



# Outdoor power cycle use

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Many cyclists experience a discrepancy between their indoor and outdoor power output. While some may see higher numbers indoors, others struggle to ...

Why is there a difference between the power you can put into the pedals outdoors than the power indoors? The difference between indoor cycling ...

One of the most common questions we receive here at TrainerRoad is whether you need to adjust your FTP between indoor and outdoor workouts. The short answer is no, as FTP is rooted in physiology ...

Discover the advantages and limitations of indoor and outdoor cycling: physiology, motivation, practicality, and tips on how to combine both effectively.

Follow these coach-approved tips for making the transition from indoor cycling class to outdoor cycling super seamless.

Indoor maximal mean power outputs and critical power are lower indoor than outdoor, so they can't be used interchangeably. The decrease in ...

Cyclists who train both indoors and outdoors will be acutely aware that it often feels harder to produce power indoors vs outdoors, so let's dive in to understand exactly why that might be.

Are you comparing to outdoor intervals or outdoor hard rides? Part of indoor intervals is building mental toughness for me, whereas outdoors cranking up a large climb is more inherently motivating.

This article contains Jacob's answers to questions related to indoor and outdoor cycling taken from a longer podcast.

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