

TRY SPEEDSKATING !

Benefits for cyclists:

- Speedskating develops muscles in the entire upper leg, rear end, hip, and lower back. Skating works leg muscles for longer time intervals and through a greater range of motion than pedal strokes restrained by cranks.

- It is WAY more fun than lifting weights!

- Anaerobically, skating was found to be more beneficial than both running and cycling. Unlike cycling, skating more fully develops hamstring muscles, and unlike running, there is no pounding of the joints in your legs.

After just two minutes in the skating position, your thighs will be burning up. The race distances are typically between 500 - 1000 meters, so these are nearly all-out anaerobic sprints lasting as short as 50 seconds. This definitely gets the adrenaline going!

- It is also a great aerobic exercise. . . there is no coasting down hills!

- There are complementary racing strategies: Drafting, pacing, and sprinting strategies are all similar to cycling.

- This is a great sport for the entire family, we have several families who skate with their kids during these sessions --There aren't too many sports like that. There are all ages of people on the ice ranging from 5 to 75 years old.

- It is WAY more fun than lifting weights! Did I mention that?

Free Intro Lesson

Downtown

Details at:

Skates Provided

Pan Am Plaza

www.IndySpeed.org