



FIT FOR LIFE

# In for a spin

After resisting for 17 years, Carol Westmorland discovers the joys of Turbo Training

It sounded so familiar. The brush off. The "I can't do that because...". The person listening nodded, having not heard it before. The person saying it had, and worse than that they had heard it said for 17 years!

Could it really be 17 years? Well, yes it could. And, after 17 years of having a 'can't do' attitude, that person - me - at last heard how hollow the words were that were being said.

Turbo Training, to the uninitiated, sounds ferocious. A turbine-driven, forced induction device that increases an engine's (you) efficiency and power by forcing extra air into the combustion chamber (your lungs).

None the wiser? Didn't think so. It really is rather simple. You fix your normal road bike (the one you use in the better months) - using a clamp to secure your wheel - to a turbo trainer, allowing you to pedal away indoors. You can even watch telly. Going nowhere, the frame holds you and your bike in place and keeps everything stable.

Get the right one and it is quiet and feels like you are riding on the road. Of course, you can never replace the real thing. If you buy one with fluid resistance, the faster you pedal the harder it gets. Which, after all, is the idea - you are still training.

Should you really fancy some bling, then you can go high-end. You can go all virtual reality, feeling incline as you ride or road-like movement that forces you to use your core muscles. Amazing. Well, I think so.



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So why did I put up such resistance for all those years? Mainly because I associated it with pain. While nursing a broken elbow, I attempted to train on one and it was such a miserable experience that I vowed never to go near one again and, unbelievably, that lasted for 17 years.

The last week has been an awakening. Gazing at the thick snow and ice I can spin to my heart's content knowing I am not at risk of crashing.

It is the easiest solution to the winter months of cycling. But it is more than that. It is simplicity. Something I love. I am very grateful the penny dropped.

Carol Westmorland lives in the Eden Valley. She is a Cycling Time Trials national champion, clocking up 445 miles in 24 hours. She also teaches pilates. [www.pilates-cumbria.uk](http://www.pilates-cumbria.uk)