

## An Alternative Way to Workout on a Bike in the Winter

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**ABSTRACT:** At the end of the season, the question arises for many cyclists and amateur athletes: how not to lose the shape earned over the summer and not start all over again at the beginning of the next season? Beyond that, many simply wish they could add more physical activity and sports to their lives during the cold season. An excellent solution in such a situation would be a bike rack.

**KEYWORD:** workout, bike, cyclist.

With the onset of winter, cyclists face a problem: they need to somehow survive the winter and not lose shape. Dress warmly and ride in the snow? Go to the fitness center and spin the exercise bike? Or buy a bike rack?

Skiing in the snow in winter is a good option. MTB, the right clothes, the right tires and you can train. But not everyone loves it.

An exercise bike from a fitness center is a bad option for a cyclist. The landing is completely different, which means no imitation of cycling.

A cycling machine or a turbo trainer is the right option for a cyclist, triathlete and cyclist.

It is on such devices that cyclists are engaged when there is no way to go on the highway or leave for the winter in Thailand.

Bike racks are relatively lightweight and compact devices, thanks to which you can train at home at a convenient time for you on your own bike, in a familiar fit. It can be quickly dismantled, folded and put away, when folded it takes up quite a bit of space. Most machines are equipped with a load control system. The machine allows you to train with the same effort and cadence as on the track, without being distracted by cars and other road nuances.

All bike racks can be divided into two types:

Rollers are the simplest machines in design. Represent a frame on which 3 wide rollers are placed. By itself, such a machine does not give the proper level of resistance, it comes only when a higher gear is selected. This machine is not intended for power training, but it is great for light aerobic exercise, as well as for working on balance and pedaling technique.

Trainers are a design for the rear wheel of a bicycle with a special pressure roller, which creates resistance to the rotation of the wheel. Such a machine allows you to adjust the resistance, as accurately as possible simulating the ride in real conditions. The only small change that is recommended to be made to the bike is to

install a special wear-resistant tire for such bike racks. It will reduce the noise level during training and will last much longer than usual.

There are three types of trainers: with air, magnetic and liquid resistance. The most popular type are magnetic trainers. They have a good range of resistance levels, are reasonably priced, and are less noisy than air machines. The resistance in them, as you might guess, is created using a magnet. The level of resistance can be adjusted with a special shifter, which is mounted on the steering wheel. Such a trainer can provide you with a variety of workouts and perfectly simulate driving at high speed.

It is worth mentioning the direct drive bike racks - they have their own cassette and are placed instead of the rear wheel. Direct drive machines are much more technologically advanced, but also cost much more. They are very quiet and create a feeling that is as close as possible to street pedaling.

- Where is the best place to put a bike rack and how to prepare a place?
- The room should be ventilated, but without drafts.
- Cycling indoors is VERY hot. On the street it is not noticeable, but indoors you will not be blown by the breeze. Install a fan to circulate the air, just make sure that it does not pick up cold air from an open window.
- There will be a lot of sweat! Therefore, be sure to lay a towel on the frame, put rags on the floor so that you do not have to change the laminate soon. In stores, you can buy sweat protection for a bicycle, but rags on the floor will still not be superfluous.
- Remove pets from the area where you exercise. If the little animal wants to see what is buzzing there, then this can end in failure. Although, our cat never pays attention to bike racks, even avoids it.
- The machine makes noise. Rescues a tourist rug or a special rug for bicycle stands.
- Since the rear wheel will be raised, the bike must be leveled. For this, there are supports under the front wheel.

You need to do something to keep your brain busy. Not everyone can turn the bike rack in silence for an hour. Some are even 20 minutes short. Film, music, audio books, broadcasts of the Tour de France, cross-country skiing, biathlon will help you train without pain or reduce them. Many cyclists install special applications where cyclists compete in the virtual world, controlled by real people in bike racks. We will talk about this below.

Preparing the bike for training on the machine

Tires. In the trainer, rubber wears out quickly. Therefore, it is better to replace expensive rubber. On sale there is a special rubber for bicycle machines, but you can get by with the usual one.

We buy cheap tires and run them.

Heart rate monitor with bike sensors or bike computer. At a minimum, you need a regular heart rate monitor to track your heart rate, but better with sensors for a bicycle: cadence, speed, power.

## Relevance

Benefits of cycling training

- You can train at any time of the year, in any weather;
- The bike rack allows you to maintain excellent shape all year round, not only to keep the results acquired over the summer, but also to increase them over the winter;

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- Save time: you do not need to spend time on fees, preparing a bike, driving on busy roads;
- Safety: at home you are not exposed to any risk, in contrast to the races on the track;
- Concentration on training: when performing intervals, you do not need to think about cars, the road and other nuances;
- Availability: the machine is always at hand, any freed up time can be spent with benefit.

## Cons of a bike rack

- Boredom and psychological stress. Sitting in one place and pedaling is another torment. It is much more pleasant to roll with a breeze and a changing picture before your eyes.
- Loss of maneuvering skills. The skill of controlling a bicycle, entering turns, working in a dense stream of cyclists at the starts is lost.
- Imitation far from reality. The bike rack is just a substitute. It does not imitate a headwind, high-speed descents, does not require vigilance.

Thus, having bicycle stands in your arsenal, you can not only not waste the form acquired during the cycling season, but save it and even improve it!

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