

TRAINING PROTOCOL

# PHASE 3








## WEEK 6 OF 6

ENHANCED STRENGTH | SPEED | ENDURANCE

PROGRAM <b>Fulltime</b>	PHASE <b>3</b>	WEEK <b>6 of 6</b>	FOCUS <b>Recovery</b>
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Week 6 closes Phase 3 with Recovery – the week your body transforms hard work into real gains. Tuesday through Thursday feature Bike Even Tempo/Aerobic Enhancement rides with Core Work, while Monday and Friday are complete rest. The weekend pairs MX Aerobic Saturday and Sunday with 2-hour naps and easy Aerobic Bike rides. If your waking heart rate is up 4+ beats from last week's average, skip the session and prioritize sleep and food. Recover well and you'll start the next phase fresher, stronger, and ready to break through.

### WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day #1</b> Full Recovery	<b>Bike 1 Hour</b> Even Tempo + Core	<b>Bike 90 Min</b> Even Tempo	<b>Bike 1 Hour</b> Even Tempo + Core	<b>Rest Day #2</b> Full Recovery	<b>MX Aerobic #1</b> AM · Nap · Bike + Core	<b>MX Aerobic #2</b> AM · Nap · Bike + Core

### 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

Rest Day #1 – Full Recovery

REST

**Coach's Note:** The key to long-term improvement in your health, wellness, and ultimately your performance is to improve something every day by 1%. The bigger the base of accomplishment, the more momentum you will gain – especially when you are void of injury or illness. Remember that the muscles, tendons, ligaments, and blood chemistry are a result of what you eat and drink over the next six months – the amount of time to completely replace your body. Plan with your eating: purchasing, prepping, and actually consuming food that is high in vitamins, minerals, and clean protein sources for amino acids.

## EVENING MENTAL PROTOCOL

- ▶ **Psychology:** Watch this video in a place where you have zero distractions for 2:15 (the length of the video).  
Concept video: [“Why I Yawn”](#)



# TUESDAY

Bike Even Tempo / Aerobic Enhancement (1 Hour) + Core Work

AEROBIC

**Coach's Note:** Don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Zone 2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Zone 2 – you may surprise yourself to find that you can adjust your gearing, increase your speed, and not increase your HR.

**Note:** 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 session.

## WARM-UP · HR ZONE 1 · 10 MIN

Cadence: 80–85 · Small chain ring, middle rear gearing. Stretch and hydrate.

## MAIN PERFORMANCE BLOCK · 40 MIN · HR ZONE 2

Cadence: 75–85. Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

## WARM-DOWN · HR ZONE 1 · 10 MIN

Cadence: 70–80. Small chain ring, middle rear gearing. Stretch lower back, calves, quads before dismounting.

## CORE WORK (IMMEDIATELY FOLLOWING)

Complete each exercise for 15 seconds; rest 15 seconds as you move to the next. Go through each exercise and then repeat – total of 2 sets.

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

## 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



# WEDNESDAY

Bike Even Tempo / Aerobic Enhancement (90 Minutes)

AEROBIC

**Coach's Note:** Don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Zone 2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Zone 2.

**Note:** 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 session.

## WARM-UP · HR ZONE 1 · 20 MIN

Cadence: 80–85 · Small chain ring, middle rear gearing. Stretch and hydrate.

## MAIN PERFORMANCE BLOCK · 60 MIN · HR ZONE 2

Cadence: 75–85. Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

## WARM-DOWN · HR ZONE 1 · 10 MIN

Cadence: 70–80. Small chain ring, middle rear gearing. Stretch lower back, calves, quads before dismounting.

## 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

Bike Even Tempo / Aerobic Enhancement (1 Hour) + Core Work

AEROBIC

**Coach's Note:** Don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Zone 2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Zone 2.

**Note:** 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 session.

## WARM-UP · HR ZONE 1 · 10 MIN

Cadence: 80–85 · Small chain ring, middle rear gearing. Stretch and hydrate.

## MAIN PERFORMANCE BLOCK · 40 MIN · HR ZONE 2

Cadence: 75–85. Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

## WARM-DOWN · HR ZONE 1 · 10 MIN

Cadence: 70–80. Small chain ring, middle rear gearing. Stretch lower back, calves, quads before dismounting.

## CORE WORK (IMMEDIATELY FOLLOWING)

Complete each exercise for 15 seconds; rest 15 seconds as you move to the next. Go through each exercise and then repeat – 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:** Please reference Monday's notes & links.



# FRIDAY

Rest Day #2 – Full Recovery

REST

**Coach's Note:** The benefits of a rest day are larger than your hard workout days; this is because your body doesn't get any stronger or improve regarding your endurance during training. Your body actually improves physically when you feed it high quality, high quantity food and allow for adequate rest (7-8 hours of evening sleep and if logistically possible, 1-2 hour naps during the day). When your body sleeps deeply, for a long period of time and uninterrupted, your body releases the much-needed human growth hormone (HGH) naturally and you wake up leaner, stronger and have an improved immune system. Please embrace your rest day as if it was one of your harder workout days; your body will appreciate it.

## 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 Aerobic #1 (AM) · 2-Hour Nap · Bike Even Tempo 90 Min (PM)

AEROBIC AM

**Coach's Note:** Familiar protocols – strive to be consistent for all three main sets. If you have more than a two-second deviation, then your average speed needs to increase slightly, or you need to slow down your initial pace. The idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. If possible, wear your HR monitor to help keep you honest throughout this workout.

**Note:** 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 session.

## MORNING – MX AEROBIC WORKOUT #1 ·

Refer to the **MX Aerobic Workout #1 Spreadsheet** at the end of this document.

### ☀ **2-Hour Nap – After Post-Ride Meal**

The benefit to a nap is the release of hGH (human growth hormone); with this in mind, eat a post-ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2–3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver – if it runs out of sugar, you will be woken up!

## AFTERNOON – BIKE EVEN TEMPO / AEROBIC ENHANCEMENT (90 MINUTES)

### WARM-UP · HR ZONE 1 · 20 MIN

Cadence: 80–85 · Small chain ring, middle rear gearing. Stretch and hydrate.

### MAIN PERFORMANCE BLOCK · 60 MIN · HR ZONE 2

Cadence: 75–85. Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

### WARM-DOWN · HR ZONE 1 · 10 MIN

Cadence: 70–80. Small chain ring, middle rear gearing. Stretch lower back, calves, quads before dismounting.

### 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 #2 (AM) · 2-Hour Nap · Bike Even Tempo 1 Hour (PM) + Core

AEROBIC AM

**Coach's Note:** To get the most out of this workout, make sure that you allow yourself some room to pick up the pace the second half of your main intervals. If possible, wear a HR monitor to keep you from going too hard initially – pay close attention to the indicated intensity levels. Proper hydration will be imperative for you to optimize your time on the motorcycle – mental clarity will be important for the last interval of starts.

**Note:** 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 session.

## MORNING – MX AEROBIC WORKOUT #2

Refer to the **MX Aerobic Workout #2 spreadsheet** at the back of this document.

### ☀ **2-Hour Nap – After Post-Ride Meal**

The benefit to a nap is the release of hGH (human growth hormone); with this in mind, eat a post-ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2–3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough.

## AFTERNOON – BIKE EVEN TEMPO / AEROBIC ENHANCEMENT (1 HOUR)

### WARM-UP · HR ZONE 1 · 10 MIN

Cadence: 80–85 · Small chain ring, middle rear gearing. Stretch and hydrate.

### MAIN PERFORMANCE BLOCK · 40 MIN · HR ZONE 2

Cadence: 75–85. Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

### WARM-DOWN · HR ZONE 1 · 10 MIN

Cadence: 70–80. Small chain ring, middle rear gearing. Stretch lower back, calves, quads before dismounting.

## CORE WORK (IMMEDIATELY FOLLOWING)

Complete each exercise for 15 seconds; rest 15 seconds as you move to the next. Go through each exercise and then repeat – total of 2 sets.

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

## 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	<b>Set Focus: generate blood flow into all the working muscles</b>	
	Concept 2™ Rower – 10 minutes: low intensity pulling Stretch passively (no bouncing) from head to toe	Less Than <40%
Main Set #1	<b>Set Focus: Reaction Time &amp; First Turn Aggression</b>	
	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 <a href="#">Energy Fuel</a></i>	
Main Set #2	<b>Set Focus: Aerobic Enhancement / Internal Pacing</b>	
	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%
<b>Fastest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____ <b>Avg. Heart Rate:</b> _____ <b>Max HR:</b> _____		
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></i>		
Main Set #3	<b>Set Focus: Reaction Time &amp; First Turn Aggression</b>	
	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 <a href="#">Energy Fuel</a></i>		
Main Set #4	<b>Focus: Aerobic Enhancement / Internal Pacing</b>	
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%				
	<b>Fastest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____ <b>Avg. Heart Rate:</b> _____ <b>Max HR:</b> _____					
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></i>						
<b>Main Set #5</b>	<b>Set Focus: Sprint Speed</b>					
	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). <b>REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL</b>					
	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%
	<b>Fastest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____ <b>Avg. Heart Rate:</b> _____ <b>Max HR:</b> _____ _____					
<b>Warm Down</b>	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)					<b>&lt;40%</b>
<b>Pre-Riding Weight:</b> _____		<b>Post-Riding Weight:</b> _____		<b>Total Fluids Consumed:</b> _____		
		<b>Loss/Gain:</b> _____				



# MX AEROBIC WORKOUT #2

Workout Focus: Muscular Endurance and Strength

**AEROBIC**

Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Muscular Endurance and Strength
Set	Description	Intensity
<b>Focus: Gradual Warm Up</b>		
<b>Warm Up</b>	Row or Bike for 10 minutes – break a solid sweat prior to moving over to your motorcycle Stretch passively (no bouncing) from head to toe	<b>&lt;50%</b>
<b>Focus: Moving the bike with your core</b>		
<b>Main Set #1</b>	20 Starts using only your inner leg; hold onto the bars BARELY – only with your fingertips 5 Starts – look ahead and move the bike with your thighs 5 Starts – close your eyes for 1 second and “feel” for the bike to deviate (less is better) 5 Starts – put a rock down about 10 yards out from your front wheel; see if you can run over it 5 Starts – close your eyes for 1 second and “feel” for the bike to deviate (less is better)	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></i>		
<b>Focus: First Turn Transitions</b>		
<b>Main Set #2</b>	Your focus needs to be on your transition from on the gas to on the brakes Take your time from the drop of the gate to a point right after the first turn – stay focused!	
	Interval 1 Time: _____ Interval 2 Time: _____ Interval 3 Time: _____ Interval 4 Time: _____	<b>100%</b>
	Interval 5 Time: _____ Interval 6 Time: _____ Interval 7 Time: _____ Interval 8 Time: _____	<b>100%</b>
	Interval 9 Time: _____ Interval 10 Time: _____ Interval 11 Time: _____ Interval 12 Time: _____	<b>100%</b>
	<b>Fastest Time: _____ Slowest Time: _____ Average Time: _____</b>	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></i>		
<b>Focus: Muscular Endurance &amp; Strength</b>		
<b>Main Set #3</b>	30 Minute Moto – Even Paced / Take the smoothest lines every lap 15 Minute Moto – Even Paced (Beginning to End)	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	<b>80–85%</b>
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	<b>80–85%</b>
	Lap 11 Time: _____ Lap 12 Time: _____ Lap 13 Time: _____ Lap 14 Time: _____ Lap 15 Time: _____	<b>80–85%</b>

Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Muscular Endurance and Strength
Set	Description	Intensity
	<b>Fastest Lap Time:</b> _____ <b>Slowest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></i>		
<b>Main Set #4</b>	<b>Focus: Muscular Endurance &amp; Strength</b>	
	20 Minute Moto – Even Paced / Take the roughest lines every lap	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	<b>90-95%</b>
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	<b>90-95%</b>
	<b>Fastest Lap Time:</b> _____ <b>Slowest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></i>		
<b>Warm Down</b>	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)	<b>&lt;50%</b>
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
<b>Beginning Weight:</b> _____ <b>Ending Weight:</b> _____ <b>Loss Gain (Loss):</b> _____		