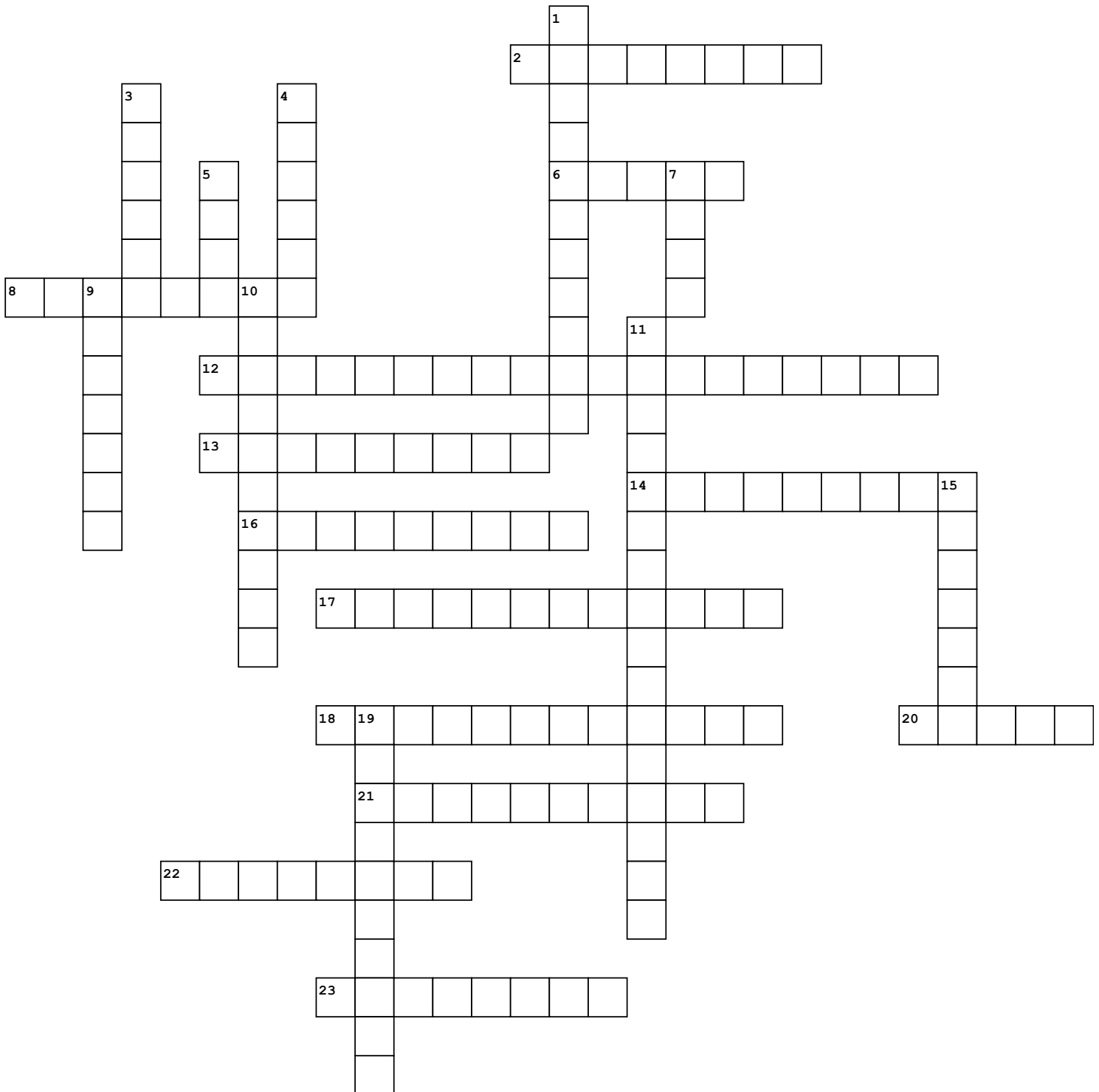


Indoor cycling crossword



Across

- 2. A rotating mechanical device that stores rotational energy in spinning
- 6. These trainers require better technique than stationary bicycles

Down

- 1. An isotonic sports drink contains these
- 3. A group of fibers which when injured can have symptoms that form a stinging sensation above or

8. Increase this resistance setting to improve your explosive 'hill' power
 12. When measuring exercise intensity, what is TSS?
 13. What leg muscle are the antagonist to the quadriceps in the pedal stroke?
 14. This specific race format is prepared for by long interval training
 16. This pain killer alters kidney function & can cause damage in endurance sport - such as 12 hour cycles
 17. A benefit of improved cadence
 18. A condition that can occur in pro cyclists because of no weight bearing exercises
 20. A high pace steady state cycling workout
 21. What HR zone is commonly associated with 55-65% of your maximum?
 22. Type of ride which is measured as 65% of MHR and features as a rest period in interval training
 23. Weight bearing exercise to improve power output from the hips
- outside the knee joint. Associated with repetitive exercises such as cycling & running
4. This form of training should be incorporated in cyclist's schedules to improve bridging gaps, initiating breakaways, attacking on short climbs and accelerating out of turns during criteriums
 5. Muscle group that provides a solid base of support for efficient power transformation to the pedals
 7. In endurance sports such as cycling, this condition is caused by the depletion of glycogen stores in the liver
 9. VO2 max is a measurement of fitness for a physical exercise depending primarily on what energy-generating process
 10. Adjusted power indicator that quantifies the power of a ride in watts and which reflects the true physiological demands better than average power
 11. A key tool to spot overtraining, analyze effort/performance, bring objectivity to a fitness program through zone training
 15. What metabolite is associated with the 'burn' whilst testing for functional threshold power
 19. Training videos which are often cited as big motivators for indoor cycling