

TRAINING PROTOCOL

PHASE 2








WEEK 8 OF 8

ACTIVE RECOVERY – ABSORB THE LAST THREE WEEKS OF TESTING & TRAINING

PROGRAM Fulltime	PHASE 2	WEEK 8 of 8	FOCUS Recovery
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Week 8 closes Phase 2 with Active Recovery – the week your body absorbs three weeks of hard testing and training and rebuilds for what’s next. Expect lighter loads designed to leave you fresh: Zone 2 Bike or Row pacing on Monday and Wednesday, Super Slow at 20% reduced weight paired with MX Aerobic #1 on Tuesday and Thursday, and longer Zone 3 MX Workouts on Saturday and Sunday with 2-hour recovery naps. Friday is complete rest. Listen to your body – if your waking heart rate is up 4+ beats from last week’s average, skip the session and prioritize sleep and food. Done right, you’ll start Phase 3 stronger, recovered, and ready to push.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Row or Bike HR Pacing Blocks 60 Min · HR Z2	SSC (20% Less) AM + MX Aerobic #1 PM	Row or Bike HR Pacing Blocks 60 Min · HR Z2	SSC (20% Less) AM + MX Aerobic #1 PM	Rest Day Full Recovery	MX Workout 2 Hr + 2-Hr Nap 15 min on/off	MX Workout 2 Hr + 2-Hr Nap 15 min on/off

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Active recovery builds your aerobic base while allowing your body to absorb the training load from Weeks 5–7. HR Pacing Blocks (Mon/Wed) stay strictly in HR Zone 2 – no higher. MX Aerobic #1 (Tue/Thu) stays at 80–85% effort.

● HR Zone 3 – Weekend MX Workouts

Weekend MX sessions are fun and unstructured – skills, drills, jumping, railing turns. HR Zone 3 or less at all times. Break riding into 15-minute sessions with 15-minute rest intervals. No structured training – just ride and enjoy.



MONDAY

Bike or Row HR Pacing Blocks (60 Minutes)

HR PACING BLOCKS

Coach's Note: For this workout you will need to know your HR Zone 2 numbers (high and low specific number).

Important: If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead. This is an active recovery week – the goal is to feel fresh, not fatigued.

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

MORNING WORKOUT – CHOOSE ONE

Option A – Bike: HR Pacing Blocks (60 Minutes)

Warm-Up (HR Zone 1): 5 min | Cadence: 80–85 | Small chain ring, middle rear gearing. Stretch and hydrate before moving into main set.

Main Set – HR Pacing Blocks (50 Minutes):

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

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

After 2 minutes, lower your effort back to the lower end of HR Zone 2.

Repeat for 50 minutes.

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

HR Zone 2

– OR –

Option B – Row: HR Pacing Blocks (60 Minutes)

Warm-Up (HR Zone 1): Load Level 3 | 5 Minutes | Pull Rate less than 25. Stretch your lower body.

Main Set – HR Pacing Blocks (50 Minutes):

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

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

After 2 minutes, lower your effort back to the lower end of HR Zone 2.

Repeat for 50 minutes.

Cool-Down (HR Zone 1): Load Level 2 | 5 Minutes | Pull Rate less than 25. Stretch from head to toe.

HR Zone 2

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches, and foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar and repair muscle tissue.

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue with the foam roller, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** ▶ **Strengthen your breathing muscle** – Practice slow, deep breathing using your diaphragm muscle.



TUESDAY

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

SSC (RECOVERY) + MX AEROBIC

Coach's Note: Same exercises as you have been doing for the last three weeks – with 20% less weight. You should finish your weight workout feeling fresh. That is the entire idea about an active recovery week.

Important: If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead.

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

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

Super Slow Challenge – 2 Sets · 6-8 Reps · 4 Seconds Up / 4 Seconds Down · 20% Less Weight

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. Use 20% less weight than last week. You should feel comfortable and fresh throughout – this is recovery, not max effort.

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-MORNING WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches, and foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar.

MX Aerobic Workout #1 – Holding Aerobic Pace as Duration Increases (90 Minutes)

Don't let the intensity levels throw you off – if you maintain 80% 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 (based on your heart rate) even though you will be comfortable enough to do so. This workout needs to be completed within your aerobic intensity zones to ensure that you are ready for your high-intensity workouts during the rest of the week.

Refer to the **MX Aerobic Workout #1 spreadsheet** at the back of this document for all 3 main sets (30 minutes each), lap tracking, and performance recap fields.

80-85% Effort

EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches, and foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar.

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** ▶ **Strengthen your breathing muscle** – Practice slow, deep breathing using your diaphragm muscle.



WEDNESDAY

Bike or Row HR Pacing Blocks (60 Minutes)

HR PACING BLOCKS

Coach's Note: Same workout as Monday – HR Zone 2 pacing blocks. For this workout you will need to know your HR Zone 2 numbers (high and low specific number). **Important:** If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead.

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

MORNING WORKOUT – CHOOSE ONE

Option A – Bike: HR Pacing Blocks (60 Minutes)

Warm-Up (HR Zone 1): 5 min | Cadence: 80–85 | Small chain ring, middle rear gearing. Stretch and hydrate before moving into main set.

Main Set – HR Pacing Blocks (50 Minutes):

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

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

After 2 minutes, lower your effort back to the lower end of HR Zone 2.

Repeat for 50 minutes.

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

HR Zone 2

– OR –

Option B – Row: HR Pacing Blocks (60 Minutes)

Warm-Up (HR Zone 1): Load Level 3 | 5 Minutes | Pull Rate less than 25. Stretch your lower body.

Main Set – HR Pacing Blocks (50 Minutes):

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

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

After 2 minutes, lower your effort back to the lower end of HR Zone 2.

Repeat for 50 minutes.

Cool-Down (HR Zone 1): Load Level 2 | 5 Minutes | Pull Rate less than 25. Stretch from head to toe.

HR Zone 2

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches, and foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar.

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** ▶ **Strengthen your breathing muscle** – Practice slow, deep breathing using your diaphragm muscle.



THURSDAY

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

SSC (RECOVERY) + MX AEROBIC

Coach's Note: Same exercises as Tuesday – with 20% less weight. You should finish your weight workout feeling fresh. **Important:** If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead.

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

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

Super Slow Challenge – 2 Sets · 6-8 Reps · 4 Seconds Up / 4 Seconds Down · 20% Less Weight

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. Use 20% less weight than last week. You should feel comfortable and fresh throughout – this is recovery, not max effort.

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-MORNING WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches, and foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar.

AFTERNOON WORKOUT – MX AEROBIC WORKOUT #1 (SAME AS TUESDAY)

MX Aerobic Workout #1 – Holding Aerobic Pace as Duration Increases (90 Minutes)

Same workout as Tuesday – intentionally repeated. Don't let the intensity levels throw you off. Make a mental decision to **NOT** increase your effort even though you will be comfortable enough to do so. Stay within your aerobic intensity zones.

Refer to the **MX Aerobic Workout #1 spreadsheet** at the back of this document for all 3 main sets (30 minutes each), lap tracking, and performance recap fields.

80-85% Effort

EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches, and foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar.

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** ▶ **Strengthen your breathing muscle** – Practice slow, deep breathing using your diaphragm muscle.



FRIDAY

Complete Rest Day

RECOVERY

Coach's Note: Most of our biggest frustrations are a result of letting the little things get by us. For example, when we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later. You jump in the car in a rush to "make up time" — and as a result we end up using more gas, wearing our tires out faster, and increasing our risk of getting a ticket. Ironically, all of these aggravations could have been alleviated if we had got up on time. The point here: step back two or three steps with each frustration that you are dealing with to maximize your complete potential.

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. Your muscles are rebuilding from this week's training.
- 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 Workout

- 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:** This weekend is about fun — skills, drills, jumping, and railing turns. No structured training. If your waking HR is up by 4 or more beats over last week's average, skip the ride and sleep instead.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** ▶ **Strengthen your breathing muscle** – Practice slow, deep breathing using your diaphragm muscle.



SATURDAY

MX Workout (2 Hours) + 2-Hour Nap

MX WORKOUT + NAP

Coach's Note: Break your riding up into 15-minute sessions with 15 minutes rest. Maintain a HR of Zone 3 or less for your entire time on the track. Refrain from "training" – simply go ride your motorcycle. Have fun railing turns or jumping. Stretch with dynamic movements prior to getting back on the bike. **Important:** If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead.

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

MORNING WORKOUT – MX WORKOUT (2 HOURS TOTAL)

MX Workout – Fun & Unstructured · 15-Minute Sessions · HR Zone 3 or Less

Structure: 15 minutes on the track | 15 minutes rest | Repeat for 2 hours total.

Focus: Skills, drills, jumping, railing turns. No structured intervals. No lap timing. Just ride and enjoy. Keep HR at Zone 3 or less at all times.

Between Sessions: Stretch with dynamic movements. Consume 6–8 oz of Energy Fuel to maintain blood sugar and electrolytes.

HR Zone 3 or Less

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches, and foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar and repair muscle tissue.

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 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.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** ▶ **Strengthen your breathing muscle** – Practice slow, deep breathing using your diaphragm muscle.



SUNDAY

MX Workout (2 Hours) + 2-Hour Nap

MX WORKOUT + NAP

Coach's Note: Research has validated that your pituitary gland releases the greatest amount of hGH – responsible for rebuilding muscle tissue and how lean you are (the two key elements of your strength-to-weight ratios). 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 (the only things that satisfy your appetite). **Important:** If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead.

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

MORNING WORKOUT – MX WORKOUT (2 HOURS TOTAL)

MX Workout – Fun & Unstructured · 15-Minute Sessions · HR Zone 3 or Less

Structure: 15 minutes on the track | 15 minutes rest | Repeat for 2 hours total.

Focus: Skills, drills, jumping, railing turns. No structured intervals. No lap timing. Just ride and enjoy. Keep HR at Zone 3 or less at all times.

Between Sessions: Stretch with dynamic movements. Consume 6–8 oz of Energy Fuel to maintain blood sugar and electrolytes.

HR Zone 3 or Less

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches, and foam rolling exercises for optimum recovery.
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2-Hour Nap After Lunch

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EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** ▶ **Strengthen your breathing muscle** – Practice slow, deep breathing using your diaphragm muscle.



SUPER SLOW CHALLENGE

Active Recovery – 20% Less Weight · Cycles 1-3

STRENGTH (RECOVERY)

Warm-Up: Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter). Same exercises as the last three weeks – with 20% less weight. You should finish feeling fresh. Lift 4 seconds up, 4 seconds down.

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
CYCLE ONE			
<u>Single Leg Step onto Bench</u> <i>20% less weight than last week</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>20% less weight than last week</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>20% less weight than last week</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			
<u>Bicep Curls w/Dumbbells (up to 90°)</u> <i>20% less weight than last week</i>	Wt: _____ Repts: _____ Wt: _____ Repts: _____	Wt: _____ Repts: _____ Wt: _____ Repts: _____	6–8 Reps: 4" up / 4" down

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<u>Lat Pull Over – Tricep Extension</u> <i>20% less weight than last week</i>	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

Active Recovery – 20% Less Weight · Cycles 4–5 + Rowing + Bike

STRENGTH (RECOVERY)

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
CYCLE FOUR			
<u>Arm & Leg Extension</u> <i>20% less weight than last week</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>20% less weight than last week</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			
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



MX AEROBIC WORKOUT #1

Holding Aerobic Pace as Duration Increases · 90 Minutes

AEROBIC

Workout Overview: Don't let the intensity levels throw you off – if you maintain 80% 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 (based on your heart rate) even though you will be comfortable enough to do so. This workout needs to be completed within your aerobic intensity zones to ensure that you are ready for your high-intensity workouts during the rest of the week.

Warm-Up

Gradual Warm-Up – 10 Minutes

Concept 2 Rower – 10 minutes: low intensity pulling.
Stretch from head to toe. Re-hydrate with Energy Fuel.

Less Than 40%

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

Main Set #1

Intensive Endurance – 30-Minute Continuous Riding

Complete a start (with drop of gate if possible) and then complete 30 minutes of 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.

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: _____

80-85%

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

Main Set #2

Intensive Endurance – 30-Minute Continuous Riding

Complete a start (with drop of gate if possible) 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: _____

80-85%

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

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

Complete a start (with drop of gate if possible) 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: _____

80-85%**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. 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
