

TRAINING PROTOCOL

# PHASE 4








## WEEK 7 OF 8

RACE SPECIFIC SPEED & ENDURANCE

PROGRAM <b>Fulltime</b>	PHASE <b>4</b>	WEEK <b>7 of 8</b>	FOCUS <b>Race Speed</b>
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Week 7 pushes your race-specific speed and endurance to peak levels. You will challenge your lactate tolerance with Timed Challenges and high-intensity bike intervals, sharpen your aerobic capacity with row and bike pacing workouts, and test your race-pace performance with two MX speed workouts and an aerobic moto. The combination of morning weight work and afternoon bike/row sessions is designed to maximize your aerobic engine while building the muscular endurance needed for sustained race pace heading into the final week.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day</b> Full Recovery	<b>Weights + Bike</b> Timed Challenges P4 AM Bike Intensity Intervals 1 hr PM + Core Work	<b>Row or Bike + MX</b> Row HR Intensity Blocks AM OR Bike Distance Intervals MX Speed #1 PM	<b>Weights + Bike</b> Timed Challenges P4 AM Bike Aerobic Intervals 1 hr PM + Core Work	<b>Row + Bike</b> Row HR Intensity Intervals 65 min AM Bike Power Intervals 60 min PM	<b>MX + Nap + Bike</b> MX Speed #2 AM 2-Hour Nap Bike Speed Blocks 70 min PM	<b>MX + Nap + Weights</b> 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

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. The reason why you went to bed late, which made you too tired to get up on time, is the actual issue. Step back two or three steps with each frustration that you are dealing with to maximize your complete potential in every area of life.

### EVENING PROTOCOLS

#### BELLY BREATHING

- ▶ Take a straw and breathe through it – in and out for 30 seconds; then 90 seconds without the straw, focusing on using the same muscles. Repeat 5x.

#### MENTAL IMAGERY

- ▶ After 10–15 deep belly breaths, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

#### SHIN STRIPPING

- ▶ In addition to foam roller & TP therapy: take your thumb and firmly press along the edge of your shin bone from ankle to knee. When you feel a knot, apply slightly more pressure and hold 5–10 seconds. Complete both legs.



## TUESDAY

WEIGHTS + BIKE + CORE

AM: Timed Challenges P4 (Before Breakfast) – PM: Bike Intensity Intervals 1 Hour + Core Work

Each cycle consists of two exercises –complete 60 seconds of one exercise, rest 30 seconds, then complete the second exercise. Move quickly to the next cycle– ideally within 1 minute; stretch and hydrate. Weight: first set – 10-12 reps comfortably within 60 seconds; 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 – INTENSITY INTERVALS (1 HOUR)

Have Energy Fuel available every 15 minutes. Stay within indicated intensity levels during the early part of each performance block. When you begin your fast intervals, refrain from becoming "scared" of riding fast – instead focus on how efficient you are pedaling when you pick up the pace. Watch for energy-robbing elements: choppy pedal mechanics, shoulders bobbing, looking down at your legs.

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

#### WARM-UP – 5 MILES (HR ZONE 1 → 2)

**Miles 1-2:** HR Zone 1

**Miles 3-5:** HR Zone 2

**Cadence:** 80 or less

**Gearing:** Small up front, middle back (low load levels)

#### MAIN SET #1 – 15 MILES (HR ZONE 3 → 4)

**2.5 Miles:** HR Z3 – tallest gear maintaining 85-90 cadence

**2.5 Miles:** HR Z4 – tallest gear maintaining 90+ cadence

**Repeat:** 3 times (15 miles total)

#### COOL DOWN – 5 MILES (HR ZONE 2 → 1)

**Miles 1-2:** HR Zone 2

**Miles 3-5:** HR Zone 1

**Cadence:** 80 or less

**Gearing:** Small up front, middle back (low load levels)

## IMMEDIATELY AFTER: CORE WORK (2 SETS)

### CORE CIRCUIT – 40" ON / 20" OFF

- ▶ **Standing Abdominal Twists**
- ▶ **Abdominal Pike on Fit Ball**
- ▶ **Abdominal Roll Out on Fit Ball**
- ▶ **Ab Crunch on Fit Ball**

## 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

ROW/BIKE + MX SPEED

AM: Row HR Intensity Blocks OR Bike Distance Intervals – PM: MX Speed Workout #1

This workout is going to acclimate your body to staying comfortable while 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. Please reference the **MX Speed Workout #1 spreadsheet** at the back of this document for the afternoon session.

### OPTION A – ROW: HR INTENSITY BLOCKS

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

#### WARM-UP – 2000 METERS (HR ZONE 1)

**Load Level:** 5

**Pull Rate:** 20–25

**Focus:** Straight back, lead with legs, finish with arms to chest. Stretch head to toe.

#### MAIN SETS (HR ZONE 2 – 4)

**Set #1:** 1000m – pick up pace every 200m from HR Z2 up to HR Z4. Repeat 5x. Load Level: 7 / Pull Rate: 25–35

**Transition:** 1000m at HR Z2 – stretch & rehydrate

**Set #2:** 5 × 1000m at HR Z4 with 500m active recovery (HR Z2 or less). Load Level: 7 / Pull Rate: 25+

#### COOL DOWN – 1000 METERS (HR ZONE 1)

**Load Level:** 5

**Pull Rate:** Less than 25

**Misc.:** Stretch from head to toe

### OPTION B – BIKE: INTENSITY DISTANCE INTERVALS (50–60 MINUTES)

This workout will generate high levels of lactic acid towards the end (just like a race). Focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

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

#### WARM-UP – 10 MINUTES (HR ZONE 1)

**Cadence:** 80 or less

**Gearing:** Small up front, middle back (low load levels)

#### MAIN SET #1 – 14 MILES (NO REST)

**1 Mile:** HR Z2 – tallest gear maintaining 85–90 cadence

**1 Mile:** HR Z4 – tallest gear maintaining 90+ cadence

**Repeat:** 7 times – no rest between intervals

#### COOL DOWN – 10 MINUTES (HR ZONE 1)

**Cadence:** 80 or less

**Gearing:** Small up front, middle back (low load levels)

### 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 & 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 Aerobic Intervals 1 Hour + Core Work

Have Energy Fuel available every 15 minutes during the afternoon bike ride. Stay within indicated intensity levels during the early part of each performance block. Watch for energy-robbing elements: choppy pedal mechanics, shoulders bobbing, looking down at your legs.

## 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 – AEROBIC INTERVALS (1 HOUR)

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

### WARM-UP – 5 MILES (HR ZONE 1 → 2)

**Miles 1–2:** HR Zone 1

**Miles 3–5:** HR Zone 2

**Cadence:** 80 or less

**Gearing:** Small up front, middle back (low load levels)

### MAIN SET #1 – 15 MILES (HR ZONE 3 → 4)

**4 Miles:** HR Z3 – tallest gear maintaining 85–90 cadence

**1 Mile:** HR Z4 – tallest gear maintaining 90+ cadence

**Repeat:** 3 times (15 miles total)

### COOL DOWN – 5 MILES (HR ZONE 2 → 1)

**Miles 1–2:** HR Zone 2

**Miles 3–5:** HR Zone 1

**Cadence:** 80 or less

**Gearing:** Small up front, middle back (low load levels)

## IMMEDIATELY AFTER: CORE WORK (2 SETS)

### CORE CIRCUIT – 40" ON / 20" OFF

- ▶ Standing Abdominal Twists
- ▶ Abdominal Pike on Fit Ball
- ▶ Abdominal Roll Out on Fit Ball
- ▶ Ab Crunch on Fit Ball

## 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

ROW + BIKE

AM: Row HR Intensity Intervals 65 min – PM: Bike Power Interval Workout 60 min

This workout will generate high levels of lactic acid towards the end (just like a race). Focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest.

## MORNING: ROW – HR INTENSITY INTERVALS (65 MINUTES)

▲ **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:** 20–25

**Misc.:** Stretch from head to toe

### MAIN SETS (HR ZONE 3 – 4)

**Set #1:** 3 × 1500m at HR Z3 with 500m active recovery. Load Level: 7 / Pull Rate: 25–35

**Transition:** 1000m at HR Z2 – stretch & rehydrate

**Set #2:** 3 × 500m at HR Z4 (get there quickly) with 1500m active recovery. Load Level: 7 / Pull Rate: 25–35

### COOL DOWN – 1000 METERS (HR ZONE 1)

**Load Level:** 3

**Pull Rate:** Less than 25

**Misc.:** Stretch from head to toe

## AFTERNOON: BIKE – POWER INTERVAL WORKOUT (60 MINUTES)

This workout will acclimate your body to staying comfortable while working at a high level of intensity. Remember to pedal in full circles for maximum power output and optimized endurance.

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

### WARM-UP – 10 MINUTES (HR ZONE 1)

**Cadence:** 80 or less

**Gearing:** Small up front, middle back (low load levels)

### MAIN SETS (HR ZONE 2 – 4)

**Set #1 (20 min):** 5 min HR Z4 (85–90 cadence) / 5 min HR Z2 (90+ cadence). Repeat 2×.

**Transition:** 5 min at HR Z1 – stretch & rehydrate

**Set #2 (20 min):** 5 min HR Z2 (85–90 cadence) / 5 min HR Z4 (90+ cadence). Repeat 2×.

### COOL DOWN – 10 MINUTES (HR ZONE 1)

**Cadence:** 80 or less

**Gearing:** Small up front, middle back (low load levels)

## 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 70 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. Please weigh yourself prior to gearing up and then capture your body weight in the exact same clothes after the ride (minus socks). Keep good documentation of your fluid intake and note it at the bottom of your spreadsheet so that we can determine your gain/loss and fine-tune your race day nutritional strategy. [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-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**.

### ☾ 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 (70 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 – 5 MINUTES (HR ZONE 1)

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

### PERFORMANCE BLOCK #1 – 60 MINUTES (HR ZONE 2-3)

**20 min:** Tallest gear combo while staying within HR Z3 (no higher)  
**10 min:** Easy spin – HR Z2 or lower (can't go too easy here)  
**Repeat:** 2 times

### COOL DOWN – 5 MINUTES (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear  
**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)

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-MORNING 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 Mid-Day 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 60 seconds of one exercise, rest 30 seconds, then complete the second exercise. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate. Weight: first set – 10–12 reps comfortably within 60 seconds; 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
<b>CYCLE ONE</b>			
<b>Pike – Push Up – Pike</b> ▶ <a href="#">Instructional Video</a>	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: _____
<b>Isolated Leg &amp; Frankenstein's on Bench</b> ▶ <a href="#">Instructional Video</a>	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: _____
<b>CYCLE TWO</b>			
<b>Air Squats</b> ▶ <a href="#">Instructional Video</a>	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: _____
<b>Hamstring Press-Extension on Fit Ball</b> ▶ <a href="#">Instructional Video</a>	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: _____
<b>CYCLE THREE</b>			
<b>Stars – 30 Seconds As Fast As Possible</b> ▶ <a href="#">Stars Instructional Video</a>	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		
<b>Military Spiders Off Bench</b> ▶ <a href="#">Instructional Video</a>	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: _____
<b>CYCLE FOUR</b>			
<b>Dips Off of Bench</b> ▶ <a href="#">Instructional Video</a>	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: _____
<b>Bicep Curls Up to 90 Degrees</b> ▶ <a href="#">Instructional Video</a>	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in <b>30 seconds</b> Weight (slightly heavier): _____ Rep 2: As many reps as you can do in <b>30 seconds</b>	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
<b>CYCLE FIVE</b>			
<b>Side Skaters</b> ▶ <a href="#">Instructional Video</a>	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: _____
<b>Abdominal Crunch on Fit Ball</b> ▶ <a href="#">Instructional Video</a>	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
<b>Warm-Up</b> 2 Minutes	Low intensity – light load levels. Spin easy to prepare muscles for sprint efforts.	LOW
<b>Sprint #1</b> 2 Minutes	Increase load to MODERATE. Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #1</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #2</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #2</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #3</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #3</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #4</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #4</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #5</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Warm Down</b>	Easy spinning until HR returns to Zone 1.	< 40%



# CRS MX SPEED WORKOUT #1

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

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
<b>Warm Up Set</b> 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%
<b>Main Set #1</b> 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 so stay mentally focused & specific. Elapsed Times: Int. 1: ___ Int. 2: ___ Int. 3: ___ Int. 4: ___ Int. 5: ___ Elapsed Times: Int. 6: ___ Int. 7: ___ Int. 8: ___ Int. 9: ___ Int. 10: ___ Performance Recap: 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
<b>Main Set #2</b> Focus: Teach Your Body To Pick Up The Pace As Needed	Stay aerobic (based on actual HR) for the first 20 minutes, then pick up the pace by choice into your sprint effort (based on HR) for 15 minutes. Moto Specific HR Zone – Low #: _____ High #: _____ 20 Min Aerobic: Fastest Lap: ___ Avg Lap: ___ Avg HR: ___ 15 Min Sprint: Fastest Lap: ___ Avg Lap: ___ Avg HR: ___ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85% 90-95%
<b>Main Set #3</b> 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: ___ 15 Min Sprint: Fastest Lap: ___ Avg Lap: ___ Avg HR: ___ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85% 90-95%
<b>Main Set #4</b> 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% 90-95%

SET	DESCRIPTION & PROTOCOLS	INTENSITY
	15 Min Sprint: Fastest Lap: ___ Avg Lap: ___ Avg HR: ___ 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.	< 40%

PRE-RIDING WEIGHT  
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POST-RIDING WEIGHT  
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TOTAL FLUIDS CONSUMED  
-----

LOSS / GAIN  
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# CRS MX SPEED WORKOUT #2

SPREADSHEET

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

SET	DESCRIPTION & PROTOCOLS	INTENSITY
<b>Warm Up Set</b> 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%
<b>Main Set #1</b> 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: ___ Int. 2: ___ Int. 3: ___ Int. 4: ___ Int. 5: ___ Fastest Interval: _____ Average Interval: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	RELAXED
<b>Main Set #2</b> 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% 95-100%
<b>Main Set #3</b> 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% 95-100%
<b>Main Set #4</b> 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) Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	90-95% 95-100%

SET	DESCRIPTION & PROTOCOLS	INTENSITY
<b>Main Set #5</b> Focus: Body Balance & Reaction Time	Repeat Set #1 – compare times for evaluation purposes. Elapsed Times: Int. 1: ___ Int. 2: ___ Int. 3: ___ Int. 4: ___ Int. 5: ___ Fastest Interval: _____ Average Interval: _____	<div data-bbox="1713 123 1829 160" style="border: 1px solid #0070C0; padding: 2px; text-align: center;">RELAXED</div>
<b>Warm Down</b>	Easy riding – nothing structured or intense; allow the HR to come down slowly.	<div data-bbox="1724 256 1818 293" style="border: 1px solid #0070C0; padding: 2px; text-align: center;">&lt; 40%</div>

PRE-RIDING WEIGHT -----	POST-RIDING WEIGHT -----	TOTAL FLUIDS CONSUMED -----	LOSS / GAIN -----
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# CRS MX AEROBIC WORKOUT #1

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

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
<b>Warm Up Set</b> 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%
<b>Main Set #1</b> 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. Strive to take various non-optimum lines every lap. 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%
<b>Main Set #2</b> 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%
<b>Main Set #3</b> 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%
<b>Warm Down</b>	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

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POST-RIDING WEIGHT

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TOTAL FLUIDS CONSUMED

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LOSS / GAIN

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