

TRAINING PROTOCOL

PHASE 2








WEEK 2 OF 8

ENHANCED ENDURANCE, STRENGTH & LACTATE TOLERANCE

PROGRAM Fulltime	PHASE 2	WEEK 2 of 8	FOCUS Endurance
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Week 2 begins your first full week of enhanced training. You will combine aerobic development on the rower and bike with Super Slow strength work on Tuesday and Thursday, and MX speed and aerobic sessions in the afternoons. Recovery is built into Friday and the mid-day nap on Saturday and Sunday.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Row or Bike Pacing Intervals + Core Circuit	Super Slow AM + MX Speed #1 PM	Row or Bike + Core Pyramids AM + MX Aerobic #1 PM	Super Slow AM + MX Speed #2 PM	Rest Day Full Recovery	MX Aerobic #2 AM + Nap + Bike + Core	MX Speed Choice AM + Nap + Row Distance PM

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 during speed and lactate tolerance sets to push your cardiovascular ceiling. Breathing is labored; conversation is not possible.



MONDAY

Row or Bike: Morning Pacing Intervals + Core Circuit

ROW / BIKE AM

Coach's Note: Log your Body Analysis data first thing this morning. Choose either the Row Incremental Pacing Intervals (8,500 meters) or the Bike Pacing Intervals (60 minutes). The goal is to settle into HR Zone 2 and hold it – do not push into Zone 3 today. Finish with the Core Circuit immediately after your cardio session.

△ **PRE-WORKOUT:** 10-15 minutes before training, consume 8-10 oz of cold Energy Fuel to top off calories and electrolytes.

△ Option A – Row: Incremental Pacing Intervals (8,500 Meters)

WARM-UP – HR Z1

Distance: 1,000 m | **Load:** 3 |
Pull Rate: <25

Focus on straight back, leading with legs, arms finishing to chest. Stretch head to toe.

BASELINE 500M INTERVAL

Load: 5 | **Pull Rate:** 25+ |
Effort: 90-95%

Complete one 500m interval at 90-95% effort. This is your baseline pace. 1-minute rest interval.

Elapsed Time: _____

MAIN SET: PACING PYRAMIDS

Load: 5 | **Pull Rate:** 25+

500m @ Baseline +10 sec – Rest 1 min

500m @ Baseline +5 sec – Rest 1 min

500m @ Baseline Pace – Rest 1 min

Repeat 4 times.

Cool-Down: 1,000m at HR Z1, Load 3, Pull Rate <25. Stretch head to toe.

- OR -

△ Option B – Bike: Pacing Intervals (60 Minutes)

WARM-UP – HR Z1

Duration: 10 min | **Cadence:** 80–85 | **Gearing:** Small ring, middle rear

Stretch and hydrate before moving into your main set.

MAIN SET: HR PYRAMIDS – 3 × 15 MIN

Settle into HR Z3 and maintain for 10 minutes (interval doesn't begin until you hit Z3).

Recover by spinning easy for 5 minutes in HR Z1.

HR ZONE 3

WARM-DOWN – HR Z1

Duration: 5 min | **Cadence:** 85–90

Do not dismount until HR is within Z1.

△ Core Circuit (immediately following cardio – 2 sets, 30 sec each, 30 sec rest)

▶ Push Up–Knee to Shoulder ▶ Abdominal Criss Cross ▶ Abdominal Open Rotation ▶ Ab Hip Risers

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades.
- ▶ **Nutrition:** Immediately consume 8–10 oz Recovery Fuel to replace depleted muscle sugar and repair tissue.



TUESDAY

Super Slow Challenge (AM) + MX Speed Workout #1 (PM)

DOUBLE DAY

Coach's Note: Log your Body Analysis data first. This morning's Super Slow Challenge uses the same weight as last week – 4 seconds up, 4 seconds down. If your muscles give out before hitting your goal count, stop that set. Do not sacrifice form. The afternoon MX Speed session builds your race-day memory – focus on breathing deep to control heart rate and keep speed feeling smooth.

△ **PRE-WORKOUT (BOTH SESSIONS):** 10–15 min before each workout, consume 8–10 oz cold Energy Fuel.

Morning – Super Slow Challenge (SSC)

Refer to the SSC spreadsheet at the back of this document for all exercises, sets, and video links.

- **Sets:** 2 | **Reps:** 6 minimum / 8 maximum (upper and lower body)
- Lift the weight both up and down over a 4-second window – 4 seconds up, 4 seconds down.
- If muscles give out before goal count, stop that set. Do not sacrifice form.

POST-SSC PROTOCOLS

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately.

Afternoon – MX Speed Workout #1

Refer to the MX Speed Workout #1 spreadsheet at the back of this document.

Workout Notes: Your heart rate monitor needs to be easily visible. The more times you work smart – not hard – on the track, the faster and more consistent your lap times become. These workouts create a "memory" within your body of what it feels like to be fast, smooth, and in total control. If you feel out of control, do NOT slow down – focus on belly breathing first to bring the heart rate down.

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately.

EVENING

- ▶ **Flexibility:** 10 min – focus on legs and lower body.
- ▶ **Nutrition:** 8–10 oz cold/filtered water; raw snack and meal.



WEDNESDAY

Row or Bike Pyramids (AM) + Core + MX Aerobic #1 (PM)

DOUBLE DAY

Coach's Note: Log your Body Analysis data. This morning choose either the Row Pacing Pyramids (6,000 meters) or the Bike HR Pyramid Workout (80 minutes). Finish with the Core Circuit immediately after. The afternoon MX Aerobic session challenges your balance and transition ability – relax and stay mentally focused on each set's main focus.

△ **PRE-WORKOUT:** 10-15 min before each session, consume 8-10 oz cold Energy Fuel.

△ Option A – Row: Pacing Pyramids (6,000 Meters)

WARM-UP – HR Z1

Distance: 1,000 m | **Load:** 3 |
Pull Rate: <25
Stretch head to toe.

MAIN SET: PACING PYRAMIDS

Load: 5 | **Pull Rate:** 25+
1,000m @ low end HR Z2 (no rest)
1,000m @ high end HR Z2 (no rest)
1,000m @ low end HR Z3 (no rest)
1,000m @ high end HR Z3 →
cool-down

COOL-DOWN – HR Z1

Distance: 1,000 m | **Load:** 3 |
Pull Rate: <25
Stretch head to toe.

- OR -

△ Option B – Bike: HR Pyramid Workout (80 Minutes)

WARM-UP – HR Z1

Duration: 10 min | **Cadence:** 80–85 | **Gearing:** Small ring, middle rear

MAIN SET: HR LADDER – 65 MIN

Start at low end of HR Z3. Every 3 minutes, increase intensity by 5 beats and hold. Continue up to upper end of HR Z3, then walk back down 5 beats every 3 minutes.

WARNING: If you push too hard too soon, you will not be able to come back down the pyramid correctly.

HR ZONE 3

WARM-DOWN – HR Z1

Duration: 5 min | **Cadence:** 85–90

Do not dismount until HR is within Z1.

△ Core Circuit (immediately following cardio – 2 sets, 30 sec each, 30 sec rest)

▶ [Push Up-Knee to Shoulder](#) ▶ [Abdominal Criss Cross](#) ▶ [Abdominal Open Rotation](#) ▶ [Ab Hip Risers](#)

POST-MORNING PROTOCOLS

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately.

Afternoon – MX Aerobic Workout #1

Refer to the **MX Aerobic Workout #1 spreadsheet** at the back of this document.

Workout Notes: This set challenges the balance component of your program. If you can't transition quickly from on the gas to the brakes, this set will frustrate you. Relax and stay mentally focused on each set's main focus. Keep in mind there are two races: to the first turn, and then from the first turn to the finish line. Practice balanced starts so that on race day you simply perform.

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately.



THURSDAY

Super Slow Challenge (AM) + MX Speed Workout #2 (PM)

DOUBLE DAY

Coach's Note: Log your Body Analysis data. Same SSC protocol as Tuesday – same weight, 4-second tempo, stop if form breaks down. The afternoon MX Speed #2 session focuses on maintaining speed and consistency from set to set. This workout breaks the pattern of getting slower as the race transpires – it holds you accountable on three levels: lap times, average heart rate, and a tight rest interval.

△ **PRE-WORKOUT (BOTH SESSIONS):** 10–15 min before each workout, consume 8–10 oz cold Energy Fuel.

Morning – Super Slow Challenge (SSC)

Refer to the SSC spreadsheet at the back of this document for all exercises, sets, and video links.

- **Sets:** 2 | **Reps:** 6 minimum / 8 maximum (upper and lower body)
- 4 seconds up, 4 seconds down. Stop if form breaks down – do not push through with momentum.

POST-SSC PROTOCOLS

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately.

Afternoon – MX Speed Workout #2

Refer to the MX Speed Workout #2 spreadsheet at the back of this document.

Workout Notes: Focus on maintaining speed and consistency from set to set. This workout breaks the problem most racers experience – getting slower as the race transpires. You are held accountable on three levels: lap times, average heart rate, and a tight rest interval. Due to the intensity and duration, come to this workout well hydrated and fed.

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately.

EVENING

- ▶ **Flexibility:** 10 min – focus on legs and lower body.
- ▶ **Nutrition:** 8–10 oz cold/filtered water; raw snack and meal.



FRIDAY

Complete Rest Day

REST

Coach's Note: Today is a complete rest day. Take a few extra minutes each day this week and stretch your hips, quads, and hamstrings. Use a foam roller to facilitate stretching – it creates vasodilation of the blood vessels within the muscle tissue, bringing fresh oxygen and specialized cells to support recovery. Evaluate your resting heart rate every morning to identify when your body may be under stress.

Saturday Preparation Checklist

- Bike fully serviced and ready for MX Aerobic Workout #2
- Heart rate monitor charged and functioning
- HR Zone numbers written on arm or easily visible
- Energy Fuel and Recovery Fuel prepared and packed
- Bike and Concept 2 Rower available for afternoon sprint intervals
- MX Aerobic #2 spreadsheet reviewed and lap timer ready

EVENING

- ▶ **Flexibility:** 10 min – focus on legs and lower body.
- ▶ **Nutrition:** 8-10 oz cold/filtered water; raw snack and meal.



SATURDAY

MX Aerobic Workout #2 (AM) + Nap + Bike Sprint Intervals (PM) + Core

DOUBLE DAY

Coach's Note: Log your Body Analysis data. This morning's MX Aerobic Workout #2 pushes your internal pacing clock and your ability to focus while working fast for a long period. You will be racing the clock for each set – your choice of lines and ability to carry momentum into and out of corners will be very helpful. Keep a close eye on your rest interval. After your mid-day meal, take a 2-hour nap, then complete the Bike 1-Mile Sprint Intervals and Core Circuit.

△ **PRE-WORKOUT:** 10–15 min before each session, consume 8–10 oz cold Energy Fuel.

Morning – MX Aerobic Workout #2

Refer to the MX Aerobic Workout #2 spreadsheet at the back of this document.

Workout Notes: This workout pushes your internal pacing clock and your ability to focus while working both fast and for a long period. You will be racing the clock for each set – your choice of lines and ability to carry momentum into and out of corners will be very helpful. Keep a close eye on your rest interval (you don't want too much – this will push your aerobic engine). If you feel anything tightening up, stop, stretch, and resume.

POST-MX PROTOCOLS

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately.

▼ 2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark, cold room and strive to get 2–3 hours of sleep. This window of sleep provides your body the opportunity to release natural growth hormones to begin the recovery process. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide the building blocks necessary to repair your muscles.

Afternoon – Bike: 1-Mile Sprint Intervals

Workout Notes: Err on the side of easy for the 1-mile seated interval (HR Z2 should feel very comfortable). This allows the gap of maximum effort and speed for the sprint interval. During the interval, focus on optimized pedal mechanics to activate all available muscles.

WARM-UP – HR Z1

Distance: 3 miles | **Cadence:** 80–85 | **Gearing:** Small ring, middle rear
Dismount and stretch lower body.

MAIN SET: 10 MILES TOTAL

1 mile (seated) HR Z2: tallest gearing while staying in Z2
1 mile (seated) No HR limit: as fast as possible – capture elapsed time
Easy spin 1 mile (1:1 work:rest)
Repeat 5 times for 10 miles total
Interval #1: _____ #2: _____
#3: _____ #4: _____ #5: _____

WARM-DOWN – HR Z2 OR LESS

Distance: 2 miles (no shorter) |
Cadence: 70–80

△ **Core Circuit (immediately following bike – 2 sets, 30 sec each, 30 sec rest)** [Refer to previous links](#)

▶ Push Up-Knee to Shoulder ▶ Abdominal Criss Cross ▶ Abdominal Open Rotation ▶ Ab Hip Risers

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately.

EVENING

- ▶ **Flexibility:** 10 min – focus on legs and lower body.
- ▶ **Nutrition:** 8–10 oz cold/filtered water; raw snack and meal.



SUNDAY

MX Speed Choice (AM) + Nap + Row 5-Min Distance Challenge (PM)

DOUBLE DAY

Coach's Note: Log your Body Analysis data. This morning choose either MX Speed Workout #1 or #2 from this week – keep a close eye on your heart rate to ensure you are getting the most out of the workout. After your mid-day meal, take a 2-hour nap. Research has validated that the pituitary gland releases the greatest amount of hGH during this window – responsible for rebuilding muscle tissue and improving your strength-to-weight ratio. The afternoon Row 5-Minute Distance Challenge pushes the upper end of your aerobic engine.

△ **PRE-WORKOUT:** 10-15 min before each session, consume 8-10 oz cold Energy Fuel.

Morning – MX Speed Workout – Choice

Choose either MX Speed Workout #1 or MX Speed Workout #2 from this week. Refer to the respective spreadsheet at the back of this document.

Workout Notes: Choose either speed workout from the week. Keep a close eye on your heart rate to ensure you are getting the most out of the workout.

POST-MX PROTOCOLS

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8-10 oz Recovery Fuel immediately.

▼ 2-Hour Nap After Mid-Day Meal

Research has validated that your pituitary gland releases the greatest amount of hGH during this window – responsible for rebuilding muscle tissue and improving lean body composition. To ensure you fall asleep quickly and sleep as deeply as possible, consume a lunch that contains high levels of high-quality protein and fat.

Afternoon – Row: 5-Minute Distance Challenge (50-60 Minutes)

WARM-UP – HR Z1

Distance: 1,000 m | **Load:** 3 |

Pull Rate: <25

Stretch head to toe.

MAIN SET: DISTANCE CHALLENGE

Load: 5 | **Pull Rate:** 25+

5 min at upper end of HR Z3 –
record distance covered

Rest 5 min at HR Z1

Repeat 4 times

Interval #1: _____ m #2: _____

m #3: _____ m #4: _____ m

HR ZONE 3

COOL-DOWN – HR Z1

Distance: 1,000 m | **Load:** 3 |

Pull Rate: <25

Stretch head to toe.

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8-10 oz Recovery Fuel immediately.

EVENING

- ▶ **Flexibility:** 10 min – focus on legs and lower body.
- ▶ **Nutrition:** 8-10 oz cold/filtered water; raw snack and meal.

MX SPEED WORKOUT #1 – SPREADSHEET

Workout Focus: Late Moto Speed | **Total Ride Time:** 60 Minutes

WARM-UP

Set Focus: Gradual Warm Up

Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo.
Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel as needed.

LESS THAN 50%

MAIN SET #1

Set Focus: Pre-Race Routine

Complete 10 starts with emphasis on implementing your complete pre-race routine. On race day, your body will emulate what you practice – stay mentally focused and specific.

Moto Specific HR Zone: Low # _____ High # _____

Int. 1: _____ Int. 2: _____ Int. 3: _____ Int. 4: _____ Int. 5: _____

Int. 6: _____ Int. 7: _____ Int. 8: _____ Int. 9: _____ Int. 10: _____

Fastest Lap Time: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch head to toe / re-hydrate.

75-80%

MAIN SET #2

Set Focus: Negative Split Moto – 20 Minutes Max

Hold your pace for the first five laps, then pick up the pace for the last five laps. If you fall off pace by more than 2 seconds (minus a mistake), stop, re-group, and re-start the interval.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

75-80%

85-90%

MAIN SET #3

Set Focus: Negative Split Moto – 20 Minutes Max

Strive to maintain the same HR average but be 2 seconds faster during the last five laps. The only way to make this happen is to breathe through your belly and be smooth everywhere.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

75-80%

85-90%

MAIN SET

#4

Set Focus: Negative Split Moto – 20 Minutes Max

Ride as fast as you can while staying within the indicated HR zone AND not falling off pace by more than 1 second. This set is what your body will relate to on race day – be mentally focused.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

85-90%

85-90%

**WARM-
DOWN**

5 minutes of easy riding – nothing structured or intense; allow HR to come down slowly.

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS
CONSUMED

LOSS / GAIN

40%

MX SPEED WORKOUT #2 – SPREADSHEET

Overall Focus: Speed, Speed, Speed! | **Total Ride Time:** 90 Minutes

WARM-UP	<p>Set Focus: Gradual Warm Up</p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo. Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel as needed.</p> <p style="text-align: center; border: 1px solid black; border-radius: 15px; padding: 2px 10px; display: inline-block;">LESS THAN 50%</p>
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MAIN SET #1	<p>Set Focus: Warm the Muscles Up / Break a Sweat (15-Minute Moto)</p> <p>Complete your interval with a start, then settle into the track at a pace you can maintain (less than a 2-second deviation) for 15 minutes within your HR zones. Don't take lap times – instead change up your lines every lap: one fast, one non-optimized.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p>Fastest Time: _____ Average Time: _____ Average HR: _____</p> <p>Rest 10 min – stretch / re-hydrate.</p> <p style="text-align: center; border: 1px solid black; border-radius: 15px; padding: 2px 10px; display: inline-block;">75-80%</p>
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MAIN SET #2	<p>Set Focus: Opening Lap Speed</p> <p>Complete 10 starts plus 1 lap sprint. On race day, your body will emulate what you practice – stay mentally focused and specific.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p>Int. 1: _____ Int. 2: _____ Int. 3: _____ Int. 4: _____ Int. 5: _____</p> <p>Int. 6: _____ Int. 7: _____ Int. 8: _____ Int. 9: _____ Int. 10: _____</p> <p>Fastest Lap: _____ Average Lap Pace: _____ Average HR: _____</p> <p>Rest 10 min – stretch / re-hydrate.</p> <p style="text-align: center; border: 1px solid black; border-radius: 15px; padding: 2px 10px; display: inline-block;">90-95%</p>
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MAIN SET #3	<p>Set Focus: High Intensity / Lactate Tolerance</p> <p>1-Lap Sprint (2-minute lap time max) / 1-minute rest interval. These intervals need to be aggressive – you should hit your 95% number by the end of the one lap.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p>Int. #1: _____ Int. #2: _____ Int. #3: _____ Int. #4: _____ Int. #5: _____</p> <p>Fastest Lap: _____ Average Lap Pace: _____ Average HR: _____</p> <p>Rest 10 min – stretch / re-hydrate.</p> <p style="text-align: center; border: 1px solid black; border-radius: 15px; padding: 2px 10px; display: inline-block;">90-95%</p>
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MAIN SET

#4

Set Focus: High Intensity / Lactate Tolerance

2-Lap Sprints (4-minute max time) / 1-minute rest interval. These intervals need to be aggressive – hit your 95% number by the end of lap two.

Moto Specific HR Zone: Low # _____ High # _____

Int. #1: _____ Int. #2: _____ Int. #3: _____ Int. #4: _____ Int. #5: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

90-95%

MAIN SET #5

Set Focus: High Intensity / Lactate Tolerance

3-Lap Sprints (6-minute max time) / 1-minute rest interval.

Moto Specific HR Zone: Low # _____ High # _____

Int. #1: _____ Int. #2: _____ Int. #3: _____ Int. #4: _____ Int. #5: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

90-95%

**WARM-
DOWN**

5 minutes of easy riding – nothing structured or intense; allow HR to come down slowly.

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS
CONSUMED

LOSS / GAIN

40%

MX AEROBIC WORKOUT #1 – SPREADSHEET

Workout Focus: Muscular Endurance and Strength

WARM-UP

Set Focus: Gradual Warm Up

Row or Bike for 10 minutes – break a solid sweat prior to moving over to your motorcycle.
1-minute stretch head to toe. Hydrate if needed.

40%

MAIN SET #1

Set Focus: First Turn Transitions

Focus on your transition from on the gas to on the brakes. Take your time from the drop of the gate to a point right after the first turn – stay focused.

Int. 1: _____ Int. 2: _____ Int. 3: _____ Int. 4: _____ Int. 5: _____

Int. 6: _____ Int. 7: _____ Int. 8: _____ Int. 9: _____ Int. 10: _____

Int. 11: _____ Int. 12: _____

Fastest Time: _____ **Slowest Time:** _____ **Average Time:** _____

Rest 5 min – stretch / re-hydrate.

50%

MAIN SET #2

Set Focus: Muscular Endurance

20 starts using only your inner leg – hold onto the bars barely, only with fingertips.

5 starts – look ahead and move the bike with your thighs.

5 starts – close your eyes for 1 second and "feel" for the bike to deviate (less is better).

5 starts – put a rock down about 10 yards out from your front wheel; see if you can run over it.

5 starts – close your eyes for 1 second and "feel" for the bike to deviate (less is better).

Rest 5 min – stretch / re-hydrate.

75%

MAIN SET #3

Set Focus: Muscular Endurance & Strength – 15-Minute Moto (Smooth Lines)

Even-paced moto from beginning to end – take the smoothest lines every lap.

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____

Fastest Lap: _____ **Slowest Lap:** _____ **Average Lap Pace:** _____

Rest 5 min – stretch / re-hydrate.

75%

**MAIN SET
#4**

Set Focus: Muscular Endurance & Strength – 15-Minute Moto (Rough Lines)

Even-paced moto from beginning to end – take the roughest lines every lap.

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____

Fastest Lap: _____ **Slowest Lap:** _____ **Average Lap Pace:** _____

Rest 5 min – stretch / re-hydrate.

75%

MAIN SET #5

Set Focus: Muscular Endurance & Strength – 15-Minute Moto (Smooth Lines)

Even-paced moto from beginning to end – take the smoothest lines every lap.

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____

Fastest Lap: _____ **Slowest Lap:** _____ **Average Lap Pace:** _____

Rest 5 min – stretch / re-hydrate.

75%

**WARM-
DOWN**

10 minutes of easy riding – nothing structured or intense. Watch the HR monitor to ensure recovery.

Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

40%

MX AEROBIC WORKOUT #2 – SPREADSHEET

Workout Focus: Muscular Endurance and Strength

WARM-UP

Set Focus: Gradual Warm Up

Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo.
Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel as needed.

LESS THAN 40%

MAIN SET #1

Set Focus: Starts with First Turns for Time

10 starts with a first turn, timed to a point just out of the corner. Clock starts when the gate drops and ends when you cross your mark point – be smooth!
Rest 5 min – stretch / re-hydrate.

N/A

MAIN SET #2

Set Focus: Timed Moto

Complete 10 laps at just below your race pace (80-85% HR level) – smooth lines.

Elapsed Times: _____ **Average HR:** _____ **Max HR:** _____

Rest 5 min – stretch / re-hydrate.

80-85%

MAIN SET #3

Set Focus: Timed Moto

Complete 10 laps at just below your race pace (80-85% HR level) – smooth lines.

Goal: within 2 seconds of your previous set – hold yourself accountable!

Elapsed Times: _____ **Average HR:** _____ **Max HR:** _____

Rest 5 min – stretch / re-hydrate.

80-85%

MAIN SET

#4

Set Focus: Timed Moto

Complete 10 laps at just below your race pace (80-85% HR level) – smooth lines.

Goal: within 2 seconds of your previous set.

Elapsed Times: _____ **Average HR:** _____ **Max HR:** _____

Rest 5 min – stretch / re-hydrate.

80-85%

MAIN SET #5**Set Focus: Timed Moto**

Complete 10 laps at just below your race pace (80-85% HR level) – smooth lines.

Goal: within 2 seconds of your previous set.

Elapsed Times: _____ **Average HR:** _____ **Max HR:** _____

Rest 5 min – stretch / re-hydrate.

80-85%

MAIN SET #6**Set Focus: Starts & Transitions**

10 starts with a first turn, timed to a point just out of the corner. Clock starts when the gate drops and ends when you cross your mark point – be smooth!

Rest 5 min – stretch / re-hydrate.

N/A

**WARM-
DOWN**

10 minutes of play riding – nothing structured or intense (HR Level Zone 2 – No Higher).

Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

40%

SUPER SLOW CHALLENGE – SPREADSHEET

Warm-Up: Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter)

Exercise	Sets / Reps	Date	Date	Date	Date
CYCLE ONE					
<u>Single Leg Step onto Bench</u>	2 sets × 6–8 reps (4" up / 4" down)	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____
<u>Abdominal Crunch on Fit Ball w/Weight</u>	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Military Spiders Off Bench</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE TWO					
<u>Single Leg Good Mornings</u>	2 sets × 6–8 reps (4" up / 4" down)	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____
<u>Pike-Push Ups on Fit Ball</u> Hands shoulder-width apart; elbows at 90° at bottom	2 sets × 6–8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
<u>Side Skaters</u> (After both sets of both exercises)	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE THREE					
<u>Bicep Curls w/Dumbbells</u> Up to 90° – no higher	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Lat Pull Over – Triceps Extension</u>	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Jump Rope with Eyes Closed</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____

SUPER SLOW CHALLENGE – CONTINUED

Exercise	Sets / Reps	Date	Date	Date	Date
CYCLE FOUR					
Arm & Leg Extension	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Hanging Leg Lifts (Knees to Chest)	2 sets × 6–8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Military Spiders Off Bench	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE FIVE					
Single Leg Push Ups Off of Bench	2 sets × 6–8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Single Leg Shoulder Press	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Side Skaters	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
2000 METER ROWING					
Warm up: 200 meters – Low Intensity (Damper Setting 2)					
1,000 meters at 80–85% effort (Damper Setting 5)		Elapsed Time: _____			
1-minute rest interval 25 push-ups with eyes closed 1-minute rest interval					
1,000 meters at 80–85% effort (Damper Setting 5)		Elapsed Time: _____			
1-minute rest interval 25 push-ups with eyes closed 1-minute rest interval					
BICYCLE SPRINTS					
Warm up: 2 minutes – Low Intensity (Light Load Levels). Then increase load levels to MODERATE.					
4-minute interval at 80–85% effort		Distance Covered: _____			
1-minute rest 25 push-ups with eyes closed 2-minute rest					
4-minute interval at 80–85% effort		Distance Covered: _____			

Exercise	Sets / Reps	Date	Date	Date	Date
1-minute rest 25 push-ups with eyes closed 2-minute rest					