

TRAINING PROTOCOL

PHASE 2








WEEK 4 OF 8

ACTIVE RECOVERY – ABSORB & REBUILD

PROGRAM Fulltime	PHASE 2	WEEK 4 of 8	FOCUS Recovery
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Week 4 is your active recovery week – a critical phase where your body absorbs the training stress from the previous three weeks and rebuilds stronger. You will reduce intensity and load across all workouts: the Super Slow Challenge uses 20% less weight, and your aerobic sessions are steady-state HR Zone 2 pacing blocks rather than high-intensity intervals. Your goal this week is to finish every workout feeling fresh, not fatigued. Monitor your resting heart rate each morning – if it is four or more beats above last week's average, rest and eat instead of training.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Row or Bike	SSC (-20%)	Row or Bike	SSC (-20%)	Rest Day	MX Workout	MX Workout
HR Pacing Blocks 60 Min	AM + MX Aerobic #1 PM	HR Pacing Blocks 60 Min	AM + MX Aerobic #1 PM	Full Recovery	2 Hours + Nap	2 Hours + Nap

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. This is the primary zone for all Week 4 workouts.

● **HR Zone 3+ – Red Workouts**

Near-maximum effort. **Not used this week.** If your HR climbs into Zone 3 during any workout, ease off immediately. The goal of active recovery is controlled aerobic work only.



MONDAY

Row or Bike HR Pacing Blocks (60 Min)

ROW / BIKE AM

Coach's Note: This is your first active recovery day. The goal is to flush metabolic waste and promote blood flow without adding training stress. Stay strictly in HR Zone 2 – if your heart rate climbs above your Zone 2 ceiling, reduce effort immediately. Complete your body analysis before the workout and note any changes in resting HR, weight, or energy levels.

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

MORNING OPTION A – ROW: HR PACING BLOCKS (60 MINUTES)

WARM-UP – 5 MIN (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Focus: straight back, lead with legs, arms to chest. Stretch lower body after warm-up.

MAIN SET – 50 MIN (HR ZONE 2 PACING BLOCKS)

Settle into the **low end of HR Zone 2** and maintain for 8 minutes.

After 8 min, increase intensity to the **high end of HR Zone 2** and maintain for 2 minutes.

After 2 min, lower effort back to the low end of HR Zone 2. Repeat for 50 minutes.

COOL-DOWN – 5 MIN (HR ZONE 1)

Load Level: 2

Pull Rate: Less than 25

Stretch from head to toe after cool-down.

– OR –

MORNING OPTION B – BIKE: HR PACING BLOCKS (60 MINUTES)

WARM-UP – 5 MIN (HR ZONE 1)

Gearing: Small chain ring, middle rear

Cadence: 80–85 RPM

Focus on optimum pedal mechanics. Stretch & hydrate before main set.

MAIN SET – 50 MIN (HR ZONE 2 PACING BLOCKS)

Settle into the **low end of HR Zone 2** and maintain for 8 minutes.

After 8 min, increase intensity to the **high end of HR Zone 2** for 2 minutes.

After 2 min, lower effort back to the low end. Repeat for 50 minutes.

COOL-DOWN – 5 MIN (HR ZONE 1)

Gearing: Easiest combination

Cadence: 85–90 RPM

Do not dismount until HR is within Zone 1.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** Immediately consume 8-10 oz Recovery Fuel.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



TUESDAY

Super Slow Challenge (-20% Weight) AM + MX Aerobic #1 PM

SSC + MX AEROBIC

Coach's Note: Today's Super Slow Challenge uses the same exercises as the previous three weeks but with **20% less weight**. You should finish feeling fresh – that is the entire point of an active recovery week. The afternoon MX Aerobic session reinforces your aerobic base without adding fatigue. Stay within your aerobic intensity zones throughout the afternoon ride.

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

MORNING WORKOUT – SUPER SLOW CHALLENGE (20% LESS WEIGHT)

Super Slow Challenge – Active Recovery Load

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

Sets: 2 | **Repetitions:** 6 minimum / 8 maximum (upper and lower body)

Tempo: 4 seconds up, 4 seconds down – do not sacrifice form for reps.

Weight: Reduce by 20% from last week's load. You should finish feeling fresh, not fatigued.

Refer to the **Super Slow Challenge spreadsheet** at the back of this document to record all data.

Note: If your resting heart rate is 4+ beats above last week's average, do not train – sleep and eat instead.

POST-MORNING PROTOCOLS

POST-WORKOUT

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

PRE-AFTERNOON

- ▶ **Nutrition:** High-quality lunch (protein + fat) to fuel afternoon session.
- ▶ **Pre-Workout:** 8-10 oz Energy Fuel 10-15 min before afternoon ride.

MX Aerobic Workout #1 – Aerobic Endurance · 90 Minutes

Refer to the **MX Aerobic Workout #1 spreadsheet** at the back of this document for all sets, lap tracking, and performance recap fields.

Workout Notes: Do not let the intensity levels throw you off. If you maintain 80–85% for 90 minutes, you will find that you have plenty of energy for the last set. Make a mental decision to *not* increase your effort even though you may feel comfortable enough to do so. This workout must be completed within your aerobic intensity zones to ensure you are ready for high-intensity workouts later in the week.

80–85%

EVENING PROTOCOLS

POST-AFTERNOON

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

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy.
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



WEDNESDAY

Row or Bike HR Pacing Blocks (60 Min)

ROW / BIKE AM

Coach's Note: Same structure as Monday – steady-state HR Zone 2 pacing blocks. Your body is adapting to the training load from the past three weeks. Keep the effort controlled and focus on perfect form throughout. Complete your body analysis before the workout and compare to Monday's numbers.

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

MORNING OPTION A – ROW: HR PACING BLOCKS (60 MINUTES)

WARM-UP – 5 MIN (HR ZONE 1)

Load Level: 3 | **Pull Rate:** <25

Focus: straight back, lead with legs, arms to chest. Stretch lower body after.

MAIN SET – 50 MIN (HR ZONE 2 PACING BLOCKS)

Settle into the **low end of HR Zone 2** for 8 minutes, then increase to the **high end** for 2 minutes. Lower back to low end and repeat for 50 minutes.

COOL-DOWN – 5 MIN (HR ZONE 1)

Load Level: 2 | **Pull Rate:** <25

Stretch from head to toe after cool-down.

– OR –

MORNING OPTION B – BIKE: HR PACING BLOCKS (60 MINUTES)

WARM-UP – 5 MIN (HR ZONE 1)

Gearing: Small chain ring, middle rear | **Cadence:** 80-85 RPM

Stretch & hydrate before moving into main set.

MAIN SET – 50 MIN (HR ZONE 2 PACING BLOCKS)

Low end of HR Zone 2 for 8 min → high end for 2 min → back to low end. Repeat for 50 minutes.

COOL-DOWN – 5 MIN (HR ZONE 1)

Gearing: Easiest combination | **Cadence:** 85-90 RPM

Do not dismount until HR is in Zone 1.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

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

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



THURSDAY

Super Slow Challenge (-20% Weight) AM + MX Aerobic #1 PM

SSC + MX AEROBIC

Coach's Note: Second Super Slow Challenge session of the week – same reduced load as Tuesday. Your muscles should feel recovered and responsive. The afternoon MX Aerobic session is identical to Tuesday's intentionally: reinforcing the aerobic pace without adding new stress. Stay disciplined about not increasing effort even when you feel capable of doing so.

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

MORNING WORKOUT – SUPER SLOW CHALLENGE (20% LESS WEIGHT)

Super Slow Challenge – Active Recovery Load

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

Sets: 2 | **Repetitions:** 6 minimum / 8 maximum

Tempo: 4 seconds up, 4 seconds down. Do not sacrifice form for reps.

Weight: Same 20% reduction as Tuesday. If too fatigued, stop and move on.

Refer to the **Super Slow Challenge spreadsheet** at the back of this document.

Note: If resting HR is 4+ beats above last week's average, do not train – sleep and eat instead.

POST-MORNING PROTOCOLS

POST-WORKOUT

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

PRE-AFTERNOON

- ▶ **Nutrition:** High-quality lunch (protein + fat) to fuel afternoon session.
- ▶ **Pre-Workout:** 8-10 oz Energy Fuel 10-15 min before afternoon ride.

MX Aerobic Workout #1 – Aerobic Endurance · 90 Minutes

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

Workout Notes: Identical to Tuesday's session – intentionally repeated to reinforce aerobic pace without new stress. Maintain 80–85% effort throughout. Do not increase intensity even if you feel comfortable doing so.

80–85%

EVENING PROTOCOLS

POST-AFTERNOON

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

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



FRIDAY

Complete Rest Day + Mental Preparation

RECOVERY

Coach's Note: Today is a complete rest day. Use this time for mental preparation and reflection. Sit down with a blank piece of paper and draw a line down the middle. On the left side, write the five most important reasons why you do what you do. On the right side, next to each reason, identify the people, locations, and tools that make each WHY possible. Then verify that all of those elements are ready for action this weekend. Check your refrigerator, your equipment, your schedule – make sure everything is optimized for your WHY.

RECOVERY PRIORITIES

Today's Focus – Rest, Reflect & Prepare

- Hydration:** Drink 8 oz Energy Fuel to top off electrolytes and hydration levels.
- Nutrition:** Eat clean – high-quality protein, healthy fats, and fresh vegetables. Avoid processed foods.
- Sleep:** Aim for 8–9 hours tonight. This is when your body rebuilds.
- Mental Prep:** Complete the WHY exercise described above. Identify and optimize all elements that support your goals.

SATURDAY MORNING PREP CHECKLIST

Prepare Tonight for Saturday's MX Workout

- Bike & HR Monitor:** Fully charged and calibrated.
- Nutrition:** Energy Fuel and Recovery Fuel packed and ready.
- Gear:** All riding gear inspected and laid out.
- Sleep:** In bed by 9:30 PM – early start tomorrow.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)

MENTAL PROTOCOL

- ▶ **Visualization:** Spend 10 minutes visualizing Saturday's MX ride – smooth, controlled, and fast laps.
- ▶ **Why I Yawn:** ▶ [Watch before sleep](#) to understand the mental recovery process.



SATURDAY

MX Aerobic #1 Workout (2 Hours) + 2-Hour Nap After Lunch

MX AM + NAP

Coach's Note: Today's MX workout is active recovery on the bike – not a training session. Break your riding into 15-minute sessions with 15 minutes rest between each. Maintain a HR of Zone 3 or less for your entire time on the track. Refrain from "training" – simply go ride your motorcycle and have fun railing turns or jumping. Stretch with dynamic movements prior to getting back on the bike for each session.

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

MORNING WORKOUT – MX WORKOUT (2 HOURS TOTAL)

MX Active Recovery Ride – HR Zone 3 or Less

Structure: 15-minute riding sessions with 15-minute rest intervals between each session.

Intensity: Maintain HR Zone 3 or less for your entire time on the track.

Focus: Refrain from "training" – simply ride and have fun. Rail turns, jump, flow. Stretch with dynamic movements before each session on the bike.

Zone 3 or Less

POST-WORKOUT PROTOCOLS

POST-WORKOUT

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

LUNCH PREP

- ▶ **Meal:** High-quality greens, fruits, protein & fat to fuel your nap recovery window.

zzz 2-Hour Nap After Lunch

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

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)

MENTAL PROTOCOL

- ▶ **Visualization:** 10 minutes visualizing Sunday's MX ride – smooth, controlled, and fast laps.
- ▶ **Why I Yawn:** ▶ [Watch before sleep](#)



SUNDAY

MX Aerobic #1 Workout (2 Hours) + 2-Hour Nap After Lunch

MX AM + NAP

Coach's Note: Same structure as Saturday – active recovery on the bike. Break your riding into 15-minute sessions with 15 minutes rest. Maintain HR Zone 3 or less. Research has validated that your pituitary gland releases the greatest amount of hGH during sleep, which is responsible for rebuilding muscle tissue and improving your strength-to-weight ratio. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein and fat.

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

MORNING WORKOUT – MX WORKOUT (2 HOURS TOTAL)

MX Active Recovery Ride – HR Zone 3 or Less

Structure: 15-minute riding sessions with 15-minute rest intervals between each session.

Intensity: Maintain HR Zone 3 or less for your entire time on the track.

Focus: Simply ride and have fun. No structured training. Stretch with dynamic movements before each session on the bike.

Note: If your resting HR is 4+ beats above last week's average, do not train – sleep and eat instead.

Zone 3 or Less

POST-WORKOUT PROTOCOLS

POST-WORKOUT

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

LUNCH PREP

- ▶ **Meal:** High-quality protein & fat – satisfies appetite and promotes deep sleep during nap.

z-z 2-Hour Nap After Lunch

Research has validated that your pituitary gland releases the greatest amount of hGH during sleep – responsible for rebuilding muscle tissue and how lean you are (key elements of your strength-to-weight ratio). To ensure you fall asleep quickly and sleep as deeply as possible, consume a lunch high in quality protein and fat. When you wake up, immediately consume a fruit smoothie and a serving of amino acids.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)

MENTAL PROTOCOL

- ▶ **Reflection:** Review this week's body analysis data and note trends in resting HR, weight, and energy.
- ▶ **Why I Yawn:** ▶ [Watch before sleep](#)



SUPER SLOW CHALLENGE

Lower Load Levels – 20% Less Weight · Cycles 1-3

STRENGTH

Warm-Up: Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter). Same exercises as previous weeks with 20% less weight. Lift 4 seconds up, 4 seconds down. Do not sacrifice form for reps. If too fatigued, stop and move on.

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
CYCLE ONE			
<u>Single Leg Step onto Bench</u> -20% weight from last week	Wt: _____ Reps R: _____ Wt: _____ Reps L: _____	Wt: _____ Reps R: _____ Wt: _____ Reps L: _____	6-8 Reps: 4" up / 4" down Right leg then left leg
<u>Abdominal Crunch on Fit Ball w/Weight</u> -20% weight from last week	Wt: _____ Reps: _____ Wt: _____ Reps: _____	Wt: _____ Reps: _____ Wt: _____ Reps: _____	6-8 Reps: 4" up / 4" down
<u>Military Spiders Off Bench</u>	As many as possible in 30 seconds		30-second max effort
CYCLE TWO			
<u>Single Leg – Good Mornings</u> -20% weight from last week	Wt: _____ Reps R: _____ Wt: _____ Reps L: _____	Wt: _____ Reps R: _____ Wt: _____ Reps L: _____	6-8 Reps: 4" up / 4" down Right leg then left leg
<u>Pike-Push Ups on Fit Ball</u> Hands shoulder-width, elbows at 90° at bottom	Reps: _____ Reps: _____	Reps: _____ Reps: _____	6-8 Reps: 4" up / 4" down
<u>Side Skaters</u>	As many as possible in 30 seconds		30-second max effort
CYCLE THREE			
<u>Bicep Curls w/Dumbbells (up to 90°)</u> -20% weight from last week	Wt: _____ Reps: _____ Wt: _____ Reps: _____	Wt: _____ Reps: _____ Wt: _____ Reps: _____	6-8 Reps: 4" up / 4" down
<u>Lat Pull Over-Triceps Extension</u> -20% weight from last week	Wt: _____ Reps: _____ Wt: _____ Reps: _____	Wt: _____ Reps: _____ Wt: _____ Reps: _____	6-8 Reps: 4" up / 4" down
<u>Jump Rope with Eyes Closed</u>	As many as possible in 30 seconds		30-second max effort



SUPER SLOW CHALLENGE

Lower Load Levels – 20% Less Weight · Cycles 4–5 + Rowing + Bike

STRENGTH

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
CYCLE FOUR			
<u>Arm & Leg Extension</u> -20% weight from last week	Wt: _____ Reps: _____ Wt: _____ Reps: _____	Wt: _____ Reps: _____ Wt: _____ Reps: _____	6–8 Reps: 4" up / 4" down
<u>Hanging Leg Lifts (Knees to Chest)</u>	Reps: _____	Reps: _____	As many as possible
<u>Military Spiders Off Bench</u>	As many as possible in 30 seconds		30-second max effort
CYCLE FIVE			
<u>Single Leg Push Ups Off of Bench</u>	Reps: _____ Reps: _____	Reps: _____ Reps: _____	6–8 Reps: 4" up / 4" down
<u>Single Leg Shoulder Press</u> -20% weight from last week	Wt: _____ Reps: _____ Wt: _____ Reps: _____	Wt: _____ Reps: _____ Wt: _____ Reps: _____	6–8 Reps: 4" up / 4" down
<u>Side Skaters</u>	As many as possible in 30 seconds		30-second max effort
2000 METER ROWING			
Warm-Up – 200 Meters (Low Intensity, Damper 2)	Time: _____		Easy effort
1,000 Meters at 80–85% Effort (Damper 5)	Elapsed Time: _____		Record elapsed time
1 Min Rest · 25 Push-Ups (Eyes Closed) · 1 Min Rest	Push-Up Reps: _____		
1,000 Meters at 80–85% Effort (Damper 5)	Elapsed Time: _____		Record elapsed time
1 Min Rest · 25 Push-Ups (Eyes Closed) · 1 Min Rest	Push-Up Reps: _____		
BICYCLE SPRINTS			
Warm-Up – 2 Minutes (Low Intensity, Light Load)	Distance: _____		Easy effort
4 Min Interval at 80–85% Effort (Moderate Load)	Distance Covered: _____		Record distance
	Push-Up Reps: _____		

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
1 Min Rest · 25 Push-Ups (Eyes Closed) · 2 Min Rest			
4 Min Interval at 80–85% Effort (Moderate Load)	Distance Covered: _____		Record distance
1 Min Rest · 25 Push-Ups (Eyes Closed) · 2 Min Rest	Push-Up Reps: _____		



MX AEROBIC WORKOUT #1

Holding Aerobic Pace as Duration Increases · 90 Minutes

AEROBIC

Warm-Up

Gradual Warm-Up – 10 Minutes

Concept 2 Rower – 10 minutes low intensity pulling. ▶ [Rowing Setup Video](#)

Stretch from head to toe. Re-hydrate with Energy Fuel as needed.

Less Than 40%

Rest 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel

Main Set #1

Intensive Endurance – 30 Minutes Continuous Riding

Complete a start (with drop of gate if possible) then 30 minutes of continuous riding.

Goal: keep lap pace within 2 seconds of fastest and slowest laps.

Note: if pace falls off by more than 5 seconds, stop 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: _____

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

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

80-85%

Rest 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel

Main Set #2

Intensive Endurance – 30 Minutes Continuous Riding

Complete a start then 30 minutes of continuous riding. Same pace goal as Set #1.

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: _____

80-85%

Rest 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel

Main Set #3

Intensive Endurance – 30 Minutes Continuous Riding

Complete a start then 30 minutes of continuous riding. Same pace goal as Sets #1 and #2.

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: _____

80-85%

Rest 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel

Warm-Down

10 Minutes Easy Riding

Nothing structured or intense. Watch the HR monitor to ensure effort stays low.

Less Than 40%

PRE-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

POST-RIDING WEIGHT

LOSS / GAIN
