

TRAINING PROTOCOL

# PHASE 2








## WEEK 6 OF 8

ENHANCED STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM <b>Fulltime</b>	PHASE <b>2</b>	WEEK <b>6 of 8</b>	FOCUS <b>Speed + LT</b>
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Week 6 builds directly on your Week 5 assessment data. Monday and Wednesday feature MX Speed Workouts (#1 and #2) in the morning, followed by your choice of Bike HR Ladder or Row Incremental Pacing in the afternoon. Tuesday and Thursday are Super Slow Challenge days – same exercises, but now that you are familiar with the range of motion, push the weight and load levels to the next level. The weekend brings MX Aerobic sessions on Saturday and Sunday, with a 2-hour nap between morning and evening workouts. Late-moto fatigue is the enemy – use your core, look up the track, and maintain perfect fundamentals throughout every set.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>MX Speed #1</b> AM + Bike HR Ladder or Row PM	<b>Super Slow</b> Challenge 2 Sets · 6-8 Reps	<b>MX Speed #2</b> AM + Bike HR Ladder or Row PM	<b>Super Slow</b> Challenge 2 Sets · 6-8 Reps	<b>Rest Day</b> Full Recovery	<b>MX Aerobic #1</b> AM + 2-Hr Nap + Bike PM	<b>MX Aerobic #2</b> AM + 2-Hr Nap + Row 5-Min PM

TRAINING INTENSITY GUIDE

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

Builds your aerobic engine. Burns fat as primary fuel. Used during afternoon Bike HR Ladder and Row Pacing sessions, and all warm-up/cool-down phases.

**● HR Zone 3+ – Red Workouts**

Builds strength, speed, and lactate tolerance. Burns stored sugar as primary fuel. Used during MX Speed Workouts #1 and #2, and the high-intensity intervals of the Row Fragmented Intervals.



# MONDAY

MX Speed Workout #1 (AM) + Bike or Row (PM)

MX SPEED #1 + CARDIO PM

**Coach's Note:** This workout is designed to hold you accountable both mentally and physically. In our sport, late-moto fatigue is usually associated with inefficiency and poor fundamentals late in a race. Look up the track and use your core to move the bike around to help save energy. Maintain proper blood sugar levels to ensure that your eye-hand coordination is optimized. Refer to the **MX Speed Workout #1 spreadsheet** at the back of this document for all sets and lap tracking.

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

## MORNING WORKOUT – MX SPEED WORKOUT #1 (2 HOURS)

### MX Speed Workout #1 – Top End Speed

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

**Workout Notes:** Hold consistent lap times at an aerobic effort in Set #1. Sets #2–#4 build to 90–95% effort with 2-lap and 4-lap intervals. Focus on opening lap speed, consistency, and maintaining momentum everywhere – land the backsides of all jumps.

80–85% Set #1

90–95% Sets #2–#4

## POST-MORNING WORKOUT PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body – hold each stretch for 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with 2 scoops of Energy Fuel to replace lost electrolytes.

## AFTERNOON WORKOUT – CHOOSE ONE

### Option A – Bike: Heart Rate Ladder Workout (50 Minutes)

**Warm-Up:** 10 min (HR Zone 1) | Cadence: 80–85 | Gearing: small chain ring, middle rear. Stretch and hydrate before main set.

**Main Set – HR Pyramids: 30 Minutes:** Toggle between your lower and upper HR Zone 2 numbers for 30 minutes. At the beginning of each interval, accelerate and settle into a comfortable leg turnover (75–85 cadence) – push the pace until you hit your upper number, then gear back down and spin easily until you hit your lower number.

**Warm-Down:** 10 min (HR Zone 1) | Cadence: 85–90 | Easiest combination that allows HR Zone 1. Don't dismount until HR is within Zone 1.

HR Zone 2

– OR –

### Option B – Row: Incremental Pacing Intervals (6,500 Meters)

**Warm-Up:** 1,000m (Load Level 3, Pull Rate <25, HR Zone 1). Stretch from head to toe.

**Baseline 500m Interval:** 80–85% effort | 1-minute rest | Load Level 5 | Pull Rate 25+. Elapsed Time: \_\_\_\_\_

**Main Set – Pacing Pyramids (3 × 500m × 3 Sets = 4,500m):**

Set A: 500m at Baseline + 10 sec – Rest 1 min | 500m at Baseline + 5 sec – Rest 1 min | 500m at Baseline Pace – Rest 1 min

Repeat Set A two more times. Goal: match your baseline pace by interval #3 of each set.

**Cool-Down:** 1,000m (Load Level 3, Pull Rate <25, HR Zone 1). Stretch from head to toe.

80–85%

## EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body – hold each stretch for 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with 2 scoops of Recovery Fuel.

### EVENING

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race – start to finish with perfect mechanics in every situation.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots for 5–10 seconds. Both sides, both legs.



# TUESDAY

Super Slow Challenge (Afternoon)

STRENGTH

**Coach's Note:** Same exercises as previous weeks – but now that you are familiar with the range of motion, strive to really push the weight and load levels to the next level. If you are lifting the weight as outlined, you should "feel" the muscles working. Refer to the [Super Slow Challenge spreadsheet](#) at the back of this document. Sets: 2 | Repetitions: 6 minimum / 8 maximum (both upper and lower body).

▲ **PRE-WORKOUT:** Consume **8–10 oz of cold Energy Fuel** 10–15 min prior to workout. Cold fluids absorb better than warm fluids.

## AFTERNOON WORKOUT – SUPER SLOW CHALLENGE

### Super Slow Challenge – 2 Sets · 6–8 Reps · 4 Seconds Up / 4 Seconds Down

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

**Structure:** 2 sets per exercise | 6–8 reps per set | 4 seconds up, 4 seconds down | Do not sacrifice form for reps.

Refer to the [Super Slow Challenge spreadsheet](#) at the back of this document for all 5 cycles, exercise video links, and weight/rep recording fields.

**Key Focus:** Pick up where you left off before your active recovery week. Push the weight to the next level – you should feel the muscles working throughout the full range of motion.

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body – hold each stretch for 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with 2 scoops of Recovery Fuel.

### EVENING

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race – start to finish with perfect mechanics.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots for 5–10 seconds. Both sides, both legs.



# WEDNESDAY

MX Speed Workout #2 (AM) + Bike or Row (PM)

MX SPEED #2 + CARDIO PM

**Coach's Note:** Your ability to get progressively faster is to get both your brain and your muscles to work together. Proper implementation of your fundamentals at progressively faster speeds is the brain processing your speed and determining that it is sustainable – thanks to the muscles not getting fatigued. During your rest interval, consume 6–8 oz of Energy Fuel to maintain your muscle and blood sugar levels along with your electrolytes for optimum muscle contraction. Refer to the **MX Speed Workout #2 spreadsheet** at the back of this document.

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

## MORNING WORKOUT – MX SPEED WORKOUT #2 (2 HOURS)

### MX Speed Workout #2 – Top End Speed

Refer to the **MX Speed Workout #2 spreadsheet** at the back of this document for all sets, lap tracking, and performance recap fields.

**Workout Notes:** Set #1 is a pre-race routine – 10 starts with complete pre-race routine emphasis. Set #2 builds to 80–85% for 12 consistent laps. Sets #3–#5 escalate to 90–95% with 4-lap intervals. Take your fastest interval time from each set and strive to beat it in the next.

Pre-Race Routine

80–85% Set #2

90–95% Sets #3–#5

## POST-MORNING WORKOUT PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body – hold each stretch for 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with 2 scoops of Energy Fuel.

## AFTERNOON WORKOUT – CHOOSE ONE

### Option A – Bike: Heart Rate Ladder Workout (50 Minutes)

**Warm-Up:** 10 min (HR Zone 1) | Cadence: 80–85 | Gearing: small chain ring, middle rear. Stretch and hydrate before main set.

**Main Set – HR Pyramids: 30 Minutes:** Toggle between your lower and upper HR Zone 2 numbers for 30 minutes. Accelerate to upper number, gear down to lower number – repeat continuously.

**Warm-Down:** 10 min (HR Zone 1) | Cadence: 85–90. Don't dismount until HR is within Zone 1.

HR Zone 2

– OR –

### Option B – Row: Fragmented Intervals (20 Minutes)

**Warm-Up:** 10 minutes (HR Zone 1, Load Level 3, Pull Rate 25–30). Longer than normal to avoid pulling a muscle.

**Main Set – Repeat for 20 Minutes:** Display: 500m interval with 1-minute rest | Load Level 5

300 Meters at 85% effort – straight back, leading with your legs.

200 Meter Sprint (HR Zone 3+) – keep the pull chain tight the entire 200 meters; lead with your legs for maximum power production.

Stretch and hydrate as needed between intervals.

**Warm-Down:** 5 minutes (Load Level 3, HR Zone 2 or less, Pull Rate 25–30).

85% Row

HR Zone 3+ Sprint

## EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body – hold each stretch for 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with 2 scoops of Recovery Fuel.

### EVENING

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race – start to finish with perfect mechanics.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots for 5–10 seconds. Both sides, both legs.



# THURSDAY

Super Slow Challenge (Morning)

STRENGTH

**Coach's Note:** Same as Tuesday – same exercises, same structure. Push the weight and load levels to the next level now that you are familiar with the range of motion. Sets: 2 | Repetitions: 6 minimum / 8 maximum. Refer to the **Super Slow Challenge spreadsheet** at the back of this document.

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

## MORNING WORKOUT – SUPER SLOW CHALLENGE

### Super Slow Challenge – 2 Sets · 6–8 Reps · 4 Seconds Up / 4 Seconds Down

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

**Structure:** 2 sets per exercise | 6–8 reps per set | 4 seconds up, 4 seconds down | Do not sacrifice form for reps. If too fatigued, stop and move on.

Refer to the **Super Slow Challenge spreadsheet** at the back of this document for all 5 cycles, exercise video links, and weight/rep recording fields.

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body – hold each stretch for 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with 2 scoops of Recovery Fuel.

### EVENING

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race – start to finish with perfect mechanics.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots for 5–10 seconds. Both sides, both legs.



# FRIDAY

Complete Rest Day + Weekend Preparation

RECOVERY

**Coach's Note:** Allow yourself to sleep in today and put an increased emphasis on quality food with large quantities. Remember, these two elements are the foundation of a healthy body that is strong and resilient. Keep in mind that the muscles you have today are a result of what you ate over the last six months – you are literally what you ate, so plan ahead and be smart. The weekend brings two full MX Aerobic sessions – prepare accordingly.

## RECOVERY PRIORITIES

### Today's Focus – Rest, Rebuild & Prepare for Weekend MX Sessions

- Sleep:** Sleep in – aim for 9+ hours. Growth hormone release peaks during deep sleep.
- Nutrition:** High-quality protein, healthy fats, and fresh vegetables. Large quantities – your muscles are rebuilding from this week's MX Speed sessions.
- Hydration:** 8 oz Energy Fuel to top off electrolytes and hydration levels.
- Body Analysis:** Complete your body analysis spreadsheet – note resting HR, weight, and energy levels.

## WEEKEND PREPARATION CHECKLIST

### Prepare Tonight for Saturday's MX Aerobic Workout #1

- Bike:** Fully serviced and ready. HR monitor charged and calibrated.
- Nutrition:** Energy Fuel, Recovery Fuel, and post-workout smoothie ingredients ready.
- Sleep:** In bed by 9:30 PM – early start tomorrow.
- Mental Prep:** Review your HR Zone numbers from last week's assessment. Write them on your arm for Saturday.

## EVENING PROTOCOLS

### EVENING

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race — start to finish with perfect mechanics.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots for 5–10 seconds. Both sides, both legs.

### MENTAL PROTOCOL

- ▶ **Visualization:** 10 minutes visualizing Saturday's MX Aerobic session — smooth, relaxed, consistent lap times throughout.
- ▶ **Why I Yawn:** ▶ [Watch before sleep](#)



# SATURDAY

MX Aerobic Workout #1 (AM) + 2-Hour Nap + Bike Distance Intervals (PM)

MX AEROBIC #1 + BIKE PM

**Coach's Note:** This workout will seem easy initially, but by the second set you will have to strive to maintain your lap times – not by throwing more effort into your laps, but rather by staying relaxed and focusing on your breathing. You will find that if you begin to tighten up and shallow-breathe through your chest (versus your belly), you will begin to miss your lines more frequently and have a difficult time holding your lap times. Work smart, not hard. You should finish this workout feeling fresh – not chewed up.

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

## MORNING WORKOUT – MX AEROBIC WORKOUT #1

### MX Aerobic Workout #1 – Aerobic Enhancement

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:** 4 main sets of 10-minute continuous riding. Keep pace within 2 seconds of your fastest and slowest laps. If pace falls off by more than 5 seconds, stop the interval and re-start. HR Zone 3 throughout.

HR Zone 3

## POST-MORNING WORKOUT PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body – hold each stretch for 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with 2 scoops of Recovery Fuel.

### 2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark, cool room and strive to get 2–3 hours of sleep. This window of sleep will provide 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.

### Warm-Up – 10 Minutes (HR Zone 1)

**Cadence:** 80–85 | **Gearing:** Small chain ring, middle rear. Focus on optimum pedal mechanics from the beginning. Stretch and hydrate before main sets.

### Main Set #1 – Transition Intervals (10 Minutes)

Use the tallest gear combination you can hold for 30 seconds. If you blow up before 30 seconds, lighten the load slightly. Goal: complete all 30 seconds still producing power.

30 seconds at 100% effort / Max Wattage Output | 60 seconds active recovery / easy spin

Ideally, don't start the next interval until HR is back in HR Zone 2. Repeat 5× for 10 minutes.

100% Effort

### Main Set #2 – 1-Mile Distance Intervals (40 Minutes)

Cover 1 mile as fast as possible with the tallest gear combination you can push without blowing up – keep the chain tight all the way to the end of the 1-mile interval. Recovery is the exact time it takes you to complete the interval.

HR Zone 3

### Main Set #3 – Explosive Wattage Intervals (10 Minutes)

Use the tallest gear combination you can hold for 30 seconds. 30 seconds at 100% effort / Max Wattage Output | 60 seconds active recovery / easy spin.

No matter what the HR is, begin next interval every 2 minutes. Repeat 5× for 10 minutes.

100% Effort

### Cool-Down – 5 Minutes (HR Zone 1)

**Cadence:** 85–90 | Easiest combination that allows HR Zone 1. Don't dismount until HR is within Zone 1.

## EVENING PROTOCOLS

### EVENING

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish with perfect mechanics.
- ▶ **Shin Stripping:** Both sides, both legs.

### MENTAL PROTOCOL

- ▶ **Visualization:** 10 minutes visualizing Sunday's MX Aerobic session – belly breathing, relaxed body position, consistent lap times.
- ▶ **Why I Yawn:** ▶ [Watch before sleep](#)



# SUNDAY

MX Aerobic Workout #2 (AM) + 2-Hour Nap + Row 5-Minute Challenge (PM)

MX AEROBIC #2 + ROW

**Coach's Note:** When you get finished with this workout, you will have taught your body how to function in an optimum state of aerobic efficiency. Most riders think that the only way to pull down their lap time is to throw more effort into each lap – this only causes them to tighten up and ultimately slow down. During this workout, as the duration increases, you need to focus on your belly breathing and body position on the bike. The more relaxed you are, the greater the blood flow to the working muscles (providing more oxygen) and the easier the interval will become. Stay smart and mentally focused.

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

## MORNING WORKOUT – MX AEROBIC WORKOUT #2

### MX Aerobic Workout #2 – Holding Aerobic Pace as Duration Increases

Refer to the **MX Aerobic Workout #2 spreadsheet** at the back of this document for all sets, lap tracking, and performance recap fields.

**Workout Notes:** Set #1 is 10 minutes. Set #2 is 20 minutes. Set #3 is 30 minutes. Duration increases – focus on belly breathing and body position. Keep pace within 2 seconds of your fastest and slowest laps throughout.

HR Zone 1 Warm-Up

HR Zone 2 Main Sets

## POST-MORNING WORKOUT PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body – hold each stretch for 8-10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with 2 scoops of Recovery Fuel.

## 2-Hour Nap After Mid-Day Meal

Research has validated that your pituitary gland releases the greatest amount of hGH during sleep – responsible for rebuilding muscle tissue and maintaining lean body composition (the two key elements of your strength-to-weight ratio). To ensure that you fall asleep quickly and sleep as deeply as possible, consume a lunch that contains high levels of high-quality protein and fat – they are the only things that truly satisfy your appetite.

### AFTERNOON WORKOUT – ROW: 5-MINUTE DISTANCE CHALLENGE (50-60 MINUTES)

#### WARM-UP – 1,000M (HR ZONE 1)

**Display:** Distance | **Load Level:** 3

**Pull Rate:** Less than 25

Stretch from head to toe after warm-up.

#### MAIN SET – 5-MIN DISTANCE CHALLENGE × 4

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

5 Minutes at upper end of HR Zone 3 – record distance covered.

Rest 5 Minutes (HR Zone 1 – no higher).

Repeat 4 times.

Int #1: \_\_\_\_\_ Int #2: \_\_\_\_\_

Int #3: \_\_\_\_\_ Int #4: \_\_\_\_\_

#### COOL-DOWN – 1,000M (HR ZONE 1)

**Load Level:** 3 | **Pull Rate:** Less than 25

Stretch from head to toe after cool-down.

### EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body – hold each stretch for 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with 2 scoops of Recovery Fuel.

#### EVENING

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race – start to finish with perfect mechanics.
- ▶ **Shin Stripping:** Both sides, both legs.



# MX SPEED WORKOUT #1

SPEED

## Warm-Up

### Gradual Warm-Up – 10 Minutes

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.

Less Than 50%

*Rest 20 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel*

## Main Set #1

### Hold Consistent Times at an Aerobic Effort – 10 Laps (Max 20 Minutes)

Hold your pace for all 10 laps. Pay close attention to your HR – if you push too hard, you will negatively affect the next set of high-quality pacing intervals.

Moto 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: \_\_\_\_\_

80-85%

*Rest 20 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel*

## Main Set #2

### Opening Lap Speed – 2-Lap Intervals

Prior to beginning this set, ponder what you need to improve to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc.

Rest Interval: same amount of time it takes to complete the 2-lap interval.

Int #1: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #2: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #3: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Max HR: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_ Average HR: \_\_\_\_\_

90-95%

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

**Main Set #3**

**Consistency – 4-Lap Intervals**

Goal: maintain your lap times from your 2-lapper and move it to your 4-lapper. Strive to maintain your momentum everywhere and land the backsides of all jumps.

Rest Interval: same amount of time it takes to complete the 4-lap interval.

Int #1: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #2: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #3: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_ Average HR: \_\_\_\_\_

90-95%

**Main Set #4**

**Consistency – 4-Lap Intervals**

Goal: maintain your lap times from Set #3. Strive to maintain your momentum everywhere and land the backsides of all jumps.

Rest Interval: same amount of time it takes to complete the 4-lap interval.

Int #1: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #2: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #3: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_ Average HR: \_\_\_\_\_

90-95%

**Warm-Down**

**5 Minutes Easy Riding**

Nothing structured or intense. Watch the HR and wait for it to come down slowly.

Less Than 40%

PRE-RIDING WEIGHT

\_\_\_\_\_

POST-RIDING WEIGHT

\_\_\_\_\_

TOTAL FLUIDS CONSUMED

\_\_\_\_\_

LOSS / GAIN

\_\_\_\_\_



# MX SPEED WORKOUT #2

Top End Speed · 2 Hours Total

**SPEED**

<b>Warm-Up</b>	<p><b>Gradual Warm-Up – 10 Minutes</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.</p> <p style="text-align: center; border: 1px solid black; border-radius: 15px; padding: 2px 10px;">Less Than 50%</p>
<b>Main Set #1</b>	<p><b>Pre-Race Routine – 10 Starts</b></p> <p>Complete 10 starts with your emphasis on implementing your complete pre-race routine. On race day, your body will emulate what you practice – stay mentally focused and specific. Rest 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid black; border-radius: 15px; padding: 2px 10px;">Too Short to Evaluate</p>
<i>Rest 20 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>	
<b>Main Set #2</b>	<p><b>Hold Consistent Times at an Aerobic Effort – 12 Laps (Max 25 Minutes)</b></p> <p>Hold your pace for all 12 laps. Pay close attention to your HR – if you push too hard, you will negatively affect the next set.</p> <p>Moto HR Zone – Low: _____ High: _____</p> <p>Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____ Lap 6: _____</p> <p>Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____ Lap 11: _____ Lap 12: _____</p> <p>Fastest Lap: _____ Average Lap Pace: _____ Average HR: _____</p> <p style="text-align: center; border: 1px solid black; border-radius: 15px; padding: 2px 10px;">80-85%</p>
<i>Rest 20 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>	
<b>Main Set #3</b>	<p><b>Opening Lap Speed – 4-Lap Intervals</b></p> <p>Prior to beginning this set, ponder what you need to improve to improve your race results. Rest interval: same amount of time it takes to complete the 4-lap interval.</p> <p>Int #1: Time: _____ Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Max HR: _____</p> <p>Int #2: Time: _____ Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Max HR: _____</p> <p>Int #3: Time: _____ Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Max HR: _____</p> <p>Fastest Lap: _____ Average Lap Pace: _____ Average HR: _____</p> <p style="text-align: center; border: 1px solid black; border-radius: 15px; padding: 2px 10px;">90-95%</p>
<i>Rest 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>	

**Main Set #4****Opening Lap Speed – 4-Lap Intervals**

Take your fastest interval time from Set #3 and strive to get faster. Rest interval: same amount of time it takes to complete the 4-lap interval.

Int #1: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #2: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #3: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_ Average HR: \_\_\_\_\_

90-95%

**Main Set #5****Opening Lap Speed – 4-Lap Intervals**

Take your fastest interval time from Set #4 and strive to get faster. Rest interval: same amount of time it takes to complete the 4-lap interval.

Int #1: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #2: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Int #3: Time: \_\_\_\_\_ Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Max HR: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_ Average HR: \_\_\_\_\_

90-95%

**Warm-Down****5 Minutes Easy Riding**

Nothing structured or intense. Watch the HR and wait for it to come down slowly.

Less Than 40%

PRE-RIDING WEIGHT

\_\_\_\_\_

POST-RIDING WEIGHT

\_\_\_\_\_

TOTAL FLUIDS CONSUMED

\_\_\_\_\_

LOSS / GAIN

\_\_\_\_\_



# MX AEROBIC WORKOUT #1

Aerobic Enhancement · 4 × 10-Minute Sets

AEROBIC

## Warm-Up

### Gradual Warm-Up – 15 Minutes

Complete 15 minutes of bicycling or rowing – even for 10 minutes / 30 seconds on/off for last 5 minutes. Stretch your calves, hamstrings, and lower back prior to moving onto Main Set #1.

HR Zone 1

*Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel*

## Main Set #1

### Intensive Endurance – 10-Minute Continuous Riding

Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding. Keep your pace per lap within 2 seconds of your fastest and slowest laps. If pace falls off by more than 5 seconds, stop and re-start.

Moto HR Zone – Low: \_\_\_\_\_ High: \_\_\_\_\_

Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Lap 5: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Slowest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_

HR Zone 3

*Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel*

## Main Set #2

### Intensive Endurance – 10-Minute Continuous Riding

Complete a start and then complete 10 minutes of continuous riding. Keep pace within 2 seconds of your fastest and slowest laps.

Moto HR Zone – Low: \_\_\_\_\_ High: \_\_\_\_\_

Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Lap 5: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Slowest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_

HR Zone 3

*Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel*

## Main Set #3

### Intensive Endurance – 10-Minute Continuous Riding

Complete a start and then complete 10 minutes of continuous riding. Keep pace within 2 seconds of your fastest and slowest laps.

Moto HR Zone – Low: \_\_\_\_\_ High: \_\_\_\_\_

Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Lap 5: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Slowest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_

HR Zone 3

*Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel*

**Main Set #4****Intensive Endurance – 10-Minute Continuous Riding**

Complete a start and then complete 10 minutes of continuous riding. Keep pace within 2 seconds of your fastest and slowest laps.

Moto HR Zone – Low: \_\_\_\_\_ High: \_\_\_\_\_

Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Lap 5: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Slowest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_

**HR Zone 3****Warm-Down****10 Minutes Easy Riding**

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

Post workout: stretch passively from head to toe – put extra attention on your overly tight areas.

Eat a complete meal within 20 minutes of completing this workout.

**Less Than 40%**PRE-RIDING WEIGHT  
\_\_\_\_\_POST-RIDING WEIGHT  
\_\_\_\_\_TOTAL FLUIDS CONSUMED  
\_\_\_\_\_LOSS / GAIN  
\_\_\_\_\_



# MX AEROBIC WORKOUT #2

AEROBIC

Holding Aerobic Pace as Duration Increases

**Workout Overview:** When you get finished with this workout, you will have taught your body how to function in an optimum state of aerobic efficiency. Most riders think that the only way to pull down their lap time is to throw more effort into each lap – this only causes them to tighten up and ultimately slow down. During this workout, as the duration increases, you need to focus on your belly breathing and body position on the bike. The more relaxed you are, the greater the blood flow to the working muscles (providing more oxygen) and the easier the interval will become. Stay smart and mentally focused.

## Warm-Up

### Gradual Warm-Up – 15 Minutes

Complete 15 minutes on either your rower or your bike on the trainer. Stretch immediately – you want to be sweating really well before you move onto your motorcycle.

HR Zone 1

*Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel*

## Main Set #1

### Intensive Endurance – 10-Minute Continuous Riding

Complete a start and then complete 10 minutes of continuous riding. Keep pace within 2 seconds of your fastest and slowest laps.

Moto HR Zone – Low: \_\_\_\_\_ High: \_\_\_\_\_

Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Lap 5: \_\_\_\_\_

Fastest Lap: \_\_\_\_\_ Slowest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_

HR Zone 1

*Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel*

## Main Set #2

### Intensive Endurance – 20-Minute Continuous Riding

Complete a start and then complete 20 minutes of continuous riding. Keep pace within 2 seconds of your fastest and slowest laps.

Moto 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: \_\_\_\_\_ Slowest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_

HR Zone 2

*Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel*

**Main Set #3****Intensive Endurance – 30-Minute Continuous Riding**

Complete a start and then complete 30 minutes of continuous riding. Keep pace within 2 seconds of your fastest and slowest laps.

Moto 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: \_\_\_\_\_

HR Zone 2

**Warm-Down****10 Minutes Easy Riding**

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

Post workout: stretch passively from head to toe – put extra attention on your overly tight areas.

Eat a complete meal within 20 minutes of completing this workout.

Less Than 40%

PRE-RIDING WEIGHT

\_\_\_\_\_

POST-RIDING WEIGHT

\_\_\_\_\_

TOTAL FLUIDS CONSUMED

\_\_\_\_\_

LOSS / GAIN

\_\_\_\_\_



# SUPER SLOW CHALLENGE

Push Weight to Next Level · Cycles 1-3

**STRENGTH**

**Warm-Up:** Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter). Same exercises as previous weeks – pick up where you left off before your active recovery week. 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
<b>CYCLE ONE</b>			
<p><b><u>Single Leg Step onto Bench</u></b> <i>Pick up where you left off before active recovery week</i></p>	<p>Wt: _____ Reps R: _____</p> <p>Wt: _____ Reps L: _____</p>	<p>Wt: _____ Reps R: _____</p> <p>Wt: _____ Reps L: _____</p>	<p>6-8 Reps: 4" up / 4" down Right leg then left leg</p>
<p><b><u>Abdominal Crunch on Fit Ball w/Weight</u></b> <i>Pick up where you left off before active recovery week</i></p>	<p>Wt: _____ Reps: _____</p> <p>Wt: _____ Reps: _____</p>	<p>Wt: _____ Reps: _____</p> <p>Wt: _____ Reps: _____</p>	<p>6-8 Reps: 4" up / 4" down</p>
<p><b><u>Military Spiders Off Bench</u></b></p>	<p>As many as possible in 30 seconds</p>		<p>30-second max effort</p>
<b>CYCLE TWO</b>			
<p><b><u>Single Leg – Good Mornings</u></b> <i>Pick up where you left off before active recovery week</i></p>	<p>Wt: _____ Reps R: _____</p> <p>Wt: _____ Reps L: _____</p>	<p>Wt: _____ Reps R: _____</p> <p>Wt: _____ Reps L: _____</p>	<p>6-8 Reps: 4" up / 4" down Right leg then left leg</p>
<p><b><u>Pike-Push Ups on Fit Ball</u></b> <i>Hands shoulder-width, elbows at 90° at bottom</i></p>	<p>Reps: _____</p> <p>Reps: _____</p>	<p>Reps: _____</p> <p>Reps: _____</p>	<p>6-8 Reps: 4" up / 4" down</p>
<p><b><u>Side Skaters</u></b></p>	<p>As many as possible in 30 seconds</p>		<p>30-second max effort</p>
<b>CYCLE THREE</b>			

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<p><b><u>Bicep Curls w/Dumbbells (up to 90°)</u></b>  <i>Pick up where you left off before active recovery week</i></p>	<p>Wt: _____ Reps: _____            _____            Wt: _____ Reps: _____            _____</p>	<p>Wt: _____ Reps: _____            _____            Wt: _____ Reps: _____            _____</p>	<p>6–8 Reps: 4" up / 4" down</p>
<p><b><u>Lat Pull Over–Triceps Extension</u></b>  <i>Pick up where you left off before active recovery week</i></p>	<p>Wt: _____ Reps: _____            _____            Wt: _____ Reps: _____            _____</p>	<p>Wt: _____ Reps: _____            _____            Wt: _____ Reps: _____            _____</p>	<p>6–8 Reps: 4" up / 4" down</p>
<p><b><u>Jump Rope with Eyes Closed</u></b></p>	<p>As many as possible in 30 seconds</p>		<p>30-second max effort</p>



# SUPER SLOW CHALLENGE

Cycles 4–5 + 2000m Rowing + Bicycle Sprints

**STRENGTH**

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<b>CYCLE FOUR</b>			
<u><a href="#">Arm &amp; Leg Extension</a></u> <i>Pick up where you left off before active recovery week</i>	Wt: _____ Reps: _____ _____ Wt: _____ Reps: _____ _____	Wt: _____ Reps: _____ _____ Wt: _____ Reps: _____ _____	6–8 Reps: 4" up / 4" down
<u><a href="#">Hanging Leg Lifts (Knees to Chest)</a></u>	Reps: _____ Reps: _____	Reps: _____ Reps: _____	6–8 Reps: 4" up / 4" down
<u><a href="#">Military Spiders Off Bench</a></u>	As many as possible in 30 seconds		30-second max effort
<b>CYCLE FIVE</b>			
<u><a href="#">Single Leg Push Ups Off of Bench</a></u>	Reps: _____ Reps: _____	Reps: _____ Reps: _____	6–8 Reps: 4" up / 4" down
<u><a href="#">Single Leg Shoulder Press</a></u> <i>Pick up where you left off before active recovery week</i>	Wt: _____ Reps: _____ _____ Wt: _____ Reps: _____ _____	Wt: _____ Reps: _____ _____ Wt: _____ Reps: _____ _____	6–8 Reps: 4" up / 4" down
<u><a href="#">Side Skaters</a></u>	As many as possible in 30 seconds		30-second max effort
<b>2000 METER ROWING</b>			
<p>▶ <a href="#">Instructional Video – Rowing</a></p> <p><b>Warm-Up:</b> 200 Meters – Low Intensity (Damper Setting 2)</p> <p><b>1,000 Meters</b> at 80–85% Effort (Damper Setting 5) – Elapsed Time: _____</p> <p>1-Minute Rest Interval   25 Push-Ups with Eyes Closed   1-Minute Rest Interval</p> <p><b>1,000 Meters</b> at 80–85% Effort (Damper Setting 5) – Elapsed Time: _____</p> <p>1-Minute Rest Interval   25 Push-Ups with Eyes Closed   1-Minute Rest Interval</p> <p><b>80–85%</b></p>			
<b>BICYCLE SPRINTS</b>			

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<p><b>Warm-Up:</b> 2 Minutes – Low Intensity (Light Load Levels) Increase load levels to MODERATE.</p> <p><b>4-Minute Interval</b> at 80-85% Effort – Distance Covered: _____ 1-Minute Rest Interval   25 Push-Ups with Eyes Closed   2-Minute Rest Interval</p> <p><b>4-Minute Interval</b> at 80-85% Effort – Distance Covered: _____ 1-Minute Rest Interval   25 Push-Ups with Eyes Closed   2-Minute Rest Interval</p> <p>80-85%</p>			