

TRAINING PROTOCOL








# PHASE 1 WEEK 1 OF 6

ESTABLISH BASELINE NUMBERS & CAPTURE MAX HEART RATES

PROGRAM <b>Fulltime</b>	PHASE <b>1</b>	WEEK <b>1 of 6</b>	FOCUS <b>Testing</b>
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This is a **testing week** – no heavy training loads. The goal is to establish your personal baseline numbers across all disciplines: plyometric strength, rowing lactate threshold, bike lactate threshold, and MX-specific cardiovascular capacity. Every test result becomes the data that drives your personalized training zones for the next 5 weeks.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Plyometric</b> Assessment 3 Sets · 30 sec	<b>Row AM</b> 500m Time Trials 5 × 500m	<b>Bike AM</b> Even Tempo 60 Min · Zone 2	<b>Bike AM</b> Even Tempo 60 Min · Zone 2	<b>Rest Day</b> Full Recovery	<b>Bike AM</b> 10 Mile Time Trial	<b>MX Speed</b> Assessment 3 Main Sets

TRAINING INTENSITY GUIDE

**● HR Zone 2 or Below – Blue Workouts**

Builds your aerobic engine. Burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout.

**● HR Zone 3+ – Red Workouts**

Near-maximum effort. Used only during testing intervals to capture true lactate threshold and max heart rate. Breathing is labored; conversation is not possible.



# MONDAY

Plyometric Assessment – Establish Strength Baseline

TESTING AM

**Coach's Note:** This is a pure assessment – not a workout. The goal is to record how many reps you can complete in 30 seconds per exercise. Use the [Plyometric Assessment spreadsheet](#) to record all data. Three sets per exercise, 30 sec rest between sets, 1 min rest before the next exercise. Do not push to failure – controlled, consistent effort only.

## ASSESSMENT PROTOCOL

### Plyometric Assessment – Structure

- **Duration per exercise:** 30 seconds maximum effort
- **Sets per exercise:** 3 sets
- **Rest between sets:** 30 seconds
- **Rest between exercises:** 1 minute
- **Record:** Total reps per set for each exercise in the Plyometric Assessment spreadsheet
- **Goal:** Establish baseline rep counts – these numbers will track your strength progress over 6 weeks

## PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to assessment.

## EVENING PROTOCOLS

### FLEXIBILITY

- ▶ Upper and lower body trigger point, foam rolling, and stretching. ▶ [Flexibility Playlist](#)
- ▶ Diaphragmatic breathing – 10 min before sleep.
  - ▶ [Watch](#)

### NUTRITION

- ▶ **Best Whey Protein smoothie 30 min before bed** – feeds the brain overnight, improves sleep quality, supports recovery.

## NUTRITION SPOTLIGHT: SODIUM & HYDRATION

### Research-Backed Sodium Protocol (Bob Seebohar, Sports Dietician)

**3–5.5g**

Sodium lost/hr

**3–4g**

Preload 12–24 hrs before

**800–1,500mg**

Per hr during training

- Preload 3–4g sodium 12–24 hrs before a hard workout or race.
- Consume 800–1,500 mg/hr; use a sports drink with 150–200 mg sodium per serving (Energy Fuel: 160 mg/serving).
- **Symptoms of low sodium:** dizziness, nausea, vomiting, throbbing headache, swollen hands & bloated stomach.



# TUESDAY

Row 500m Time Trials – Lactate Threshold & Max HR Assessment

ROWING AM

**Coach's Note:** Five 500m intervals at near-maximum effort. Each interval captures your lactate threshold and max heart rate on the rower. Record all data in the [Row Assessment spreadsheet](#). Rest 1 minute between each interval. Start each interval fresh – do not carry fatigue from the previous rep.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior.

## WARM-UP

### Row Warm-Up – 5 Minutes

**Pace:** Very easy, conversational effort | **Stroke Rate:** 18–20 spm | **Focus:** Leg drive, body angle, arm pull sequence

Gradually increase intensity over the last 60 seconds to prepare for the first interval.

## MAIN SET – 5 × 500M TIME TRIALS

### 5 × 500m – Near-Maximum Effort (Zone 3+)

Complete 5 intervals of 500m each at near-maximum effort. Rest **1 minute** between each interval. For each interval, record: **Time, Avg HR, Max HR, Split/500m** in the Row Assessment spreadsheet. Start each interval fresh – do not carry fatigue from the previous rep.

**Cool-Down:** Row easy 3–5 min, stroke rate 16–18 spm, focus on breathing and HR recovery.

**Post-Workout:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#) | Consume **Energy Fuel Recovery** immediately. **Evening:** Trigger point, foam rolling, stretching. ▶ [Playlist](#) | Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#) | Best Whey Protein smoothie 30 min before bed.



# WEDNESDAY

Morning Workout – Bike: Even Tempo (60 Minutes)

BIKE AM · ZONE 2

**Coach's Note:** Active recovery day between tests. Stay strictly in Zone 2 – this is not a hard effort. Capture your body weight pre and post ride to monitor hydration. Focus on pedal mechanics and breathing control throughout.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior.

## BIKE WORKOUT – 60 MINUTES TOTAL

### WARM-UP – 5 MIN

**Cadence:** 80–85 RPM  
**Gearing:** Small chain ring, middle rear  
Focus on pedal mechanics from the start. Stretch and hydrate before moving into the main set.

### MAIN SET – 50 MIN (VERY EASY)

**Cadence:** 80–85 RPM | **Effort:** Very Easy  
Tallest gear keeping effort easy.  
Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12 to activate all pedaling muscles. Mental focus = pedal mechanics.

### COOL-DOWN – 5 MIN

**Cadence:** 85–90 RPM  
**Gearing:** Very light  
Monitor HR closely. Do not dismount until heart rate is low.

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** Consume **Energy Fuel Recovery** immediately to shorten recovery window and replace depleted muscle glycogen.

### EVENING

- ▶ **Flexibility:** Trigger point, foam rolling, stretching – upper and lower body. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



# THURSDAY

Morning Workout – Bike: Even Tempo (60 Minutes)

BIKE AM - ZONE 2

**Coach's Note:** Same protocol as Wednesday. Two consecutive Zone 2 sessions establish your aerobic baseline and practice pacing discipline. Stay easy – the testing days (Saturday and Sunday) require full energy reserves.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior.

## BIKE WORKOUT – 60 MINUTES TOTAL

### WARM-UP – 5 MIN

**Cadence:** 80–85 RPM  
**Gearing:** Small chain ring, middle rear  
Focus on pedal mechanics.  
Stretch and hydrate before the main set.

### MAIN SET – 50 MIN (VERY EASY)

**Cadence:** 80–85 RPM | **Effort:** Very Easy  
Tallest gear keeping effort easy.  
Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Mental focus = pedal mechanics and breathing.

### COOL-DOWN – 5 MIN

**Cadence:** 85–90 RPM  
**Gearing:** Very light  
Monitor HR closely. Do not dismount until heart rate is low.

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** Consume **Energy Fuel Recovery** immediately after workout.

### EVENING

- ▶ **Flexibility:** Trigger point, foam rolling, stretching – upper and lower body. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



# FRIDAY

Complete Rest Day – Pre-Test Recovery

RECOVERY

**Coach's Note:** Full recovery before the weekend testing block. Focus on nutrition, hydration, and antioxidant-rich foods. Avoid any strenuous activity. Mental preparation for Saturday's bike time trial and Sunday's MX assessment is part of today's protocol.

## RECOVERY PRIORITIES

### Friday Recovery Checklist

- **Hydration:** Preload 3–4g sodium today. Drink consistently throughout the day to prepare for Saturday's time trial.
- **Nutrition:** Antioxidant-rich foods – berries, leafy greens, lean protein. Avoid processed foods and excessive sugar.
- **Sleep:** Target 8–9 hours tonight. Sleep is the most powerful recovery tool available.
- **Mental prep & Equipment:** Review Saturday's pacing strategy. Confirm bike setup, check HR monitor battery, and prepare hydration and nutrition for the morning.

## SATURDAY MORNING PREPARATION CHECKLIST

### Get Ready for Saturday's Time Trial

- Bike & HR Monitor:** Check tire pressure, brakes, drivetrain. Charge or replace HR monitor battery.
- Hydration & Nutrition:** Prepare 2+ water bottles and Energy Fuel. Set out Energy Fuel Recovery for post-ride.
- Route:** Know your out-and-back course. Identify the 5-mile turnaround point in advance.
- Pacing strategy:** First 2 miles easy warm-up, then build to highest sustainable effort. Do not sprint the first half.

## EVENING PROTOCOLS

### FLEXIBILITY

- ▶ Upper and lower body trigger point, foam rolling, and stretching. ▶ [Flexibility Playlist](#)
- ▶ Diaphragmatic breathing – 10 min before sleep. ▶ [Watch](#)

### NUTRITION

- ▶ **Best Whey Protein smoothie 30 min before bed.**
- ▶ Final sodium preload: 800–1,000mg with evening meal.



# SATURDAY

Bike 10-Mile Time Trial – Pacing & Lactate Threshold Assessment

BIKE TEST

**Coach's Note:** Out-and-back course – 5 miles out, 5 miles back. The goal is to ride at the highest sustainable effort you can maintain for the full 10 miles. This is not a sprint – it is a pacing assessment. Record elapsed time, average HR, max HR, and fluid consumption. This data establishes your bike-specific lactate threshold.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior. Bring additional hydration for the ride.

## TIME TRIAL STRUCTURE

### 10-Mile Bike Time Trial

- **Course:** Out-and-back – 5 miles out, turn around, 5 miles back
- **Effort:** Highest sustainable pace for the full 10 miles – do not sprint the first half
- **Pacing strategy:** First 2 miles easy to warm up, then increase to time trial effort
- **Heart rate:** Monitor continuously – note when HR peaks and where it stabilizes
- **Hydration:** Drink every 10 minutes regardless of thirst

TOTAL TIME  
-----

AVG HEART RATE  
-----

MAX HEART RATE  
-----

FLUID CONSUMED  
-----

AVG POWER (IF AVAIL)  
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## COOL-DOWN

Easy spin 5–10 min at very low effort after crossing the finish. Do not stop abruptly – gradual HR reduction prevents blood pooling.

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** Consume **Energy Fuel Recovery** immediately. Replace sodium lost during the time trial.

### EVENING

- ▶ **Flexibility:** Trigger point, foam rolling, stretching. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



# SUNDAY

MX Speed Assessment – Lap Speed & Max Heart Rate Capture

MX TEST

**Coach's Note:** This is a moto-specific cardiovascular assessment. Three main sets at 90–100% effort to capture your true max HR on the track. Record lap times and heart rate for each set. This data establishes your MX-specific training zones. Body composition analysis should be completed before this session if possible.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior. Bring hydration to the track.

## MX ASSESSMENT STRUCTURE

<b>Warm-Up</b>	<b>2–3 Easy Laps</b> – very easy pace, no pushing. Focus on body position, breathing, and mental preparation. Note starting HR.
<b>Set 1</b>	<b>90–95% Effort</b> – ride at near-maximum pace. Record: lap time, average HR, max HR. Rest 3–5 min after set.
<b>Set 2</b>	<b>95–100% Effort</b> – maximum sustainable pace. Record: lap time, average HR, max HR. Rest 3–5 min after set.
<b>Set 3</b>	<b>100% Effort</b> – all-out maximum effort to capture true max HR. Record: lap time, average HR, max HR. This is your ceiling number.
<b>Cool-Down</b>	<b>2–3 Easy Laps</b> – very easy pace. Allow HR to return below 120 bpm before stopping. Hydrate immediately after.

## DATA TO RECORD

SET 1 LAP TIME -----	SET 1 MAX HR -----	SET 2 LAP TIME -----	SET 2 MAX HR -----
SET 3 LAP TIME -----	TRUE MAX HR -----		

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** Consume **Energy Fuel Recovery** immediately. Rehydrate aggressively – you will have sweated significantly.

### EVENING

- ▶ **Epsom Salt Bath:** 20 min soak – 2 cups Epsom salt in warm water. Reduces muscle soreness and replenishes magnesium.
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



# WEEK 1

Key Takeaways & What Your Data Means

REFERENCE

## UNDERSTANDING YOUR TEST RESULTS

### Plyometric Assessment (Monday)

Your rep counts establish your current strength-to-bodyweight ratio. These numbers will increase significantly over 6 weeks with consistent training.

### Row 500m Time Trials (Tuesday)

Your average split time across 5 intervals establishes your rowing lactate threshold pace. This number drives your rowing training zones for Weeks 2-6.

### 10-Mile Bike Time Trial (Saturday)

Your average HR during the time trial (after the warm-up miles) is your bike-specific lactate threshold HR. Use this number to set your bike training zones.

### MX Speed Assessment (Sunday)

Your Set 3 max HR is your true cardiovascular ceiling for moto. Your training zones for all disciplines will be calculated as a percentage of this number.

**Post-Sunday Recovery Nap (1:00–3:00 PM):** Take a 2-hour recovery nap after the MX assessment. A mid-afternoon nap of 90–120 minutes following high-intensity testing accelerates glycogen replenishment, reduces cortisol, and consolidates motor learning. This is not optional – it is part of the protocol.