

TRAINING PROTOCOL

PHASE 3

WEEK 4 OF 6

ENHANCED STRENGTH | SPEED | ENDURANCE

PROGRAM

Fulltime

PHASE

3

WEEK








4 of 6

FOCUS

Build

Week 4 of Phase 3 shifts focus to muscular endurance alongside aerobic capacity. Row or Bike workouts Monday and Wednesday pair with Functional Strength: Muscular Endurance Phase 1 on Tuesday and Thursday. The weekend stacks MX Speed Saturday (plus a 2-hour nap and 2-hour Aerobic Bike ride) with MX Aerobic Sunday and a Row. Commit to the work – you'll finish stronger, more durable, and with a deeper aerobic base.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Row or Bike	Strength AM	Row or Bike	Strength AM	Rest Day	MX Speed #1	MX Aerobic #1
Choice · AM	+ MX Speed #1 PM	AM + Core · MX Aerobic PM	+ MX Speed #1 PM	Full Recovery	AM · Nap · Aerobic Bike PM	AM + Row PM

TRAINING INTENSITY GUIDE

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

Builds your aerobic engine. Burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout.

- **HR Zone 3+ – Red Workouts**

Builds your strength, speed & lactate threshold. Burns stored sugar as primary fuel. Breathing is labored; conversation is difficult.



MONDAY

AEROBIC AM

Row HR Intensity Blocks OR Bike Intensity Distance Intervals (Choice)

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 cold Energy Fuel** 10-15 min prior to each session.

OPTION A – ROW: HR INTENSITY BLOCKS

WARM UP

HR Zone 1 – Focus on a straight back, leading with legs, finishing with arms to chest
 Load Level: 3 · Distance: 2,000 m · Pull Rate: 20-25
 Stretch from head to toe

<40%

MAIN SET #1

1,000 m – picking up the pace every 200 m up to HR Zone 3 (no higher) – Repeat 5x
 Load Level: 5 · Pull Rate: 25-35

HR Zone 3

Transition Set: 1,000 m at HR Zone 2 – stretch & rehydrate as necessary

MAIN SET #2

5 × 1,000 m at HR Zone 3 (no higher or lower) – 500 m Active Recovery at HR Zone 2 or less
 Load Level: 5 · Pull Rate: 25+

HR Zone 3

COOL DOWN

HR Zone 1 – Focus on straight back, leading with legs, finishing with arms to chest
 Load Level: 3 · Distance: 1,000 m · Pull Rate: less than 25
 Stretch from head to toe

<40%

– OR –

OPTION B – BIKE: INTENSITY DISTANCE INTERVALS (55 MINUTES)

WARM-UP · HR ZONE 1 · 10 MIN

Cadence: 80 or less ·
Small chain ring, middle rear gearing.

MAIN SET #1 · 15 MILES

½ Mile at HR Zone 3 (tallest gear, 85–90 cadence) then ½ Mile at HR Zone 2 (tallest gear, 90+ cadence). Repeat 15 times.

Transition: 2 Miles at HR Zone 2 – stretch & rehydrate.

MAIN SET #2 · 15 MILES

1 Mile at HR Zone 4 (tallest gear, 85–90 cadence) then 1 Mile at HR Zone 2 (tallest gear, 90+ cadence). Repeat 7 times.

COOL-DOWN · HR ZONE 1 · 5 MIN

Cadence: 80 or less.
Small chain ring, middle rear gearing.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8–10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



TUESDAY

Functional Strength AM · Row or Bike Sprints · MX Speed #1 PM

STRENGTH AM

Coach's Note: Come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level.

▲ **Pre-Workout:** Consume **8–10 oz of cold Energy Fuel** 10–15 min prior. **Weight:** Choose a weight you can complete 10 reps with good form; maintain the same weight for the second set. **Speed of Lift:** Quick off the bottom, slow (3-count) back to starting point.

MORNING – FUNCTIONAL STRENGTH WORKOUT: MUSCULAR ENDURANCE PHASE 1

Refer to the **Combo Weight Workout spreadsheet** at the back of this document. Complete Row or Bike Sprints after the Strength Workout (refer to the spreadsheet).

Rep Count: Upper Body 8–10 reps max · Lower Body 8–10 reps max · Sets: 2

AFTERNOON – MX SPEED WORKOUT #1

Coach's Note: This workout is going to push your body exactly like race day – holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of insufficient calories and fluids – so plan ahead. Also just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed.

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

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8–10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



WEDNESDAY

Row or Bike Choice AM · Core Work · MX Aerobic #1 PM

AEROBIC AM

Coach's Note: This workout is going to generate high levels of lactic acid towards the end of the workout (just like a race); with this in mind, 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.

▲ **Pre-Workout:** Consume **8–10 oz of cold Energy Fuel** 10–15 min prior to each session.

OPTION A – ROW: HR INTENSITY INTERVALS (65 MINUTES)

WARM UP

HR Zone 1 – Focus on straight back, leading with legs, finishing with arms to chest
Load Level: 3 · Distance: 1,000 m · Pull Rate: less than 25

<40%

MAIN SET #1

Load Level: 5 · Pull Rate: 25–35
1,000 m at HR Zone 3 – 500 m Active Recovery (HR Zone 2 or less)
Repeat 3x

HR Zone 3

Transition Set: 1,000 m at HR Zone 2 – stretch & rehydrate as necessary

MAIN SET #2

Load Level: 5 · Pull Rate: 25–35
500 m at HR Zone 4 (no lower – get there quickly) – 1,500 m Active Recovery
Repeat 3x

HR Zone 4

COOL DOWN

HR Zone 1 – Load Level: 3 · Distance: 1,000 m · Pull Rate: less than 25
Stretch from head to toe

<40%

– OR –

OPTION B – BIKE: POWER INTERVAL WORKOUT (60 MINUTES)

WARM-UP · HR ZONE 1 · 10 MIN

Cadence: 80 or less ·
Small chain ring, middle rear gearing.

MAIN SET #1 · 20 MIN

5 min at HR Zone 3 (tallest gear, 85–90 cadence) then 5 min at HR Zone 2 (tallest gear, 90+ cadence). Repeat 2 times.

Transition: 5 min at HR Zone 1 – stretch & rehydrate.

MAIN SET #2 · 20 MIN

5 min at HR Zone 3 (tallest gear, 85–90 cadence) then 5 min at HR Zone 2 (tallest gear, 90+ cadence). Repeat 2 times.

COOL-DOWN · HR ZONE 1 · 10 MIN

Cadence: 80 or less.
Small chain ring, middle rear gearing.

CORE WORK (IMMEDIATELY FOLLOWING ABOVE WORKOUT)

Complete each exercise for 30 seconds; rest 30 seconds as you move to the next. Go through each exercise and then repeat the entire set – total of 2 sets.

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

AFTERNOON – MX AEROBIC WORKOUT #1

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.

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

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



THURSDAY

Functional Strength AM · Row or Bike Sprints · MX Speed #1 PM

STRENGTH AM

Coach's Note: Same as Tuesday intentionally. Now that you are familiar with the protocols, strive to be slightly faster and smoother (track and logistics pending). As you “create” faster lap times, document what you did to create this improved time.

▲ **Pre-Workout:** Consume **8–10 oz of cold Energy Fuel** 10–15 min prior. **Weight:** Choose a weight you can complete 10 reps with good form; maintain the same weight for the second set. **Speed of Lift:** Quick off the bottom, slow (3-count) back to starting point.

MORNING – FUNCTIONAL STRENGTH WORKOUT: MUSCULAR ENDURANCE PHASE 1

Refer to the **Combo Weight Workout spreadsheet** at the back of this document. Complete Row or Bike Sprints after the Strength Workout (refer to the spreadsheet).

Rep Count: Upper Body 8–10 reps max · Lower Body 8–10 reps max · Sets: 2

AFTERNOON – MX SPEED WORKOUT #1

Coach's Note: Same as Tuesday intentionally. Now that you are familiar with the protocols, strive to be slightly faster and smoother. As you “create” faster lap times, document what you did to create this improved time.

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

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8–10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



FRIDAY

Rest Day – Full Recovery

REST

Coach's Note: Take a few minutes and review how prepared you are for tomorrow: do you know when you are going to be tonight to ensure that you get eight hours of sleep? Do you have your schedule outlined as to where you will be when? Are you clearly focused on the purpose of each workout? Do you have the necessary pre-workout fluids and calories to optimize your training efforts? By taking 10 minutes and answering these questions will facilitate your efforts of improving by 1% every day.

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



SATURDAY

MX Speed #1 (AM) · 2-Hour Nap · Aerobic Bike 2 Hours (PM)

SPEED AM

Coach's Note: If logistically possible, complete this workout at a different location to confuse the muscles.

▲ **Pre-Workout:** Consume **8–10 oz of cold Energy Fuel** 10–15 min prior to each session.

MORNING – MX SPEED WORKOUT #1

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

☀ 2-Hour Nap – After Mid-Day Meal

At this point in the week, your body should be eager to catch a few extra hours of sleep. Strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. If you are not dosing off within 10 minutes of lying down, please let your coach know so that we can determine why your body won't shut down long enough for a nap.

AFTERNOON – AEROBIC BIKE RIDE (2 HOURS)

WARM-UP · 5 MILES

Cadence: 80 or less · HR Zone 1 for 2 miles, then HR Zone 2 for 3 miles · Small chain ring, middle rear gearing.

MAIN SET #1 · 10 MILES

3 miles at HR Zone 3 (tallest gear, 85–90 cadence) then 2 miles at HR Zone 4 (tallest gear, 90+ cadence). Repeat 2 times.

Transition: 2 miles at HR Zone 1 then Zone 2 – stretch & rehydrate.

MAIN SET #2 · 10 MILES

3 miles at HR Zone 3 (tallest gear, 85–90 cadence) then 2 miles at HR Zone 4 (tallest gear, 90+ cadence). Repeat 2 times.

COOL-DOWN · 3 MILES

HR Zone 1 for 2 miles, then Zone 2 for 3 miles · Cadence: 80 or less.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8–10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



SUNDAY

MX Aerobic Workout #1 (AM) + Row: HR Intensity Blocks

AEROBIC AM

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 session.

MORNING – MX AEROBIC WORKOUT #1

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

AFTERNOON – ROW: HR INTENSITY INTERVALS (60 - 70 MINUTES)

WARM UP

HR Zone 1 – Focus on straight back, leading with legs, finishing with arms to chest
Load Level: 3 · Distance: 2,000 m · Pull Rate: 20-25

<40%

MAIN SET #1

Load Level: 5 · Pull Rate: 25–35
1,000 m picking up the pace every 200 meters up to HR Z3 (no higher)
Repeat 5x

HR Zone 3

Transition Set: 1,000 m at HR Zone 2 – stretch & rehydrate as necessary

MAIN SET #2

Load Level: 5 · Pull Rate: 25+
5x 1000m: HR Z3 (no higher or lower) - 500 m Active Recovery: HR Z2 or less (no higher)
Repeat 5x

HR Zone 4

COOL DOWN

HR Zone 1 – Load Level: 3 · Distance: 1,000 m · Pull Rate: less than 25
Stretch from head to toe

<40%

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8–10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



MX AEROBIC WORKOUT #1

Workout Focus: Aerobic Enhancement – Total Duration: 2 Hours

AEROBIC

Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Duration: 2 Hours		
Set	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
	Concept 2™ Rower – 10 minutes: low intensity pulling Stretch passively (no bouncing) from head to toe	Less Than <40%
Main Set #1	Set Focus: Reaction Time & First Turn Aggression	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
	<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>	
Main Set #2	Set Focus: Aerobic Enhancement / Internal Pacing	
	Complete your interval with a start and then settle into the track at a pace you can maintain (less than a two second deviation) for 30 minutes. Note: first fifteen minutes take the optimum lines and maintain optimum momentum; last fifteen minutes take the non-optimum lines & focus on belly breathing	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	85-90%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____		
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #3	Set Focus: Reaction Time & First Turn Aggression	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #4	Focus: Aerobic Enhancement / Internal Pacing	
Same notes as Set #2 – 30-minute straight moto with consistent lap times beginning to end.		

Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Duration: 2 Hours		
Set	Description	Intensity
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	85-90%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #5	Set Focus: Sprint Speed	
	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	2 Lap Elapsed Time Int. #1: _____ 2 Lap Elapsed Time Int. #2: _____	95-100%
	2 Lap Elapsed Time Int. #3: _____ 2 Lap Elapsed Time Int. #4: _____	95-100%
	Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____ _____	
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)	<40%
Pre-Riding Weight: _____ Post-Riding Weight: _____ Total Fluids Consumed: _____ Loss/Gain: _____		



MX SPEED WORKOUT #1

Workout Focus: Opening Speed – Total Ride Time: 60 Minutes

SPEED

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Opening Speed Total Ride Time: 60 Minutes	
Set	Description	Intensity	
Set Focus: Gradual Warm Up			
Warm Up	Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 50%	
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate		
Set Focus: Pre-Race Routine			
Main Set #1	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.	Too Short To Evaluate	
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate		
Set Focus: Opening Lap Speed			
Main Set #2	This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity.		
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____		
	Rest Interval: 5 Minutes (no more or less) – Stretch and hydrate as necessary		
	Lap 1 Time: _____ Lap 2 Time: _____ Avg. Time: _____ Avg. HR: _____	90-95%	
	Lap 1 Time: _____ Lap 2 Time: _____ Avg. Time: _____ Avg. HR: _____	90-95%	
	Lap 1 Time: _____ Lap 2 Time: _____ Avg. Time: _____ Avg. HR: _____	90-95%	
	Lap 1 Time: _____ Lap 2 Time: _____ Avg. Time: _____ Avg. HR: _____	90-95%	
Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____			
Rest For 10 Minutes – Stretch from head to toe / Re-hydrate			
Set Focus: Hold Consistent Times At An Aerobic Effort			
Main Set #3	Hold your pace for 30 minutes Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals.		

Complete Racing Solutions MX Speed Workout #1

Workout Focus: Opening Speed Total Ride Time: 60 Minutes

Set	Description	Intensity
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	80-85%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____	
<i>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</i>		
Main Set #4	Set Focus: Hold Consistent Times At An Aerobic Effort	
	Hold your pace for 30 minutes With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate.	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	80-85%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____	
Warm Down	5 min/easy riding – nothing structured or intense; watch the HR and wait for it to come down	<40%
Pre-Riding Weight: _____ Post-Riding Weight: _____ Total Fluids Consumed: _____ Loss/Gain: _____		



COMBO WEIGHT WORKOUT

Muscular Endurance Phase 1 · 2 Sets · 8-10 Reps · Quick Up / 3-Count Down

STRENGTH

Pre-Workout: Consume 8-10 oz of cold Energy Fuel 10-15 min prior. **Weight:** Choose a weight you can complete 10 reps with good form; maintain the same weight for the second set. **Speed of Lift:** Quick off the bottom, slow (3-count) back to starting point.

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
LOWER BODY CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)			
Walking Lunges – 20 Steps (Out and Back)	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Single Leg – Good Mornings Weight: Moderate · Right Leg then Left Leg	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	8-10 reps · Quick up / 3-count down
Single Leg – Calf Risers	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Side Skaters After Both Legs = 1 Rep	Reps: ___	Reps: ___	As many as possible in 30 seconds
Static Wall Squats (Goal: 60 Seconds) Pause & stretch quads when finished	Duration #1: ___	Duration #2: ___	Hold for 60 seconds
CORE & LOWER BACK CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)			
Pike Position (Goal: 60 Seconds) Roll onto back & extend toes to stretch core after	Duration #1: ___	Duration #2: ___	Hold for 60 seconds
Ab Roll Out on Fit Ball	Reps: ___	Reps: ___	8-10 reps · Quick up / 3-count down
Abdominals on Fit Ball	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Pike – Push Up – Pike (30 Seconds)	Reps: ___	Reps: ___	As many as possible in 30 seconds
Superman's on Belly	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
UPPER BODY CYCLE 1 (NO REST BETWEEN EXERCISES)			
Clean & Jerk / Shoulder Press on Indo Board™	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Single Leg – Step Up	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
Honest Push Ups	Reps: ____	Reps: ____	As many as possible in 30 seconds
Rotator Cuff Rotation on Fit Ball Weight: Light	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Slow movement entire range
Tricep Kick Backs	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
Rear Deltoid on Single Leg	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
UPPER BODY CYCLE 2 (NO REST BETWEEN EXERCISES)			
Air Squats	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
Incline on Fit Ball	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
Frankenstein’s – Front/Middle Deltoids on Indo-Board (or Single Leg)	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
2000 METER ROWING			
Warm up: 200 meters – Low Intensity (Damper Setting 2)			
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____	
1-minute rest 25 push-ups with eyes closed 1-minute rest			
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____	
1-minute rest 25 push-ups with eyes closed 1-minute rest			
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____	
1-minute rest 25 push-ups with eyes closed 1-minute rest			
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____	
1-minute rest 25 push-ups with eyes closed 1-minute rest			
BICYCLE SPRINTS			
Warm up: 2 minutes – Low Intensity (Light Load Levels). Then increase load levels to MODERATE.			
2-minute interval at 80-85% effort		Distance Covered: _____	
1-minute rest 25 push-ups with eyes closed 2-minute rest			
2-minute interval at 80-85% effort		Distance Covered: _____	
1-minute rest 25 push-ups with eyes closed 2-minute rest			

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
2-minute interval at 80–85% effort		Distance Covered: _____	
1-minute rest 25 push-ups with eyes closed 2-minute rest			
2-minute interval at 80–85% effort		Distance Covered: _____	
1-minute rest 25 push-ups with eyes closed 2-minute rest			
2-minute interval at 80–85% effort		Distance Covered: _____	