

TRAINING PROTOCOL

PHASE 2

WEEK 7 OF 8








ENHANCED STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Fulltime	PHASE 2	WEEK 7 of 8	FOCUS Peak LT
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Week 7 is the peak of Phase 2 and your final week with the Super Slow Challenge before the strength program shifts. Expect your heaviest training load yet: three MX Speed Workouts, two MX Aerobic Workouts, and four Row/Bike sessions, all paired with Core or Ab/Lower Back circuits. Tuesday and Thursday combine morning speed work with afternoon Super Slow sessions. Wednesday and Sunday stack aerobic or speed work with power intervals. Friday is full rest, and Saturday includes a 2-hour recovery nap.

Push hard – you'll walk away with peak strength gains, sharper speed, and stronger aerobic capacity before transitioning to new exercises next week.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Row or Bike HR Intensity + Core Circuit	MX Speed #1 AM + Super Slow Challenge PM	MX Aerobic #1 AM + Row or Bike PM + Core	MX Speed #2 AM + Super Slow Challenge PM	Rest Day Full Recovery	MX Aerobic #2 AM + 2-Hr Nap + Row or Bike + Core	MX Speed #3 AM + Row or Bike + Core Circuit

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Builds your aerobic engine. Burns fat as primary fuel. Used during Row HR Intensity Blocks (warm-up/cool-down), Bike HR Zone 1–2 phases, and all recovery intervals.

● HR Zone 3+ – Red Workouts

Builds strength, speed, and lactate tolerance. Burns stored sugar as primary fuel. Used during MX Speed Workouts #1, #2, and #3, Row HR Zone 3–4 intervals, and Bike Power Intervals.



MONDAY

Row HR Intensity Blocks or Bike Intensity Distance Intervals + Core Circuit

ROW/BIKE + CORE

Coach's Note: This workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

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

AFTERNOON WORKOUT – CHOOSE ONE

Option A – Row: HR Intensity Blocks

Warm-Up (HR Zone 1): Load Level 3 | 2,000 Meters | Pull Rate 20-25. Stretch from head to toe.

Main Set #1: Load Level 5 | Pull Rate 25-35 | 1,000 Meters – picking up the pace every 200 meters up to HR Zone 3 (no higher). Repeat 5x.

Transition Set: 1,000 Meters – HR Zone 2. Stretch and re-hydrate as necessary.

Main Set #2: 5 × 1,500 Meters at HR Zone 3 (no higher or lower) | 500 Meter Active Recovery at HR Zone 2 or less | Load Level 5 | Pull Rate 25+.

Cool-Down (HR Zone 1): Load Level 3 | 1,000 Meters | Pull Rate less than 25. Stretch from head to toe.

HR Zone 3

- OR -

Option B – Bike: Intensity Distance Intervals (55 Minutes)

This workout is going to generate high levels of lactic acid towards the end (just like a race). Focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Zone 4.

Warm-Up: 10 min | Cadence: 80 or less | HR Zone 1 | Small chain ring, middle rear gearing.

Main Set #1 (15 Miles): $\frac{3}{4}$ Mile at HR Zone 3 (tallest gear, 85–90 cadence) | $\frac{1}{4}$ Mile at HR Zone 2 (tallest gear, 90+ cadence). Repeat 15x.

Transition Set: 2 Miles at HR Zone 2. Stretch and re-hydrate.

Main Set #2 (10 Miles): $\frac{3}{4}$ Mile at HR Zone 3 | $\frac{1}{4}$ Mile at HR Zone 2. Repeat 10x.

Cool-Down: 10 min | HR Zone 1 | Cadence: 80 or less.

HR Zone 3–4

Abdominal & Lower Back Circuit (Immediately Following Workout)

Complete each exercise for 30 seconds. Rest 30 seconds as you move to the next exercise. Repeat the entire set – total of 2 sets.

- ▶ [Superman's](#)
- ▶ [Pike-Push Up on Fit Ball](#)
- ▶ [Ab Crunch on Fit Ball](#)
- ▶ [Hanging Leg Lift](#)

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads, and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle sugar.

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.



TUESDAY

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

MX SPEED #1 + SSC

Coach's Note: This is the last week of these Super Slow Challenge exercises – then your entire strength program will change. Be aggressive with your effort during these strength workouts. 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: 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.

80–85% Set #1

90–95% Sets #2–#4

POST-MORNING WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads, and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

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. This is the last week – be aggressive and push the weight to the maximum. 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.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads, and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

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.



WEDNESDAY

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

MX AEROBIC #1 + PM CARDIO

Coach's Note: This workout is long, so the intensity needs to be low – wear your heart rate monitor to help keep you within the optimum zones. By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate, and stretch the tissue passively until it releases.

▲ **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 – 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 and re-start. HR Zone 3 throughout.

HR Zone 3

Abdominal & Lower Back Circuit (Immediately Following Morning Workout)

Complete each exercise for 30 seconds. Rest 30 seconds between exercises. Repeat entire set – total of 2 sets.

- ▶ [Superman's](#)
- ▶ [Pike-Push Up on Fit Ball](#)
- ▶ [Ab Crunch on Fit Ball](#)
- ▶ [Hanging Leg Lift](#)

Option A – Row: HR Intensity Intervals (85 Minutes)

This workout is going to generate high levels of lactic acid towards the end of the workout (just like a race). Focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Zone 4.

Warm-Up (HR Zone 1): Load Level 3 | 2,000 Meters | Pull Rate 20–25. Stretch from head to toe.

Main Set #1: Load Level 5 | Pull Rate 25–35 | 2,500 Meters at HR Zone 3 | 500 Meters Active Recovery. Repeat 3×.

Transition Set: 1,000 Meters at HR Zone 2. Stretch and re-hydrate.

Main Set #2: Load Level 5 | Pull Rate 25–35 | 1,000 Meters at HR Zone 4 (no lower – get there quickly) | 500 Meters Active Recovery. Repeat 3×.

Cool-Down (HR Zone 1): Load Level 3 | 1,000 Meters | Pull Rate less than 25. Stretch from head to toe.

HR Zone 3–4

– OR –

Option B – Bike: Power Interval Workout (85 Minutes)

This workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. Focus on diaphragmatic breathing through your stomach and then your chest. Remember to pedal in full circles for maximum power output and optimized endurance.

Warm-Up: 10 min | Cadence: 80 or less | HR Zone 1 | Small chain ring, middle rear gearing.

Main Set #1 (30 Minutes): 8 Minutes at HR Zone 3 (tallest gear, 85–90 cadence) | 2 Minutes at HR Zone 2 (tallest gear, 90+ cadence). Repeat 3×.

Transition Set: 5 Minutes at HR Zone 1. Stretch and re-hydrate.

Main Set #2 (30 Minutes): 8 Minutes at HR Zone 3 (tallest gear, 85–90 cadence) | 2 Minutes at HR Zone 2 (tallest gear, 90+ cadence). Repeat 3×.

Cool-Down: 10 min | HR Zone 1 | Cadence: 80 or less.

HR Zone 3

Abdominal & Lower Back Circuit (Immediately Following Evening Workout) refer to previous links

Complete each exercise for 30 seconds. Rest 30 seconds between exercises. Repeat entire set – total of 2 sets.

- ▶ [Superman's](#)
- ▶ [Pike-Push Up on Fit Ball](#)
- ▶ [Ab Crunch on Fit Ball](#)
- ▶ [Hanging Leg Lift](#)

EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads, and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

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.



THURSDAY

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

MX SPEED #2 + SSC

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. This is the last week of the Super Slow Challenge – be aggressive.

▲ **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:** Complete an entire stretch routine for your hips, hamstrings, quads, and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

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. This is the last week – be aggressive and push the weight to the maximum. 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.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads, and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

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.



FRIDAY

Complete Rest Day + Weekend Preparation

RECOVERY

Coach's Note: Pay close attention to your food intake prior to lying down to sleep (both for your naps and evening rest). When you are sleeping, your brain is fed from the stored sugar in your liver. If your brain doesn't get enough fuel (in the form of sugar), you will not stay in the deepest level of sleep (REM 3 and 4) – which will hinder your body's release of hGH (human growth hormone), resulting in reduced recovery and rejuvenation. The only thing that satisfies hunger is protein and fat – make sure you are including high-quality protein and fats in each snack and meal. Implement the 1% rule: improve your program (sleep, food, stretching, hydration) by 1% per day and see where you are in a month, six months, or a year.

RECOVERY PRIORITIES

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

- 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 peak training 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 #2

- 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. Write them on your arm for Saturday. If your waking HR is more than 5 beats over your weekly average, change Saturday's seat time to skills, drills, and jumping (less than 20 min at a time, 10 min rest between, total less than 1 hour).

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



SATURDAY

MX AEROBIC #2 + PM CARDIO

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

Coach's Note: If your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills, and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

▲ **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:** Complete an entire stretch routine for your hips, hamstrings, quads, and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

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.

Option A – Row: HR Intensity Blocks (60–70 Minutes)

For maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels" like increases your familiarity of the intensity and associated speed.

Warm-Up (HR Zone 1): Load Level 3 | 10 Minutes | Pull Rate less than 25. Stretch from head to toe.

Main Set #1 – 30 Minutes: Load Level 5 | Pull Rate 25–35. Settle into each HR Zone as quickly as possible with perfect form and deep breathing.

5 Min: Upper range of HR Zone 2 | 5 Min: Lower range of HR Zone 3 | 5 Min: Upper range of HR Zone 3. Repeat – total of 30 minutes.

Transition Set: 5 minutes easy pulling / active recovery – strive to get HR into Zone 1.

Main Set #2 – HR Acceleration: Load Level 5 | Pull Rate 25+. From HR Zone 1 – accelerate until you reach the upper end of HR Zone 3 (no higher). Recover by pulling easy until HR reaches lowest number in HR Zone 2. Repeat 3x.

Cool-Down (HR Zone 1): Load Level 2 | 10 Minutes | Pull Rate less than 25. Stretch from head to toe.

HR Zone 3

– OR –

Option B – Bike: Intensity Distance Intervals (55 Minutes)

Once you are finished with your warm-up, your goal is to settle into HR Zone 3 (no higher or lower) and complete a 5-minute interval. Focus on belly breathing to maximize your oxygen uptake – this will allow you to maintain your speed while staying in HR Zone 3. During your 5-minute rest interval, spin easy and allow your HR to get back into HR Zone 1.

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

Main Set – HR Pyramids: 4 × 10 Minutes: Settle into low end of HR Zone 3 and maintain for 5 minutes (accelerate and get there quickly). Recover by spinning easy for 5 minutes in HR Zone 1 (no higher). Repeat 4x.

Cool-Down (HR Zone 1): 5 min | Cadence: 85–90. Don't dismount until HR is within Zone 1.

HR Zone 3

Abdominal & Lower Back Circuit (Immediately Following Evening Workout)

Complete each exercise for 20 seconds. Rest 40 seconds between exercises. Repeat entire set – total of 2 sets.

- ▶ [Standing Abdominal Twists](#)
- ▶ [Abdominal Pike on Fit Ball](#)
- ▶ [Abdominal Roll Out on Fit Ball](#)
- ▶ [Ab Crunch on Fit Ball](#)

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 Speed Workout #3 – aggressive, consistent, fastest lap times yet.
- ▶ **Why I Yawn:** ▶ [Watch before sleep](#)



SUNDAY

MX Speed Workout #3 (AM) + Row or Bike Power Intervals (PM) + Core

MX SPEED #3 + PM POWER

Coach's Note: This workout is going to test your hydration and fluid intake to ensure that you know what your perspiration rate is specific to race pace. Please weigh yourself prior to gearing up and then capture your body weight in the exact same clothes after the ride (minus your socks). Also, keep good documentation of your fluid intake (of any type – sports drink or water) and note it at the bottom of your spreadsheet so that we can determine your gain/loss and the percentage of gain/loss. This information is what we will use to fine-tune your race day nutritional strategy.

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

MORNING WORKOUT – MX SPEED WORKOUT #3 (2 HOURS)

MX Speed Workout #3 – Top End Speed (Hydration Test)

Refer to the **MX Speed Workout #3 spreadsheet** at the back of this document for all sets, lap tracking, and performance recap fields.

Workout Notes: Same structure as MX Speed Workout #2 – 5 main sets escalating from pre-race routine to 90-95% 4-lap intervals. Record your pre- and post-ride weight and fluid intake to determine your perspiration rate for race day nutritional planning.

Pre-Race Routine

80-85% Set #2

90-95% Sets #3-#5

POST-MORNING WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads, and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

Option A – Row: HR Power Intervals (65 Minutes)

These power blocks are all about creating power! The first couple of intervals will be more difficult mentally than physically. The generation of power is a combination of the nervous system and the muscles working in unison – once this combination is activated, the generation of power becomes easier. Be patient and mentally focused on your form.

Warm-Up (HR Zone 1): Load Level 3 | 10 Minutes | Pull Rate less than 25. Stretch from head to toe.

Main Set #1 – 30 Minutes: Load Level 8 | Pull Rate 25+. 1 Minute at fastest pace you can maintain | 2 Minutes easy effort (keep moving). Repeat 10x.

Transition Set: 5 minutes easy pulling / active recovery – strive to get HR into Zone 1.

Main Set #2 – 15 Minutes: Load Level 8 | Pull Rate 25+. 1 Minute at fastest pace you can maintain | 2 Minutes easy effort. Repeat 5x.

Cool-Down (HR Zone 1): Load Level 2 | 10 Minutes | Pull Rate less than 25. Stretch from head to toe.

Max Effort x 1 Min

– OR –

Option B – Bike: Power Interval Workout (60 Minutes)

The key to maximizing your productivity during this workout is to keep a close eye on your intensity levels (no higher than HR Zone 3). Your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360° pedal stroke – quads, hamstrings, calves, and glutes all firing to turn the pedals.

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

Main Performance Block #1 – 45 Minutes (HR Zone 3):

2 Min Tall Gear Acceleration out of the saddle – big chain ring, hardest gear in the back. Stand up and focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke (pull back prior to hitting bottom dead center). Push effort until you hit the upper end of HR Zone 3 by the end of 2 minutes.

3 Min seated – event tempo, cadence above 90, lower end of HR Zone 3. Focus on deep belly breathing. Repeat this 5-minute block 9 times for a total of 45 minutes.

Cool-Down (HR Zone 1): 5 min | Cadence: 85-90. Don't dismount until HR is within Zone 1.

HR Zone 3

Abdominal & Lower Back Circuit (Immediately Following Afternoon Workout) refer to previous links

Complete each exercise for 20 seconds. Rest 40 seconds between exercises. Repeat entire set – total of 2 sets.

- ▶ [Standing Abdominal Twists](#)
- ▶ [Abdominal Pike on Fit Ball](#)
- ▶ [Abdominal Roll Out on Fit Ball](#)
- ▶ [Ab Crunch on Fit Ball](#)

EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads, and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

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

Top End Speed · 2 Hours Total

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. 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

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%

Main Set #1

Pre-Race Routine – 10 Starts

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.

Too Short to Evaluate

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

Main Set #2

Hold Consistent Times at an Aerobic Effort – 12 Laps (Max 25 Minutes)

Hold your pace for all 12 laps. Pay close attention to your HR.

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: _____

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

80-85%

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

Main Set #3

Opening Lap Speed – 4-Lap Intervals

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.

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%

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

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 SPEED WORKOUT #3

Top End Speed + Hydration Test · 2 Hours Total

SPEED + HYDRATION

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%

Main Set #1

Pre-Race Routine – 10 Starts

Complete 10 starts with your emphasis on implementing your complete pre-race routine. Stay mentally focused and specific.

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

Too Short to Evaluate

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

Main Set #2

Hold Consistent Times at an Aerobic Effort – 12 Laps (Max 25 Minutes)

Hold your pace for all 12 laps. Pay close attention to your HR.

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: _____

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

80-85%

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

Main Set #3

Opening Lap Speed – 4-Lap Intervals

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.

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%

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

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 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 #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

Holding Aerobic Pace as Duration Increases

AEROBIC

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

Final Week – Push Maximum Weight · Cycles 1–3

STRENGTH

Warm-Up: Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter). This is the last week of these exercises – then your entire strength program will change. Be aggressive. Lift 4 seconds up, 4 seconds down. Do not sacrifice form for reps.

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
CYCLE ONE			
<u>Single Leg Step onto Bench</u> <i>Heavy weight – push to maximum</i>	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> <i>Heavy weight – push to maximum</i>	Wt: _____ Repts: _____ Wt: _____ Repts: _____	Wt: _____ Repts: _____ Wt: _____ Repts: _____	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> <i>Heavy weight – push to maximum</i>	Wt: _____ Repts R: _____ Wt: _____ Repts L: _____	Wt: _____ Repts R: _____ Wt: _____ Repts L: _____	6–8 Reps: 4" up / 4" down Right leg then left leg
<u>Pike-Push Ups on Fit Ball</u> <i>Hands shoulder-width, elbows at 90° at bottom</i>	Repts: _____ Repts: _____	Repts: _____ Repts: _____	6–8 Reps: 4" up / 4" down
<u>Side Skaters</u>	As many as possible in 30 seconds		30-second max effort
CYCLE THREE			

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<p><u>Bicep Curls w/Dumbbells (up to 90°)</u> <i>Heavy weight – push to maximum</i></p>	<p>Wt: _____ Reps: _____ _____ Wt: _____ Reps: _____ _____</p>	<p>W t: _____ Reps: _____ _____</p>	<p>Wt: _____ _____ Reps: _____ _____ Wt: _____ _____ Reps: _____ _____</p>
<p><u>Lat Pull Over – Tricep Extension</u> <i>Heavy weight – push to maximum</i></p>	<p>Wt: _____ Reps: _____ _____ Wt: _____ Reps: _____ _____</p>	<p>Wt: _____ Reps: _____ _____ Wt: _____ Reps: _____ _____</p>	<p>6–8 Reps: 4" up / 4" down</p>
<p><u>Jump Rope with Eyes Closed</u></p>	<p>As many as possible in 30 seconds</p>		<p>30-second max effort</p>



SUPER SLOW CHALLENGE

Final Week – Push Maximum Weight · Cycles 4-5 + Rowing + Bike

STRENGTH

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
CYCLE FOUR			
<u>Arm & Leg Extension</u> <i>Heavy weight – push to maximum</i>	Wt: _____ Reps R: _____ Wt: _____ Reps L: _____	Wt: _____ Reps R: _____ Wt: _____ Reps L: _____	6–8 Reps: 4" up / 4" down Right then left
<u>Hanging Leg Lifts (Knees to Chest)</u>	Reps: _____ Reps: _____	Reps: _____ 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 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> <i>Heavy weight – push to maximum</i>	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>Side Skaters</u>	As many as possible in 30 seconds		30-second max effort
2000 METER ROWING – ► INSTRUCTIONAL VIDEO			
Warm-Up Row	200 Meters – Low Intensity (Damper Setting 2)		Easy pace
1st 1000 Meters	80–85% Effort (Damper Setting 5) Elapsed Time: _____	1 Min Rest 25 Pushups (eyes closed) 1 Min Rest	Record elapsed time
2nd 1000 Meters	80–85% Effort (Damper Setting 5) Elapsed Time: _____	1 Min Rest 25 Pushups (eyes closed) 1 Min Rest	Record elapsed time
BICYCLE SPRINTS			

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
Warm-Up Bike	2 Minutes – Low Intensity (Light Load Levels). Increase load to MODERATE.		Easy pace
1st 4-Minute Interval	80-85% Effort Distance Covered: _____	1 Min Rest 25 Pushups (eyes closed) 2 Min Rest	Record distance
2nd 4-Minute Interval	80-85% Effort Distance Covered: _____	1 Min Rest 25 Pushups (eyes closed) 2 Min Rest	Record distance