

C2Triathlon

BIKE, TRAINING

ROAD BIKING AND A FEAR OF CARS

2015-07-24 | CLENTZ | LEAVE A COMMENT

You've signed up for a triathlon, and you need to start putting some serious bike miles in. The road is an attractive option except for the metal mammoths hurling past you at upwards of 50 mph.

I get it. I've been there.

The good news is that you don't need to go on the road, especially if you're training for a sprint triathlon. Find a park or a school or even a corporate office complex. Ride trails or ride loops around buildings once employees have cleared out. Get creative and you can find ways to train on your bike without facing cars.

For first-timers, training on the bike is more about getting *comfortable* on the bike. Once you start training for your first Ironman, your needs will change. For now, if you're afraid of cars, avoid them. There are creative solutions out there.

Stay safe and train smart.



Tweet