

TRAINING PROTOCOL

PHASE 4








WEEK 6 OF 8

RACE SPECIFIC SPEED & ENDURANCE

PROGRAM Fulltime	PHASE 4	WEEK 6 of 8	FOCUS Race Speed
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This week builds on the race-specific speed and endurance foundation from Week 5. You will push your lactate tolerance with timed challenges and bike pyramid intervals, develop aerobic capacity with distance intervals and pacing blocks, and sharpen race speed with two MX speed workouts and an aerobic moto. The combination of morning strength work and afternoon bike/row sessions is designed to maximize your aerobic engine while building the muscular endurance needed for sustained race pace.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Weights + Bike Timed Challenges P4 AM Bike Timed Pyramids 65 min PM + Core Work	Bike or Row + MX Bike Distance Intervals 75 min AM Row Pacing Intervals 10,000m + Core + MX Speed #1 PM	Weights + Bike Timed Challenges P4 AM Bike HR Ladder 60 min PM + Core Work	Bike or Row Bike Power Interval 70 min AM Row HR Intensity Blocks 60-70 min PM	MX + Nap + Bike MX Speed #2 AM 2-Hour Nap Bike Speed Blocks 60 min PM	MX + Nap + Weights MX Aerobic #1 AM 2-Hour Nap Timed Challenges P4 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 strength, speed, and lactate tolerance. Burns stored sugar as primary fuel. Breathing is labored; conversation is not possible. Use your personalized HR zones from Week 1 testing.



MONDAY

Complete Rest Day – Mental Focus & Recovery

RECOVERY

Sit down with a piece of blank paper and draw a line down the middle of the paper. On the left side, jot down the five most important reasons for WHY you do what you do. On the right side, next to each reason, think about the elements (people, locations, tools, etc.) that make the WHY possible. Your focus for today is to ensure that all of your elements are ready for action throughout the rest of the week. For example, if you say that you train to be lean and strong, visit your refrigerator and examine if you have all the fresh fruit and vegetables that you like and know improve your health and performance. Continue down the list to make sure that you have everything that you need to ensure that your WHY for doing is optimized.

EVENING PROTOCOLS

NUTRITION

- ▶ Consume 8 oz of cold water with fresh lemon; consume a smoothie & take your evening vitamins.

FOAM ROLLER & TRIGGER POINT

- ▶ Follow this sequence for 10 minutes. ▶ [Watch](#)

BREATHING

- ▶ Diaphragmatic breathing: follow this exercise while putting yourself to sleep. ▶ [Watch](#)



TUESDAY

WEIGHTS + BIKE + CORE

AM: Timed Challenges P4 (Before Breakfast) – PM: Bike Timed Pyramids 65 min + Core Work

Please reference the spreadsheet at the bottom of this document for the Timed Challenges P4 workout. Each cycle consists of two exercises –complete 40 seconds of one exercise, rest 20 seconds, then complete the second exercise. Move quickly to the next cycle– ideally within 1 minute; stretch and hydrate. Weight: first set – 8 reps comfortably; second set – slightly heavier. Rest Interval: 30 seconds between sets; 1:00 between cycles. [Refer to **Timed Challenge P4 spreadsheet** at the back of this document]

MORNING: TIMED CHALLENGES P4 (BEFORE BREAKFAST)

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

POST-MORNING WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz iced cold **Energy Fuel** and **Best Whey Protein** (1 scoop each) mixed with almond milk.

AFTERNOON: BIKE – TIMED PYRAMIDS (65 MINUTES)

Prior to beginning this workout, have your HR range numbers specific to HR Z3. During your "on" timed segments, accelerate and then settle into HR Z3 (no higher or lower). Your rest interval will match your work interval – for maximum productivity, do not cut the rest interval short. During your rest interval, rehydrate with Energy Fuel to maintain blood sugar levels and electrolytes for optimum muscle contraction.

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

WARM-UP – 10 MIN (HR ZONE 2 OR LESS)

Gearing: Small chain ring front, middle rear
Cadence: 80–85 (no higher/lower)
Misc.: Stretch and hydrate before moving into main set

MAIN SET – 50 MIN (PYRAMID: 1-2-3-4-5 MIN ON/OFF)

Protocol: 1 min on / 1 min off → 2 min on / 2 min off → 3 min on / 3 min off → 4 min on / 4 min off → 5 min on / 5 min off
On Interval: Adjust gearing to push tallest gear possible while staying within HR Z3; accelerate (no sprinting) into HR Z3 then settle in with optimized pedal mechanics and deep belly breathing
Off Interval: Rehydrate and stretch as necessary to keep power output level high

COOL DOWN – 5 MIN (HR ZONE 2 OR LESS)

Gearing: Small chain ring front, middle rear
Cadence: 70–80 (no higher/lower)
Misc.: Stretch lower back, calves, and quads prior to dismounting

IMMEDIATELY AFTER: CORE & LOWER BACK WORK

Complete each of the following exercises for 40 seconds; rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set – total of 2 sets.

CORE CIRCUIT (2 SETS)

- ▶ **Standing Abdominal Twists** – 40 seconds on, 20 seconds rest
- ▶ **Abdominal Pike on Fit Ball** – 40 seconds on, 20 seconds rest
- ▶ **Abdominal Roll Out on Fit Ball** – 40 seconds on, 20 seconds rest
- ▶ **Ab Crunch on Fit Ball** – 40 seconds on, 20 seconds rest

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz **Best Whey Protein**.

EVENING

- ▶ Please reference Monday's evening protocols and video links.



WEDNESDAY

BIKE + ROW + MX

AM: Bike Intensity Distance Intervals 75 min + Row Incremental Pacing Intervals 10,000m + Core – PM: MX Speed Workout #1

Choose one of the following for your morning workout. Take your most up-to-date heart rate spreadsheet and commit to memory (or write on your arm) the low and high numbers for your HR Zone 3. Once finished with your warm-up, settle into HR Z3 (no higher or lower) for each 10-minute interval. Focus on belly breathing to maximize oxygen uptake – this allows you to maintain speed while staying in HR Z3.

OPTION A – BIKE: INTENSITY DISTANCE INTERVALS (75 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 80–85 (no higher/lower)

Misc.: Stretch and hydrate before moving into main set

MAIN SET – HR PYRAMIDS: 4 × 15 MIN (10 MIN ON / 5 MIN OFF)

On Interval: Settle into HR Z3 and maintain for 10 minutes (interval doesn't begin until you hit HR Z3 – get there quickly)

Off Interval: Spin easy for 5 minutes in HR Z2 or less; repeat 4 times total

WARM DOWN – 5 MIN (HR ZONE 1)

Gearing: Easiest combination that allows 85–90 cadence & HR Z1

Cadence: 85–90

Misc.: Do not dismount until HR is within HR Z1

OPTION B – ROW: INCREMENTAL PACING INTERVALS (10,000 METERS)

Complete a 1000-meter interval at 80–85% effort after your warm-up; use this as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle tightening up, stop immediately, isolate and stretch it passively for 8–10 seconds while breathing deeply.

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

WARM-UP – 2000 METERS (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Baseline: 1000m at 80–85% effort; elapsed time: _____ / 1 min rest

MAIN SET – PACING INTERVALS (REPEAT 2×)

Load Level: 5 / Pull Rate: 25+

Interval 1: 1000m at Baseline + 10 seconds – Rest 1 min

Interval 2: 1000m at Baseline + 5 seconds – Rest 1 min

Interval 3: 1000m at Baseline Pace – Rest 1 min; hold yourself accountable!

COOL DOWN – 1000 METERS (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc.: Stretch from head to toe

IMMEDIATELY AFTER: CORE & LOWER BACK WORK

CORE CIRCUIT (2 SETS)

- ▶ **Ab Crunch on Fit Ball** – pause for 5 seconds
- ▶ **Pike Position with eyes closed**
- ▶ **Plyometric Push-Ups**

AFTERNOON: MX SPEED WORKOUT #1

This workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. When the body is warmed up, it can handle higher intensity/faster speeds much better. The goal is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes – all because your body had adequate time to prepare for the high intensity levels. Fluid and calorie intake will be the key to a productive workout here. [Refer to **MX Speed Workout #1 spreadsheet** at the back of this document]

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

EVENING

- ▶ Please reference Monday's evening protocols and video links.



THURSDAY

WEIGHTS + BIKE + CORE

AM: Timed Challenges P4 (Before Breakfast) – PM: Bike Heart Rate Ladder 60 min + Core Work

Please reference the spreadsheet at the bottom of the schedule for the Timed Challenges P4 workout. Keep a close eye on your HR throughout the afternoon bike ride to ensure that you keep the intensity levels within HR Z3 for maximum productivity. To keep you mentally stimulated, play around with your gearing while staying within your HR Z3.

MORNING: TIMED CHALLENGES P4 (BEFORE BREAKFAST)

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

POST-MORNING WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** Immediately consume 8–10 oz iced cold Energy Fuel and Best Whey Protein.

AFTERNOON: BIKE – HEART RATE LADDER (60 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 2 OR LESS)

Gearing: Small chain ring front, middle rear

Cadence: 80–85 (no higher/lower)

Set 1: Isolated Leg Drills – 5 min per leg (instructional video: start at 3:30 mark)

Easy Spin: 5 min – hydrate and stretch as necessary

MAIN SETS – HR LADDER (HR ZONE 3)

Set 2 (10 min): Accelerate in tall gear until HR hits top end of HR Z3; slow cadence and breathe deeply until HR hits lower end of HR Z3 (no lower). Repeat until 10 min has transpired.

Easy Spin: 5 min – hydrate and stretch as necessary

Set 3 (15 min): Same as Set 2 – repeat HR ladder until 15 min has transpired

COOL DOWN – 5 MIN (HR ZONE 2 OR LESS)

Gearing: Small chain ring front, middle rear

Cadence: 70–80 (no higher/lower)

Misc.: Stretch lower back, calves, and quads prior to dismounting

IMMEDIATELY AFTER: CORE & LOWER BACK WORK

CORE CIRCUIT (2 SETS) - REFER TO PREVIOUS LINKS

- ▶ **Standing Abdominal Twists** – 40 seconds on, 20 seconds rest
- ▶ **Abdominal Pike on Fit Ball** – 40 seconds on, 20 seconds rest
- ▶ **Abdominal Roll Out on Fit Ball** – 40 seconds on, 20 seconds rest
- ▶ **Ab Crunch on Fit Ball** – 40 seconds on, 20 seconds rest

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz Best Whey Protein.

EVENING

- ▶ Please reference Monday's evening protocols and video links.



FRIDAY

BIKE + ROW

AM: Bike Power Interval Workout 70 min – PM: Row HR Intensity Blocks 60–70 min

Choose one of the following for your morning and evening workout. The key to maximizing productivity during the bike workout is to keep a close eye on your intensity levels (no higher than HR Z3); your leg turnover is going to be intentionally slow. Feel the various muscles working together to create power throughout the entire 360-degree pedal stroke – quads, hamstrings, calves, and glutes all firing to turn the pedals.

MORNING: BIKE – POWER INTERVAL WORKOUT (70 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 80–85 (no higher/lower)

Misc.: Stretch and hydrate before moving into main set

MAIN PERFORMANCE BLOCK – 55 MIN (HR ZONE 3) REPEAT 11*

3 min: Tall gear acceleration out of the saddle – big chain ring front, hardest rear; focus on keeping from "bottoming out" at the bottom of the pedal stroke; push until upper end of HR Z3

2 min: Seated even tempo – cadence above 90, lower end of HR Z3; deep belly breathing to ride as fast as possible without driving HR too high

Note: Repeat this 5-minute block 11 times for a total of 55 minutes

COOL DOWN – 5 MIN (HR ZONE 1)

Gearing: Easiest combination allowing 85–90 cadence & HR Z1

Cadence: 85–90

Misc.: Do not dismount until HR is within HR Z1

AFTERNOON: 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 with the intensity and associated speed. This awareness also provides feedback regarding how long you can maintain various intensity levels – keep in mind the inverse relationship of volume and intensity.

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

WARM-UP – 10 MIN (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc.: Stretch from head to toe; straight back, lead with legs

MAIN SET #1 – HR ZONE BLOCKS (REPEAT 2x)

Load Level: 5 / Pull Rate: 35+

10 min: Upper range of HR Z2 (5 beats of top number)

10 min: Lower range of HR Z3 (5 beats of low number)

10 min: Upper range of HR Z3 (5 beats of top number)

Transition: 5 min easy pulling – get HR into Z1 for majority of this time

Set #2: HR Acceleration – from HR Z2 accelerate to upper end of HR Z3 (no higher); recover by pulling easy until HR reaches lowest number in HR Z2; repeat 3x

COOL DOWN – 10 MIN (HR ZONE 1)

Load Level: 2

Pull Rate: Less than 25

Misc.: Stretch from head to toe

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

EVENING

- ▶ Please reference Monday's evening protocols and video links.



SATURDAY

AM: MX Speed Workout #2 – 2-Hour Nap – PM: Bike Speed Blocks 60 min

MX AM · NAP · BIKE PM

This workout will test your hydration and fluid intake to ensure that you know what your perspiration rate is specific to race pace. Weigh yourself prior to gearing up and capture your body weight in the exact same clothes after the ride (minus your socks). Keep good documentation of your fluid intake (sports drink or water) and note that at the bottom of your spreadsheet so that we can determine your gain/loss and the percentage of gain/loss. [Refer to **MX Speed Workout #2 spreadsheet** at the back of this document]

MORNING: MX SPEED WORKOUT #2

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz iced cold Energy Fuel and Best Whey Protein.

☾ **2-Hour Power Nap (After Post-Ride Meal)**

The benefit of 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 without waking up hungry. If you wake up hungry, note in your food and 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 – SPEED BLOCKS (60 MINUTES)

Mentally focus on improving your aerobic base with fragmented effort levels; at no time do you want your HR to rise above HR Z3. If you find it difficult to keep your HR low, lighten your gear combinations and focus on optimizing your pedal mechanics.

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

WARM-UP – 20 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 80-85 (no higher/lower)

Misc.: Stretch and hydrate before moving into main set

PERFORMANCE BLOCKS (HR ZONE 2-3)

Block 1 (30 min): 10 min in tallest gear combo while staying within HR Z3 (no higher); 5-min easy spin (HR Z2 or lower – can't go too easy here). Repeat 4x.

Block 2 (35 min): Cadence 75-85; tallest gearing maintaining chain tension and cadence zone; every 10 min stand up and stretch hamstrings, quads, calves, lower back; hydrate with Energy Fuel every 15 min

WARM DOWN – 5 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 70-80 (no higher/lower)

Misc.: Stretch lower back, calves, and quads prior to dismounting

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz **Best Whey Protein**.

EVENING

- ▶ Please reference Monday's evening protocols and video links.



SUNDAY

MX AM · NAP · WEIGHTS PM

AM: MX Aerobic Workout #1 – 2-Hour Nap – PM: Timed Challenges P4 (Before Dinner)

Please reference the spreadsheet at the bottom of this document for your MX Aerobic Workout #1. 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 **MX Aerobic Workout #1 spreadsheet** at the back of this document]

MORNING: MX AEROBIC WORKOUT #1

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz iced cold Energy Fuel and Best Whey Protein.

☾ 2-Hour Power Nap (After Post-Ride Meal)

Please reference yesterday's nap notes for protocols and nutrition guidance.

AFTERNOON: TIMED CHALLENGES P4 (BEFORE DINNER)

Each cycle consists of two exercises – complete 40 seconds of one exercise, rest 20 seconds, then complete the second exercise. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate. Weight: first set – 8 reps comfortably; second set – slightly heavier. Rest Interval: 30 seconds between sets; 1:00 between cycles. [Refer to **Timed Challenge P4 spreadsheet** at the back of this document]

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

EVENING

- ▶ Please reference Monday's evening protocols and video links.



TIMED CHALLENGE P4

40 Seconds On – 20 Seconds Off – 5 Cycles + Bicycle Sprints

SPREADSHEET

▲ **WARM-UP:** Concept 2™ Row or Spin on Bike – 10 minutes easy.

EXERCISE	PROTOCOL	DATE / SET 1 REPS	DATE / SET 2 REPS
CYCLE ONE			
Pike – Push Up – Pike ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Isolated Leg & Frankenstein's on Bench ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier than Set 1): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE TWO			
Air Squats ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Hamstring Press-Extension on Fit Ball ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE THREE			
Stars – 30 Seconds As Fast As Possible ▶ Stars Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____

EXERCISE	PROTOCOL	DATE / SET 1 REPS	DATE / SET 2 REPS
	Rep 2: As many as you can complete in 40 seconds – 20 second rest		
Military Spiders Off Bench ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE FOUR			
Dips Off of Bench ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Bicep Curls Up to 90 Degrees ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 30 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 30 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE FIVE			
Side Skaters ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Abdominal Crunch on Fit Ball ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____



BICYCLE SPRINTS ON TRAINER

5 × 2-Minute Sprints – 90–95% Effort – Moderate Load

SPREADSHEET

SET	PROTOCOL	INTENSITY
Warm-Up 2 Minutes	Low intensity – light load levels. Spin easy to prepare muscles for sprint efforts.	LOW
Sprint #1 2 Minutes	Increase load to MODERATE. Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #1 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #2 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #2 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #3 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #3 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #4 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #4 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #5 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Warm Down	Easy spinning until HR returns to Zone 1.	< 40%



CRS MX SPEED WORKOUT #1

Set Focus: Aerobic Enhancement & Speed – Total Duration: 125 Minutes

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual 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.	< 50%
Main Set #1 Focus: Perfect Execution of Pre-Race Routine & Starts	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice – stay mentally focused and specific. Elapsed Times: Int. 1-5: _____ / Int. 6-10: _____ Fastest Lap Time: _____ Avg Lap Pace: _____ Avg HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	TOO SHORT TO EVALUATE
Main Set #2 Focus: Teach Your Body To Pick Up The Pace As Needed	Stay aerobic (based on actual heart rate) for the first 15 minutes and then pick up the pace by choice into sprint effort for 15 minutes. Moto Specific HR Zone – Low #: _____ High #: _____ 20 Min Aerobic: Fastest Lap: _____ Avg Lap: _____ Avg HR: 80-85% 15 Min Sprint Effort: Fastest Lap: _____ Avg Lap: _____ Avg HR: 90-95% Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85% THEN 90-95%
Main Set #3 Focus: High Intensity / Lactate Tolerance	Your goal is to match (or be slightly faster) than Set #2 – make this happen with smooth lines and deep breathing. Moto Specific HR Zone – Low #: _____ High #: _____ 20 Min Aerobic: Fastest Lap: _____ Avg Lap: _____ Avg HR: 80-85% 15 Min Sprint Effort: Fastest Lap: _____ Avg Lap: _____ Avg HR: 90-95% Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85% THEN 90-95%
Main Set #4 Focus: High Intensity / Lactate Tolerance	Your goal is to match (or be slightly faster) than Set #3 – make this happen with smooth lines and deep breathing. Moto Specific HR Zone – Low #: _____ High #: _____ 20 Min Aerobic: Fastest Lap: _____ Avg Lap: _____ Avg HR: 80-85%	80-85% THEN 90-95%

SET	DESCRIPTION & PROTOCOLS	INTENSITY
	15 Min Sprint Effort: Fastest Lap: _____ Avg Lap: _____ Avg HR: 90-95% Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	
Warm Down	Easy riding – nothing structured or intense; allow the HR to come down slowly. Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	<div data-bbox="1724 207 1822 250" style="border: 1px solid #ccc; border-radius: 5px; padding: 2px 5px; display: inline-block;"> < 40% </div>

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN



CRS MX SPEED WORKOUT #2

Workout Focus: Incremental Intensity / Lactate Tolerance – Total Ride Time: 60 Minutes

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual 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.	< 40%
Main Set #1 Focus: Body Balance & Reaction Time	Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight. Fight the tendency to tighten up – this cuts off your breathing. Elapsed Times: Int. 1-5: _____ / Fastest Int.: _____ / Avg Int.: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	RELAXED
Main Set #2 Focus: Lactate Tolerance / Internal Pacing	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race. Moto Specific HR Zone – Low #: _____ High #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Fastest Lap: _____ Avg Lap Pace: _____ Avg HR: _____ Max HR: _____ Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	90-95%
Main Set #3 Focus: Lactate Tolerance / Internal Pacing	Same as Set #2. Moto Specific HR Zone – Low #: _____ High #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Fastest Lap: _____ Avg Lap Pace: _____ Avg HR: _____ Max HR: _____ Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	90-95%
Main Set #4 Focus: Lactate Tolerance / Internal Pacing	Same as Set #2. Moto Specific HR Zone – Low #: _____ High #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Fastest Lap: _____ Avg Lap Pace: _____ Avg HR: _____ Max HR: _____ Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	90-95%
		RELAXED

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Main Set #5 Focus: Body Balance & Reaction Time	Repeat Set #1 – compare times for evaluation purposes. Elapsed Times: Int. 1-5: _____ / Fastest Int.: _____ / Avg Int.: _____	
Warm Down	Easy riding – nothing structured or intense; allow the HR to come down slowly.	<div style="border: 1px solid #0070C0; padding: 2px; display: inline-block;">< 40%</div>

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN



CRS MX AEROBIC WORKOUT #1

Workout Focus: Aerobic Enhancement – Total Ride Time: 90 Minutes

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual Warm Up	Ride Mt. Bike or Road Bike for 15 minutes easy. Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel.	< 40%
Main Set #1 Focus: Aerobic Endurance (30 Minute Moto)	Settle into a pace that you can maintain for 30 minutes without slowing down. To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire moto – just like a race after a bad start. Your overall intensity needs to be aerobic – use your HR monitor to evaluate the actual number. Performance Recap: Fastest Time: _____ Avg Time: _____ Avg HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85%
Main Set #2 Focus: Aerobic Endurance (30 Minute Moto)	Same as Set #1 – strive to maintain the same pace. Performance Recap: Fastest Time: _____ Avg Time: _____ Avg HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85%
Main Set #3 Focus: Aerobic Endurance (30 Minute Moto)	Settle into a pace that you can maintain for 30 minutes without slowing down. Take NON-OPTIMUM lines throughout the entire moto. Your overall intensity needs to be aerobic – use your HR monitor to evaluate the actual number. Performance Recap: Fastest Time: _____ Avg Time: _____ Avg HR: _____	80-85%
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure). Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	< 40%

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN
