



# Course Simulations

There is no replacement for training on the course you intend to ride. But if you'd like something different, CompuTrainer-Based simulations offer a break from the traditional.

There are two simulator options:

- ErgVideo software simulations (as close to real life as it gets) are available for a team time-trial, a road-race, and a criterium.
- CompuTrainer simulations (computer-based graphics) are available for a multitude of courses, and can be designed specifically for your training needs.

