



Bring Your Own Bike

Train with Power

Try us for FREE

Kendal's Dedicated Cycling Gym

What is Mapdec?

The name is a relic of an evolving cycling business. In 2011 we were a single product website and mad keen Adventure Racers and Cyclists. Mapdec Cycle Works now offers a unique place for cyclists to train, to learn more about their bikes and their body, and to service and repair their bikes.



Gym



Workshop

Who is Mapdec for?

Our gym is suitable for all cyclists over 16, of all abilities and backgrounds, with any aspirations to improve. Road, Mountain Bike, TT, Track riders are all welcome. Whether you want to get stronger, faster, fitter and faster we can help.

How does the Gym work?

You simply book and pay online at www.mapdec.com for just £6.50 a session. You can buy a regular users discount card and we will refund any bookings inside 24 hours. We only have 12 cycle trainers, so booking for evening classes is essential, and we have made it as easy as possible to book and checkout. You can pay with PayPal, Amazon, ApplePay or any Card in just a few clicks. You can use the gym during the day too. More info on that below.

How do I get started for Free?

Just get in touch and let us know what session you want to attend. We will book you on manually. Then just arrive 10-15 mins early so we can get you set up. This includes FTP assessments and solo sessions.

Functional Threshold Power (FTP)

Because our cycle trainers have the ability to measure your power output we refer to this term a lot. It is defined as the greatest maximum power you can currently produce for one hour on your bike. FTP (Functional Threshold Power) is without doubt the most important and useful metric we can use to measure and assess a cyclist's performance.

It is important because we can use it to set precise and personal training zones so that you always get the maximum gains from your time. It also ensures that everyone of all abilities and fitness can train together.

Why is testing and training to FTP important?

It prevents under training and over training.

Under training means you don't push yourself enough, and your fitness won't improve. Over training means you push too hard, prolonging recovery and fitness gains, and increases the risk of injury.

Your FTP score provides you with a marker of how your training is going. Think of it like this. If you went to a fitness class and were asked to do 20 press ups, but you could only do 5, you would probably injure yourself by churning out the other 15 with poor technique, it wouldn't be fun and would gain very little. An FTP score is like being able to tell the whole class exactly how many press ups each individual should do, based on their own maximum number of press ups. If you can do 5, you keep doing 5 until you find 5 easy, and then try 6, and so on.

With your FTP score set into our system an hour long session will present you with resistance on the cycle trainer as a percentage of your FTP. We usually do a warm up at 40% and work through sets of efforts and recovery. We might train at 70% - 95% of your score to build your fitness, and do short sets up to 120% to train your body to react to a greater load and gain fitness.

What does an FTP assessment involve?

Though an FTP is a measure of your power over an hour we test it in just 20 minutes. We conduct a controlled and steady warm up of 35mins to get your body ready for a maximum effort. During this time we coach you on the data dashboard and your pedal technique. We then conduct a short calibration spin down of the cycle trainers and take a short comfort break. After that we have a 20 min maximum effort, that we will help you to pace effectively.

We then take your data and subtract 5% to determine your hour effort, and this becomes your FTP score.

How do the cycle trainers work?

We have chosen to use the very latest in turbo trainer technology. The Neo is a 'Smart' trainer from a company called Tacx. You simply remove the rear wheel from your bike and it on to the Turbo Trainer that has pre installed gear cassette ready and waiting. We show you how to do this on your first visit, and we always check it is correct.

The Tacx Neo (pictured) measures and transmits your Power and Cadence data over Bluetooth and ANT+ to our computers. Our software churns your data and displays it on a dashboard at the front of the class.

The computer also controls the resistance you feel depending on your FTP.





The Dashboard

All of your data is displayed on a personal dashboard on the 3 large screens at the front of the gym. When you book online you will enter the studio to see your name assigned to a dashboard number. Simply attach your bike to the corresponding cycle trainer.

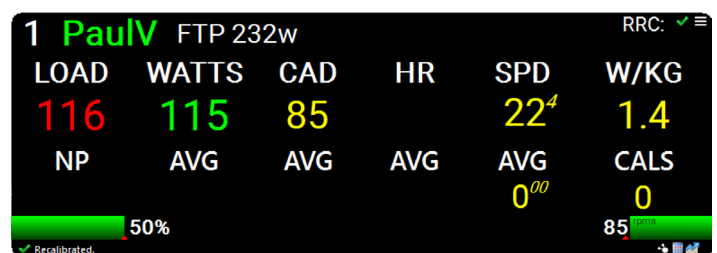
A countdown timer and a work out profile keep you informed to what is coming up and how long you should hold the current effort.

We talk you through this in detail on your first visit, but this shows you, in order as you would read:

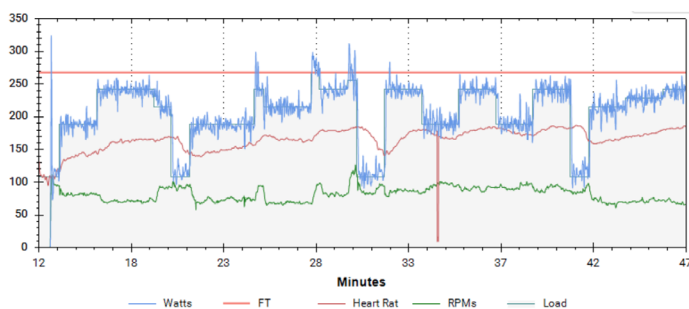
Line 1: Your bike number, your name, your FTP score, the calibration tick.

Line 2: LOAD (Controlled by the computer), WATTS (your current power output), CAD (Cadence), HR (Heart Rate), SPD (Speed), W/KG (Watts per Kilogram)

Line 3: NP (Normalised Power, like average power) AVG (Average of the metric above it), CALS (Calories)



Line 4: The Green bar on the left displays your target watts and if you are above or below it. The bar on the right does the same for Cadence. These 2 bars are the important parts, mastering them will improve your pedal technique and pacing no end.



Your Data

At the end of your workout we e-mail your stats to you, so you can track your progress or share it with a coach. We can also upload to your Strava and TrainingPeaks accounts if you have them.

What next?

Ok, now you just need to book on a class online at mapdec.com, or contact us to book your free trial.

What to Bring?

- Your bike - Road bikes are best, but we can accomadtae most types. Ask us if you are unsure.
- Your kit and shoes. - Cycling shorts and a gym top work best.
- A water bottle and a small towel.
- An ANT+ enabled Heart Rate Monitor, if you have one, not essential.
(we sell these, but we don't lend them out)

Changing room and showers are available, as is fresh coffee