



# Solent Pirates

## Youth Cycling Club

### Solent Pirates Handout

#### Turbo vs. Rollers

We have recently been asked by a number of parents about indoor 'trainers' and what to buy or use for young riders. Even in the lovely summer weather, young riders may find 'indoor' riding safer and easier to ride without leaving the house for any number of obvious reasons. Here is our view . . .

#### Turbo's

##### Pros

- Easy to use & generally better for doing interval training (therefore not so relevant to under 14's).
- Very stable and easy to use without much thought.

##### Cons

- Too easy to use. The stability means your body doesn't get a core muscle work out and you don't have to think about pedalling technique or smoothness.
- Tyre wear & noise (unless you have a fluid trainer).
- Boring because you have little to think about and no technical challenges.

#### Rollers

##### Pros

- More like road / track riding
- Will give you a 'pro' skill for warm ups.
- Less stressful for your bike.
- You have to concentrate and therefore most riders find this helps the time go quicker.
- Controlling the bike underneath you gives core muscles work.
- Genuine technical improvements in handling and pedalling style.

##### Cons

- It will take some time and patience to become confident.
- Entry level rollers don't come with variable resistance (really not a problem for most riders).

#### Winner?

For youth riders we would recommend rollers as they will improve your pedalling form and balance leaving them better riders for their efforts. Riders who use indoor riding for very intensive efforts will find using a turbo better but should consider using both depending on the workout.