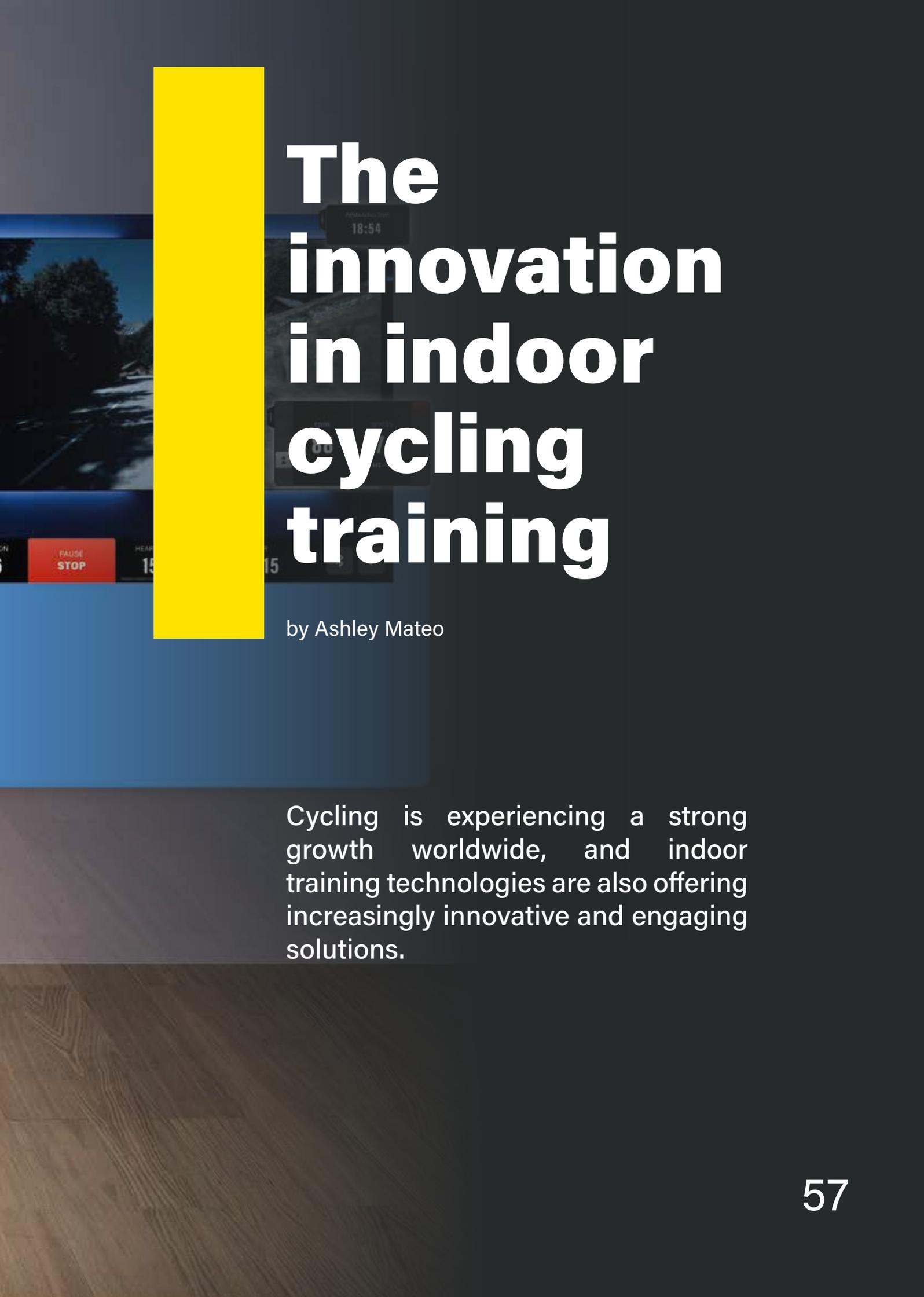
HEART RATE
152

% DRAG
100

HOME
SETTINGS

SPEED
24.8

ELEVATION
246



The innovation in indoor cycling training

by Ashley Mateo

Cycling is experiencing a strong growth worldwide, and indoor training technologies are also offering increasingly innovative and engaging solutions.

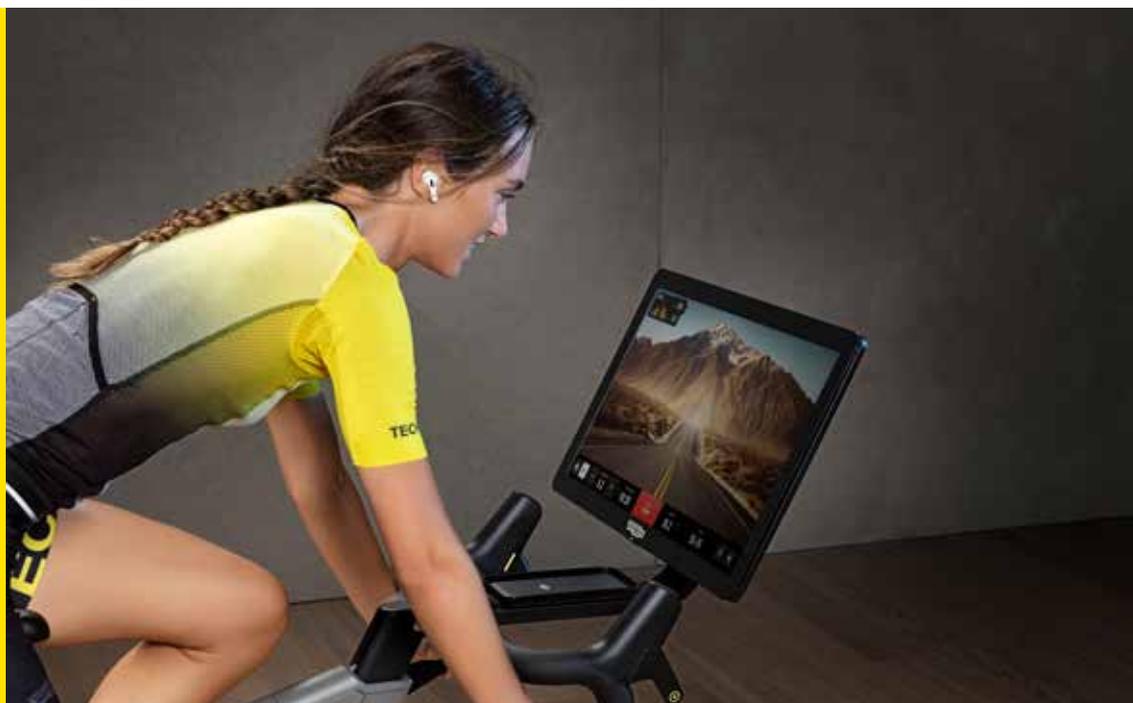
As a **cyclist**, there's no way around it: some of your training is going to have to take place **indoors**. When the temperature drops and the days get shorter, riding out in the elements can be a miserable (if not dangerous) experience. But cycling in place—literally spinning your wheels while staring at the four walls of your bedroom/living room/basement—can be equally un motivating.

Over the past few years, though, technological advancements have changed the way cyclists approach indoor training. And it's bringing more and more new riders into the fold: The global indoor cycling market is expected to increase in sales by **5.7 % by 2026**, industry data shows. With connected machines, immersive video footage, and advanced mechanics, indoor bikes like the **Technogym Ride** can help cyclists gain speed, strength, and endurance no matter the conditions, so they're set up for success when they head back outside.

You could break your road bike down and set it up on an indoor trainer, but that whole process is a hassle. And why should you, when today's indoor bikes feel more like "real" bikes than ever before? The Technogym Ride's **V-shaped frame structure** was designed based on outdoor bike geometry and fits sizes 50 to 58-plus, with adjustable pedal cranks that can be set into three positions and the option to adjust the saddle height, saddle position, and front height for a proper fit.

The bike is also equipped with a real gearbox **to better simulate the feeling of riding outdoors** (you can opt for a 1x or 2x drivetrain set-up) and can go from 0 to 1000 watts in half a second, which is probably faster than you could ever manage on your road bike. Gradient and resistance adjustments are controlled from the console, but "Fast Buttons" allow you to easily access various training modes (including constant power, incline, and FTP percentages).





It's not just the feel of the bike that simulates riding outside; with Wi-Fi, Bluetooth, and ANT+ connectivity, high-tech indoor bikes can **transport you to real and virtual destinations**, or immerse you in a totally different cycling experience to distract you from your own pedaling. On the Technogym Ride's **tilting 22-inch HD screen**, riders can stream Netflix shows and YouTube videos as well as live sports, event coverage, and more on Eurosport and The Global Cycling Network. Plus, it offers direct access to cycling apps like Zwift, Strava, ROUVY, TrainingPeaks, Kinomap, Bkool, and more via the touchscreen. A Technogym account stores all your preferences and automatically syncs your rides to those third-party apps so you can stay on top of your progress. Plus, you can pair your Apple Watch or Samsung watch to the machine via NFC.

If you think streaming is a ticket to zoning out in the saddle, think again: watching TV made exercise more enjoyable in research published in *Journal of Sports Science and Medicine*, and in a virtual reality scenario where cyclists competed against an avatar set to go two percent harder than their personal best, they were actually able to beat the avatar and the PBs, a study from *Northumbria University* in England determined. Having something to look at (whether that's a live cycling event or a gamified virtual riding competition) can **increase your awareness, concentration, and effort**—all of which can improve your performance.

Even if you don't use virtual training platforms, Technogym Ride's built-in content can help you **train smarter, not harder**. (For what it's worth, indoor cycling is harder mentally while outdoor cycling is harder physically, according to a study in *The Journal of Strength and Conditioning Research*.) Choose from studio-style, instructor-led workouts; custom workouts driven by specific wattages; and training **sessions** set along dozens of virtual routes teach you how to tap into the proper power zones and to properly use the gears to climb some of the gnarliest hills. And real-time analytics that go beyond speed and distance, like **Pedal Printing** technology that shows you the circularity and symmetry of your pedaling stroke at the different gear ratios, can help you improve your efficiency so that fluidity comes naturally when you're back on the road.

You can also download the **Technogym App** to participate in exclusive TNT (Technogym Neuromuscular Training) programs, developed by the Technogym Research Center to improve both metabolic and neuromuscular qualities. Translation: These multi-week programs help you use your time in the saddle more efficiently or hone in on specific training variables (like power, duration, cadence) to enhance your performance.

Riding indoors is no longer something to dread. Instead, it's **something to get excited about**—and, with the right tools, something that can help take your outdoor performance to the next level.