

TRAINING PROTOCOL

# PHASE 2








## WEEK 3 OF 8

ENHANCED ENDURANCE, STRENGTH & LACTATE TOLERANCE

PROGRAM <b>Fulltime</b>	PHASE <b>2</b>	WEEK <b>3 of 8</b>	FOCUS <b>Endurance</b>
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Week 3 builds on the aerobic and strength foundations established in Weeks 1 and 2. You will push the upper end of your aerobic engine on the track, challenge lactate tolerance with high-intensity speed sets, and reinforce muscular endurance through the Super Slow Challenge. Consistency across all three disciplines – MX, rowing/bike, and strength – is the goal this week.

WEEK AT A GLANCE

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

Morning: Row or Bike Pacing Intervals + Core Circuit

ROW / BIKE AM

**Coach's Note:** Push the upper end of your aerobic engine today. Pay close attention to your HR monitor – lead with your legs and follow with a strong pull on the rower. On the bike, settle into HR Zone 3 and focus on belly breathing to maximize oxygen uptake. Complete your body analysis before the workout.

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

## MORNING OPTION A – ROW: 1K PACING INTERVALS (6,500-7,000 METERS)

### Warm-Up – HR Zone 1 (1,000m)

**Focus:** Straight back, lead with legs, arms to chest | **Load:** 3 | **Pull Rate:** <25 | **Distance:** 1,000m

Stretch head to toe after warm-up.

### Baseline 1,000m Interval – 80-85% Effort

**Display:** Distance | **Load:** 5 | **Pull Rate:** 25-30 | 2-Minute Rest Interval

Record elapsed time. This sets your pacing benchmark for Main Sets.

### Main Set #1 – Add 10 sec to Baseline 1,000m Pace (4 × 1,000m)

**Load:** 5 | **Pull Rate:** 25-30 | 500m Rest Interval between each

Strive to hold consistent pace – hold yourself accountable.

Int. #1: \_\_\_\_\_ Int. #2: \_\_\_\_\_ Int. #3: \_\_\_\_\_ Int. #4: \_\_\_\_\_

### Main Set #2 – 30" Sprint / 30" Recovery × 15

**Load:** 5 | **Pull Rate:** 25-30 | Repeat 15 times. Lead with legs and a tight core.

## Cool-Down – HR Zone 1 (500m)

**Load:** 2 | **Pull Rate:** <25 | Stretch head to toe after.

– OR –

## MORNING OPTION B – BIKE: HR PYRAMID INTERVALS (60 MINUTES)

### WARM-UP – 10 MIN

**Gearing:** Small chain ring, middle rear

**Cadence:** 80–85 RPM

Focus on optimum pedal mechanics from the start. Stretch & hydrate after warm-up.

### MAIN SET – 8 × 6 MIN HR PYRAMIDS

Settle into HR Zone 3 and maintain for 3 min (interval doesn't begin until HR reaches Zone 3). Recover by spinning easy for 3 min in HR Zone 1 – no higher for optimum recovery. Focus on belly breathing to maximize oxygen uptake.

### COOL-DOWN – 2 MIN

**Gearing:** Easiest combination

**Cadence:** 85–90 RPM

Do not dismount until HR is in Zone 1.

## CORE CIRCUIT – IMMEDIATELY FOLLOWING MORNING WORKOUT

### 2 Sets - 30 Seconds Each Exercise

▶ [Push Up-Knee to Shoulder](#)

▶ [Abdominal Criss Cross](#)

▶ [Abdominal Open Rotation](#)

▶ [Ab Hip Risers](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Recovery Fuel.

### 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.



# TUESDAY

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

MX SPEED AM

**Coach's Note:** Push the upper end of your aerobic engine on the track – bouncing off the faces of everything makes you faster. These workouts create "memory" in your body. If you feel out of control, do *not* slow down – focus on breathing deeply first. Refer to the **MX Speed Workout #1 spreadsheet** at the back of this document to record all data.

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

## MORNING WORKOUT – MX SPEED WORKOUT #1

### MX Speed Workout #1 – Late Moto Speed · 60 Minutes

Complete all sets as prescribed in the **MX Speed Workout #1 spreadsheet**. Record lap times, heart rate, and performance recap data for every set. Rest intervals are critical – adhere to them strictly.

- **Warm-Up:** 10 min easy ride or Concept 2 Rower – even tempo. Stretch head to toe.
- **Main Set #1:** Pre-Race Routine – 10 starts with complete pre-race routine implementation.
- **Main Set #2:** Negative Split Moto – 20 min max. Hold pace for first 5 laps, pick up pace for last 5.
- **Main Set #3:** Negative Split Moto – 20 min max. Strive to be 2 seconds faster in last 5 laps.
- **Main Set #4:** Negative Split Moto – 20 min max. Ride as fast as possible within HR zone.
- **Warm-Down:** 5 min easy riding.

## POST-MORNING & AFTERNOON PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Recovery Fuel.

### AFTERNOON PREP

- ▶ Rest and refuel before the afternoon Super Slow Challenge.
- ▶ **Pre-Workout:** 8–10 oz Energy Fuel 10–15 min before afternoon session.

### Combo Weight Workout: Super Slow Challenge

Same weight as last week. Lift both up and down over a 4-second window – 4 sec up, 4 sec down. If muscles give out before goal count, stop that set and move on. Do not sacrifice form for set count.

- **Sets:** 2 | **Repetitions:** 6 minimum / 8 maximum (upper and lower body)
- Refer to the **Super Slow Challenge spreadsheet** at the back of this document.

## EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Foam rolling & stretching. ▶ [Playlist](#)
- ▶ **Nutrition:** Recovery Fuel immediately after.

### EVENING MENTAL

- ▶ Watch "[Why I Yawn](#)" video in a place with zero distractions for 2:15.
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



# WEDNESDAY

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

MX AEROBIC AM

**Coach's Note:** Challenge your balance component today – transition from gas to brakes quickly and stay mentally focused. Practice balanced starts. In the evening, the intensity blocks challenge you in two ways: maintaining the same load levels while toggling between two HR zones. Refer to the [MX Aerobic Workout #1 spreadsheet](#) for morning data recording.

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

## MORNING WORKOUT – MX AEROBIC WORKOUT #1

### MX Aerobic Workout #1 – Muscular Endurance & Strength

Complete all sets as prescribed in the **MX Aerobic Workout #1 spreadsheet**. Focus on two races: first turn, then first turn to finish line. Practice balanced starts throughout.

- **Warm-Up:** Row or bike 10 min – break a solid sweat. 1 min stretch head to toe.
- **Main Set #1:** First Turn Transitions – 12 intervals. Focus on gas-to-brakes transition.
- **Main Set #2:** Muscular Endurance – 20 starts using only inner leg, fingertips on bars.
- **Main Set #3:** 15-Minute Moto – Even paced, smoothest lines every lap.
- **Main Set #4:** 15-Minute Moto – Even paced, roughest lines every lap.
- **Main Set #5:** 15-Minute Moto – Even paced, smoothest lines every lap.
- **Warm-Down:** 10 min easy riding.

## POST-MORNING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Recovery Fuel immediately after.

### AFTERNOON PREP

- ▶ Rest and refuel before the evening workout. Hydrate consistently throughout the day.

## EVENING OPTION A – ROW: HR INTENSITY INTERVALS (1 HOUR)

### HR Pacing Intervals – 40 Minutes Main Set

**Warm-Up:** 500m at HR Zone 1 | Load: 3 | Pull Rate: <25 | Stretch head to toe.

**Main Set (40 min):** Load: 5 | Pull Rate 25 or less in HR Zone 2 – 25+ in HR Zone 3

5 Minutes at high end of HR Zone 2 (no rest – go right into next block) → 5 Minutes at low end of HR Zone 3 (no rest). Repeat 4 times = 40 Minutes total.

**Cool-Down:** 500m at HR Zone 1 | Load: 3 | Pull Rate: <25 | Stretch head to toe.

- OR -

## EVENING OPTION B – BIKE: POWER INTERVAL WORKOUT (80 MINUTES)

### WARM-UP – 10 MIN

**Gearing:** Small chain ring, middle rear

**Cadence:** 80–85 RPM

Optimum pedal mechanics from the start. Stretch & hydrate.

### POWER BLOCKS – 60 MIN

**Power Block #1 (40 min):** 3 min seated tempo (cadence 90+, HR Zone 3, belly breathing) + 2 min tall gear out of saddle (big chain ring, hardest gear, stand up). Repeat 8 times.

**Transition:** 5 min easy spinning in HR Zone 1.

**Power Block #2 (20 min):** 30 sec phantom sprint / 90 sec active recovery × 10.

### COOL-DOWN – 5 MIN

**Cadence:** 85–90 RPM

Do not dismount until HR is in Zone 1.

## CORE CIRCUIT – IMMEDIATELY FOLLOWING EVENING WORKOUT

### 2 Sets · 30 Seconds Each Exercise

▶ [Push Up–Knee to Shoulder](#)

▶ [Abdominal Criss Cross](#)

▶ [Abdominal Open Rotation](#)

▶ [Ab Hip Risers](#)

## EVENING PROTOCOLS

### POST-WORKOUT

▶ **Flexibility:** Foam rolling & stretching. ▶ [Playlist](#)

▶ **Nutrition:** Recovery Fuel immediately after.

### EVENING MENTAL

▶ Watch "[Why I Yawn](#)" video

▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



# THURSDAY

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

MX SPEED AM

**Coach's Note:** Stay mentally focused today. Maintain speed and consistency from set to set – break the problem of getting slower as the race transpires. Hold yourself accountable on three levels: lap times, average HR, and tight rest intervals. Come to this workout well hydrated and fed. Refer to the **MX Speed Workout #2 spreadsheet** for data recording.

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

## MORNING WORKOUT – MX SPEED WORKOUT #2

### MX Speed Workout #2 – Speed, Speed, Speed! - 90 Minutes

Complete all sets as prescribed in the **MX Speed Workout #2 spreadsheet**. Record lap times, heart rate, and performance recap data for every set.

- **Warm-Up:** 10 min easy ride or Concept 2 Rower – even tempo. Stretch head to toe.
- **Main Set #1:** 15-Minute Moto – Warm the muscles up, break a sweat. Change lines every lap.
- **Main Set #2:** Opening Lap Speed – 10 starts + 1 lap sprint.
- **Main Set #3:** High Intensity / Lactate Tolerance – 1-lap sprints × 5.
- **Main Set #4:** High Intensity / Lactate Tolerance – 2-lap sprints × 5.
- **Main Set #5:** High Intensity / Lactate Tolerance – 3-lap sprints × 5.
- **Warm-Down:** 5 min easy riding.

## POST-MORNING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Recovery Fuel immediately after.

### AFTERNOON PREP

- ▶ Rest and refuel before the Super Slow Challenge.  
Pre-workout: 8–10 oz Energy Fuel 10–15 min prior.

### Combo Weight Workout: Super Slow Challenge

Same weight as Tuesday. 4 sec up, 4 sec down. Do not sacrifice form for set count. If too fatigued, stop and move to the next exercise.

- **Sets:** 2 | **Repetitions:** 6 minimum / 8 maximum (upper and lower body)
- Refer to the **Super Slow Challenge spreadsheet** at the back of this document.

### EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Foam rolling & stretching. ▶ [Playlist](#)
- ▶ **Nutrition:** Recovery Fuel immediately after.

#### EVENING MENTAL

- ▶ Watch "[Why I Yawn](#)" video
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



# FRIDAY

Complete Rest Day – Pre-Weekend Recovery

RECOVERY

**Coach's Note:** Use this day as the ultimate opportunity to prepare for the upcoming weekend events. Get 100% more out of your efforts when you do exactly what you have scheduled and adhere to it. Allocate adequate time to complete tasks – time how long it takes you to complete daily tasks and use that data to build a more accurate schedule for next week.

## RECOVERY PRIORITIES

### Friday Recovery Checklist

- **Hydration:** Preload 3–4g sodium today. Drink consistently throughout the day to prepare for the weekend workouts.
- **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 MX speed 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 MX Speed Workout

- 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 Recovery Fuel for post-ride.
- MX Speed Spreadsheet:** Have your MX Speed Workout #1 or #2 spreadsheet ready to record data.
- Pacing Strategy:** Review your target HR zones and lap time goals for the chosen speed workout.

## EVENING PROTOCOLS

### FLEXIBILITY

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

### NUTRITION & MENTAL

- ▶ **Best Whey Protein smoothie** 30 min before bed.
- ▶ Watch "[Why I Yawn](#)" video



# SATURDAY

MX Speed Choice (AM) + Nap + Bike Fragmented Power Intervals (PM) + Core

MX SPEED AM

**Coach's Note:** Choose either MX Speed Workout #1 or #2 this morning – keep a close eye on HR to ensure you are getting the most out of the workout. The afternoon bike workout will sneak up on you due to residual fatigue that builds throughout. Generating power is a unique combination of mental and physical ability – hitting your goal speed teaches you to associate intensity levels with speed and power.

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

## MORNING WORKOUT – MX SPEED WORKOUT (CHOICE)

### MX Speed Workout – Your Choice of #1 or #2

Choose either MX Speed Workout #1 or #2 from this week. Refer to the corresponding spreadsheet at the back of this document to record all data. Keep a close eye on your HR monitor to ensure you are working within the prescribed zones.

## POST-MORNING PROTOCOLS & MID-DAY NAP

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Recovery Fuel immediately after.

### MID-DAY NAP

- ▶ 2-hour nap immediately following a high-quality lunch. Lie down in a dark, cool room. This window of sleep releases natural growth hormones to begin the recovery process.

## AFTERNOON WORKOUT – BIKE: FRAGMENTED POWER INTERVALS

### WARM-UP – 10 MIN

**Gearing:** Small chain ring, middle rear

**Cadence:** 80–85 RPM

Focus on optimum pedal mechanics. Stretch & hydrate.

### POWER BLOCKS – 40 MIN

**Power Block #1 (20 min):** 2 min on / 2 min off. Out of saddle for 30 sec then seated for 90 sec – tallest gear, 50–60 RPM. Capture average speed during 90-sec interval. Repeat until 20 min elapsed.

5 min active recovery / easy spinning. Stretch & re-hydrate.

**Power Block #2 (20 min):** Same structure as Block #1. Hit the same rate of speed for each interval.

### COOL-DOWN – 5 MIN

**Cadence:** 85–90 RPM

Do not dismount until HR is in Zone 1.

## CORE CIRCUIT – IMMEDIATELY FOLLOWING BIKE WORKOUT

### 2 Sets · 30 Seconds Each Exercise

▶ [Push Up–Knee to Shoulder](#)

▶ [Abdominal Criss Cross](#)

▶ [Abdominal Open Rotation](#)

▶ [Ab Hip Risers](#)

## EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Foam rolling & stretching. ▶ [Playlist](#)
- ▶ **Nutrition:** Recovery Fuel immediately after.

### EVENING MENTAL

- ▶ Watch "[Why I Yawn](#)" video
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



# SUNDAY

MX Aerobic Workout #2 (AM) + Nap + Row or Bike Intervals (PM)

MX AEROBIC AM

**Coach's Note:** Push your internal pacing clock and your ability to focus while working both fast and for a long period of time. Race the clock for each set. Choice of lines and ability to carry momentum into and out of corners is very helpful. Keep a close eye on the rest interval – don't want too much for this workout. If anything tightens up, stop, stretch, and resume. Refer to the [MX Aerobic Workout #2 spreadsheet](#) for data recording.

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

## MORNING WORKOUT – MX AEROBIC WORKOUT #2

### MX Aerobic Workout #2 – Muscular Endurance & Strength

Complete all sets as prescribed in the **MX Aerobic Workout #2 spreadsheet**. Record lap times, heart rate, and performance recap data for every set.

- **Warm-Up:** 10 min easy ride or Concept 2 Rower – even tempo. Stretch head to toe.
- **Main Set #1:** Starts With First Turns For Time – 10 starts timed to a point just out of the corner.
- **Main Set #2:** Timed Moto – 10 laps at 80–85% HR Level, smooth lines.
- **Main Set #3:** Timed Moto – 10 laps, within 2 seconds of Set #2.
- **Main Set #4:** Timed Moto – 10 laps, within 2 seconds of Set #3.
- **Main Set #5:** Timed Moto – 10 laps, within 2 seconds of Set #4.
- **Main Set #6:** Starts & Transitions – 10 starts with first turn for time.
- **Warm-Down:** 10 min play riding.

## POST-MORNING PROTOCOLS & MID-DAY NAP

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Recovery Fuel immediately after.

### MID-DAY NAP

- ▶ 2-hour nap immediately following a high-quality lunch. Lie down in a dark, cool room. When you wake, immediately consume a fruit smoothie and amino acids to provide building blocks for muscle repair.

## AFTERNOON OPTION A – ROW: HR INTENSITY INTERVALS (1 HOUR)

### HR Pacing Intervals – Same as Wednesday Evening Option A

**Warm-Up:** 500m at HR Zone 1 | Load: 3 | Pull Rate: <25 | Stretch head to toe.

**Main Set (40 min):** 5 min at high end of HR Zone 2 → 5 min at low end of HR Zone 3. No rest between blocks. Repeat 4 times.

**Cool-Down:** 500m at HR Zone 1 | Load: 3 | Pull Rate: <25 | Stretch head to toe.

– OR –

## AFTERNOON OPTION B – BIKE: POWER INTERVAL WORKOUT (80 MINUTES)

### Power Interval Workout – Same as Wednesday Evening Option B

**Warm-Up:** 10 min easy spin | Small chain ring, middle rear | Cadence: 80–85 RPM.

**Power Block #1 (40 min):** 3 min seated tempo (cadence 90+, HR Zone 3) + 2 min tall gear out of saddle. Repeat 8 times. Transition: 5 min easy spinning.

**Power Block #2 (20 min):** 30 sec phantom sprint + 90 sec active recovery. Repeat 10 times.

**Cool-Down:** 5 min easy spin | Cadence: 85–90 RPM | Do not dismount until HR in Zone 1.

## EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Foam rolling & stretching. ▶ [Playlist](#)
- ▶ **Nutrition:** Recovery Fuel immediately after.

### EVENING MENTAL

- ▶ Watch "[Why I Yawn](#)" video
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



# MX SPEED WORKOUT #1

Late Moto Speed · Total Ride Time: 60 Minutes

**SPEED**

<b>Warm-Up</b>	<p><b>Gradual Warm-Up</b></p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo Stretch passively from head to toe · Re-hydrate with Energy Fuel as needed</p> <p style="background-color: #0070C0; color: white; border-radius: 10px; padding: 2px 5px; display: inline-block;">Less Than 50%</p>
<b>Main Set #1</b>	<p><b>Pre-Race Routine</b></p> <p>Complete 10 starts with emphasis on implementing complete pre-race routine 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: ____ <i>Rest For 10 Minutes – Stretch head to toe / Re-hydrate with Energy Fuel</i> Fastest Lap Time: ____ Average Lap Pace: ____ Avg Heart Rate: ____</p> <p style="background-color: #0070C0; color: white; border-radius: 10px; padding: 2px 5px; display: inline-block;">N/A</p>
<b>Main Set #2</b>	<p><b>Negative Split Moto – 20 Minutes Max</b></p> <p>Hold pace for first 5 laps, then pick up pace for last 5 laps During first 5 laps, if you fall off pace by more than 2 seconds (minus a mistake) – stop, re-group and re-start 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: ____ <i>Rest For 10 Minutes</i> Fastest Lap: ____ Avg Lap Pace: ____ Avg Heart Rate: ____</p> <p style="background-color: #E69A00; color: white; border-radius: 10px; padding: 2px 5px; display: inline-block;">75-80% / 85-90%</p>
<b>Main Set #3</b>	<p><b>Negative Split Moto – 20 Minutes Max</b></p> <p>Strive to maintain same HR average but be 2 seconds faster during last 5 laps Only way is to breathe through belly and be smooth everywhere Lap 1: ____ Lap 2: ____ Lap 3: ____ Lap 4: ____ Lap 5: ____ Lap 6: ____ Lap 7: ____ Lap 8: ____ Lap 9: ____ Lap 10: ____ <i>Rest For 10 Minutes</i> Fastest Lap: ____ Avg Lap Pace: ____ Avg Heart Rate: ____</p> <p style="background-color: #E69A00; color: white; border-radius: 10px; padding: 2px 5px; display: inline-block;">75-80% / 85-90%</p>
<b>Main Set #4</b>	<p><b>Negative Split Moto – 20 Minutes Max</b></p> <p>Ride as fast as you can while staying within indicated HR zone AND not falling off pace by more than 1 second – stay mentally focused</p>

Lap 1: \_\_\_ Lap 2: \_\_\_ Lap 3: \_\_\_ Lap 4: \_\_\_ Lap 5: \_\_\_  
Lap 6: \_\_\_ Lap 7: \_\_\_ Lap 8: \_\_\_ Lap 9: \_\_\_ Lap 10: \_\_\_  
*Rest For 10 Minutes*  
Fastest Lap: \_\_\_ Avg Lap Pace: \_\_\_ Avg Heart Rate: \_\_\_

85-90%

**Warm-Down**

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

40%

PRE-RIDING WEIGHT

\_\_\_\_\_

POST-RIDING WEIGHT

\_\_\_\_\_

TOTAL FLUIDS CONSUMED

\_\_\_\_\_

LOSS / GAIN

\_\_\_\_\_



# MX SPEED WORKOUT #2

Speed, Speed, Speed! · Total Ride Time: 90 Minutes

SPEED

<b>Warm-Up</b>	<p><b>Gradual Warm-Up</b></p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo Stretch passively from head to toe · Re-hydrate with Energy Fuel as needed</p> <p style="text-align: center; background-color: #0070C0; color: white; border-radius: 10px; padding: 2px 10px;">Less Than 50%</p>
<b>Main Set #1</b>	<p><b>Warm the Muscles Up / Break a Sweat (15-Minute Moto)</b></p> <p>Complete interval with a start then settle into track at a pace you can maintain (less than 2-second deviation) for 15 minutes within HR zones. Don't take lap times – instead change up your lines every lap: one fast, one non-optimized. Moto Specific HR Zone – Low #: _____ High #: _____ <i>Rest For 10 Minutes</i> Fastest Time: ____ Average Time: ____ Avg Heart Rate: ____</p> <p style="text-align: center; background-color: #FFC000; color: white; border-radius: 10px; padding: 2px 10px;">75-80%</p>
<b>Main Set #2</b>	<p><b>Opening Lap Speed</b></p> <p>Complete 10 starts plus 1 lap sprint. On race day, your body will emulate what you practice – so stay mentally focused &amp; 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: ____ <i>Rest For 10 Minutes</i> Fastest Lap: ____ Avg Lap Pace: ____ Avg Heart Rate: ____</p> <p style="text-align: center; background-color: #E67E22; color: white; border-radius: 10px; padding: 2px 10px;">90-95%</p>
<b>Main Set #3</b>	<p><b>High Intensity / Lactate Tolerance</b></p> <p>These intervals need to be aggressive; you should hit your 95% number by the end of the one lap. 1 Lap Sprint (2 Minute Lap Time Max) / 1 Minute Rest Interval Int. #1: ____ Int. #2: ____ Int. #3: ____ Int. #4: ____ Int. #5: ____ <i>Rest For 10 Minutes</i> Fastest Lap: ____ Avg Lap Pace: ____ Avg Heart Rate: ____</p> <p style="text-align: center; background-color: #E67E22; color: white; border-radius: 10px; padding: 2px 10px;">90-95%</p>
<b>Main Set #4</b>	<p><b>High Intensity / Lactate Tolerance</b></p> <p>These intervals need to be aggressive; you should hit your 95% number by the end of lap two. 2 Lap Sprints (4 Minutes Max Time) / 1 Minute Rest Interval Int. #1: ____ Int. #2: ____ Int. #3: ____ Int. #4: ____ Int. #5: ____ <i>Rest For 10 Minutes</i></p>

	<p>Fastest Lap: ___ Avg Lap Pace: ___ Avg Heart Rate: ___</p> <p><b>90-95%</b></p>
<p><b>Main Set #5</b></p>	<p><b>High Intensity / Lactate Tolerance</b></p> <p>3 Lap Sprints (6 Minutes Max Time) / 1 Minute Rest Interval</p> <p>Int. #1: ___ Int. #2: ___ Int. #3: ___ Int. #4: ___ Int. #5: ___</p> <p><i>Rest For 10 Minutes</i></p> <p>Fastest Lap: ___ Avg Lap Pace: ___ Avg Heart Rate: ___</p> <p><b>90-95%</b></p>
<p><b>Warm-Down</b></p>	<p>5 minutes of easy riding – nothing structured or intense; allow the HR to come down slowly</p> <p><b>40%</b></p>

PRE-RIDING WEIGHT

\_\_\_\_\_

POST-RIDING WEIGHT

\_\_\_\_\_

TOTAL FLUIDS CONSUMED

\_\_\_\_\_

LOSS / GAIN

\_\_\_\_\_



# MX AEROBIC WORKOUT #1

Muscular Endurance & Strength

AEROBIC

<b>Warm-Up</b>	<p><b>Row or Bike for 10 minutes</b> – break a solid sweat prior to moving over to your motorcycle 1 minute stretch – head to toe; hydrate if needed</p> <p style="text-align: center;"><b>40%</b></p>
<b>Main Set #1</b>	<p><b>First Turn Transitions</b></p> <p>Your focus needs to be 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!</p> <p>Int. 1: ___ Int. 2: ___ Int. 3: ___ Int. 4: ___ Int. 5: ___ Int. 6: ___ Int. 7: ___ Int. 8: ___ Int. 9: ___ Int. 10: ___ Int. 11: ___ Int. 12: ___</p> <p><i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i></p> <p>Fastest Time: ___ Slowest Time: ___ Average Time: ___</p> <p style="text-align: center;"><b>50%</b></p>
<b>Main Set #2</b>	<p><b>Muscular Endurance</b></p> <p>20 Starts using only your inner leg; hold onto the bars BARELY – only with your 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; 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)</p> <p><i>Rest For 5 Minutes</i></p> <p style="text-align: center;"><b>75%</b></p>
<b>Main Set #3</b>	<p><b>Muscular Endurance &amp; Strength – 15-Minute Moto (Even Paced)</b></p> <p>Take the smoothest lines every lap</p> <p>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: ___</p> <p><i>Rest For 5 Minutes</i></p> <p>Fastest Lap: ___ Slowest Lap: ___ Avg Lap Pace: ___</p> <p style="text-align: center;"><b>75%</b></p>
<b>Main Set #4</b>	<p><b>Muscular Endurance &amp; Strength – 15-Minute Moto (Even Paced)</b></p> <p>Take the roughest lines every lap</p> <p>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: ___</p> <p><i>Rest For 5 Minutes</i></p>

Fastest Lap: \_\_\_\_ Slowest Lap: \_\_\_\_ Avg Lap Pace: \_\_\_\_

75%

**Main Set #5**

**Muscular Endurance & Strength – 15-Minute Moto (Even Paced)**

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: \_\_\_\_

*Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with sports drink*

Fastest Lap: \_\_\_\_ Slowest Lap: \_\_\_\_ Avg Lap Pace: \_\_\_\_

75%

**Warm-Down**

10 minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)

40%

BEGINNING WEIGHT

\_\_\_\_\_

ENDING WEIGHT

\_\_\_\_\_

LOSS / GAIN

\_\_\_\_\_



# MX AEROBIC WORKOUT #2

Muscular Endurance & Strength

**AEROBIC**

<b>Warm-Up</b>	<p><b>Gradual Warm-Up</b></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: 10px; display: inline-block;">Less Than 40%</p>
<b>Main Set #1</b>	<p><b>Starts With First Turns For Time</b></p> <p>10 Starts with a first turn and 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!</p> <p><i>Rest For 5 Minutes</i></p> <p style="text-align: center; border: 1px solid black; border-radius: 10px; display: inline-block;">N/A</p>
<b>Main Set #2</b>	<p><b>Timed Moto</b></p> <p>Complete 10 laps at just below your race pace (80–85% HR Level); smooth lines</p> <p>Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___</p> <p><i>Rest For 5 Minutes</i></p> <p>Elapsed Times: ___ Average HR: ___ Max HR: ___</p> <p style="text-align: center; border: 1px solid black; border-radius: 10px; display: inline-block;">80–85%</p>
<b>Main Set #3</b>	<p><b>Timed Moto</b></p> <p>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 here!</p> <p>Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___</p> <p><i>Rest For 5 Minutes</i></p> <p>Elapsed Times: ___ Average HR: ___ Max HR: ___</p> <p style="text-align: center; border: 1px solid black; border-radius: 10px; display: inline-block;">80–85%</p>
<b>Main Set #4</b>	<p><b>Timed Moto – same as Set #3</b></p> <p>Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___</p> <p><i>Rest For 5 Minutes</i></p> <p>Elapsed Times: ___ Average HR: ___ Max HR: ___</p> <p style="text-align: center; border: 1px solid black; border-radius: 10px; display: inline-block;">80–85%</p>
<b>Main Set #5</b>	<p><b>Timed Moto – same as Set #3</b></p> <p>Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___</p>

Lap 6: \_\_\_ Lap 7: \_\_\_ Lap 8: \_\_\_ Lap 9: \_\_\_ Lap 10: \_\_\_

*Rest For 5 Minutes*

Elapsed Times: \_\_\_ Average HR: \_\_\_ Max HR: \_\_\_

80-85%

### Main Set #6

#### Starts & Transitions

10 Starts with a first turn and 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 For 5 Minutes*

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.

40%

BEGINNING WEIGHT

\_\_\_\_\_

ENDING WEIGHT

\_\_\_\_\_

LOSS / GAIN

\_\_\_\_\_



# SUPER SLOW CHALLENGE

Combo Weight Workout · 2 Sets · 6–8 Reps · 4 sec up / 4 sec down

**STRENGTH**

**Warm-Up:** Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter). Same weight as last week. Lift 4 seconds up, 4 seconds down. Don't sacrifice form for reps. If too fatigued, stop and move on.

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<b>CYCLE ONE</b>			
<u>Single Leg Step onto Bench</u> Weight: Moderate · Right Leg then Left Leg	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	6–8 Reps: 4" count up and 4" count down
<u>Abdominal Crunch on Fit Ball w/Weight</u>	Wt: ___ Reps: ___	Wt: ___ Reps: ___	6–8 Reps: 4" count up and 4" count down
<u>Military Spiders Off Bench</u>	Reps: ___	Reps: ___	As many as you can complete in 30 seconds
<b>CYCLE TWO</b>			
<u>Single Leg – Good Mornings</u> Weight: Moderate · Right Leg then Left Leg	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	6–8 Reps: 4" count up and 4" count down
<u>Pike-Push Ups on Fit Ball</u> Hands Shoulder Width Apart · Elbows at 90° at Bottom	Reps: ___	Reps: ___	6–8 Reps: 4" count up and 4" count down
<u>Side Skaters</u> (After Both Legs = 1 Rep)	Reps: ___	Reps: ___	As many as you can complete in 30 seconds
<b>CYCLE THREE</b>			
<u>Bicep Curls w/Dumbbells (up to 90°)</u>	Wt: ___ Reps: ___	Wt: ___ Reps: ___	6–8 Reps: 4" count up and 4" count down · No higher than 90°
<u>Lat Pull Over–Triceps Extension</u>	Wt: ___ Reps: ___	Wt: ___ Reps: ___	6–8 Reps: 4" count up and 4" count down
<u>Jump Rope with Eyes Closed</u>	Reps: ___	Reps: ___	As many as you can complete in 30 seconds



# SUPER SLOW CHALLENGE

Cycles 4–5 + 2000m Rowing + Bicycle Sprints

**STRENGTH**

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<b>CYCLE FOUR</b>			
<u>Arm &amp; Leg Extension</u> Weight: Light	Wt: ___ Reps: ___	Wt: ___ Reps: ___	6–8 Reps: 4" count up and 4" count down
<u>Hanging Leg Lifts (Knees to Chest)</u>	Reps: ___	Reps: ___	6–8 Reps: 4" count up and 4" count down
<u>Military Spiders Off Bench</u>	Reps: ___	Reps: ___	As many as you can complete in 30 seconds
<b>CYCLE FIVE</b>			
<u>Single Leg Push Ups Off of Bench</u>	Reps: ___	Reps: ___	6–8 Reps: 4" count up and 4" count down
<u>Single Leg Shoulder Press</u> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	6–8 Reps: 4" count up and 4" count down
<u>Side Skaters</u>	Reps: ___	Reps: ___	As many as you can complete in 30 seconds
<b>2000 METER ROWING</b>			
<b>Warm up for 200 Meters</b> – Low Intensity (Damper Setting 2) <b>1,000 Meters @ 80–85% Effort</b> (Damper Setting 5) – Elapsed Time: ___ 1 Minute Rest Interval 25 Pushups with your eyes closed 1 Minute Rest Interval <b>1,000 Meters @ 80–85% Effort</b> (Damper Setting 5) – Elapsed Time: ___ 1 Minute Rest Interval 25 Pushups with your eyes closed	Date: ___	Date: ___	
<b>BICYCLE SPRINTS</b>			
<b>Warm up for 2 Minutes</b> – Low Intensity (Light Load Levels) Increase the load levels to MODERATE <b>4 Minute Interval @ 80–85% Effort</b> – Distance Covered: ___ 1 Minute Rest Interval 25 Pushups with your eyes closed 2 Minute Rest Interval <b>4 Minute Interval @ 80–85% Effort</b> – Distance Covered: ___ 1 Minute Rest Interval 25 Pushups with your eyes closed	Date: ___	Date: ___	