



TRAINING

by Lisa Evans

(above) Powerwatts works with top Pros such as the former Team SpiderTech p/b C10 riders to regular athletes.

(facing page) Real Deal Racing is growing fast, now with five locations in Ontario, and also hosts indoor time trials as well.

Remember the days when spinning was the only way for cyclists to stay in shape during the winter months? Whether you're training for a big race or charity ride in the spring, or simply looking to improve your cycling skills, a variety of programs are now available that offer great ways to stay fit and improve your performance on the bike, while the snow's still fresh on the ground.

Today's indoor cycling trainers can monitor your cadence, heart rate and wattage, providing real-time feedback on your performance. These systems allow you to train smarter and become stronger, faster and more efficient, meaning your goals of returning to the road in the spring as a better cyclist can be greatly enhanced.

We took a look at five training studios, each of which offers something different for off-season training programs.