

Title: Outdoor power cycle use

Generated on: 2026-02-28 19:27:09

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Is there a difference between indoor cycling power and outdoor power?

Total Access. Why is there a difference between the power you can put into the pedals outdoors than the power indoors? The difference between indoor cycling power and outdoor power tends to be more pronounced with shorter, higher-intensity efforts, especially when you're out of the saddle. The reason why comes down to a few different factors.

Should I take my indoor cycling power zones outside?

If you try to take your indoor cycling power zones outside or vice versa without knowing the difference, your workouts will be either impossibly difficult or wastefully easy, neither ideal.

Why do cyclists produce more power outside than indoors?

Studies have shown that cyclists often produce more power outdoors than indoors. Factors like air resistance, momentum, and psychological elements play a role in this difference. For instance, a study found that competitive cyclists produced between 11-23 watts more when training outside compared to indoors.

Do cyclists see higher power numbers outdoors or indoors?

While most cyclists see higher power numbers outdoors for big, out-of-the-saddle efforts, many will also see lower power numbers indoors for sustained, seated efforts.

These days, it's not just about indoor or outdoor training, but how to make the most of both. Use structured workouts indoors for intensity, and spend time outdoors for longer, steady ...

Learn more about the benefits and differences of indoor vs. outdoor cycling workouts and how to get the most out of each type of cycling.

Many riders use a crank or pedal-based power meter during outdoor rides and an ergometer (i.e., smart trainer) indoors. Although manufacturers boast about the accuracy of their ...

We explain the benefits of indoor versus outdoor cycling and all the advantages you gain from adding both to your schedule.

One of the most common questions we receive here at TrainerRoad is whether you need to adjust your FTP

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between indoor and outdoor workouts. The short answer is no, as FTP is rooted in physiology ...

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Key Takeaway: Indoor vs outdoor cycling each offers unique benefits: outdoor rides boost power output, calorie burn, and mental well-being with fresh air and varied terrain, while indoor ...

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

Why is there a difference between the power you can put into the pedals outdoors than the power indoors? The difference between indoor cycling power and outdoor power tends to be more ...

Getting better isn't as simple as doing more power on the bike. Being successful on the bike is multi-faceted - can you distribute power while pedalling, while following a wheel, etc.

The main take-away from this study is that indoor and outdoor power is not interchangeable. As such, it is probably wise to consider doing new power tests whenever changing ...

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