



Per4mance CompuTrainer Lab™

Individual CompuTrainer Rides

Per4mance Training is pleased to provide Charlotte cyclists and triathletes with the most advanced CompuTrainer Lab available.

Beyond our Multi-Rider System Programs (Time Trial and Training Series), we offer local cyclist the opportunity to utilize our CompuTrainer system on an individual basis. You can utilize the CompuTrainer to master basic cycling skills without worrying about the traffic or the weather. Moreover, you can select from hundreds of available courses. Don't want to drive to Mt. Mitchell? **Is rain or cold weather keeping you out of the saddle? Call Per4mance Training and schedule an hour or two on one of our CompuTrainers.**



Once you have scheduled a time, simply bring your bike and gear and we'll get you hooked up. A sample of available and popular courses are listed below. If you are training for a specific ride or triathlon, chances are we have the course in our library of pre-loaded courses.

Understanding the CompuTrainer

CompuTrainer is more than a premier bike trainer. It's also a precision bicycle ergometer measuring wattage, heart rate, and cadence. USA Triathlon and the Canadian Cycling Association rely on CompuTrainer to test and train their national team athletes. For the individual it's like having a personal exercise physiology lab.

CompuTrainer has a peak power rating in excess of 1500 watts to simulate road grades up to 15%. You'll be amazed at the realism of CompuTrainer's 3D interactive computer graphics. Hills, curves, split screens, and panoramic helicopter views combine with advance computer algorithms to create the true "feel of the road." By pre-training on a simulated course, you gain a big advantage in the actual race.

SpinScan Pedal Stroke Analyzer is an exclusive CompuTrainer feature that helps you increase power and efficiency. It will identify "flat" or "dead" spots in the pedal stroke where optimal power is not transferred to the drive train.

To Schedule A Session

CompuTrainers sessions can be purchased individually, as part of a training package or utilized during one of our group sessions. They are reserved on a first come first serve basis. To schedule a session call 704.889.1458.

South Charlotte Training Center Location

Our CompuTrainer Lab is located at Per4mance Training Center, 600 Towne Center Blvd, Suite 306, Pineville.

Sample of Available Courses

1. Mount Mitchell
2. Kona Triathlon
3. Alcatraz Triathlon
4. Lake Placid Triathlon
5. Wildflower Triathlon
6. Lake Norman Triathlon

