

TRAINING PROTOCOL

# PHASE 1








## WEEK 3 OF 6

ENHANCED AEROBIC DEVELOPMENT & MUSCULAR STRENGTH

PROGRAM <b>Fulltime</b>	PHASE <b>1</b>	WEEK <b>3 of 6</b>	FOCUS <b>Aerobic + Strength</b>
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Week 3 builds on the aerobic and strength foundation established in Weeks 1 and 2. You will complete two MX aerobic sessions, two MX speed sessions, three combo weight workouts, and structured bike sessions on Monday and Wednesday. Friday is a complete rest day. The emphasis this week is on **enhancing your aerobic engine while continuing to develop muscular strength** – consistency and execution of details will drive your results.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Bike + Core</b> Even Tempo AM 60 min Zone 2	<b>MX + Weights</b> Aerobic #1 AM Combo Weights PM	<b>Bike + Core</b> HR Ladder AM 60 min Zone 3	<b>MX + Weights</b> Speed #1 AM Combo Weights PM	<b>Rest Day</b> Complete Rest Sleep without alarm	<b>MX + Nap</b> Aerobic #1 AM 2-Hour Nap	<b>MX + Weights</b> Speed #1 AM Nap + Combo Weights 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**

High-intensity effort. Used for speed intervals, strength circuits, and lactate threshold work. Breathing is labored; conversation is difficult.



# MONDAY

Morning: Bike Even Tempo (60 min) + Core Work

BIKE AM · ZONE 2

Warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

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

## WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

**Misc:** Stretch and hydrate before moving into main set

## MAIN PERFORMANCE BLOCK – 45 MIN (HR ZONE 2)

**Focus:** Stay in upper range of HR Zone 2 the entire time

**Efficiency:** Optimized pedal mechanics, changing pedal patterns, belly breathing

**Every 5 min:** Stand up and stretch; document distance traveled over 80 minutes

## COOL DOWN – 5 MIN (HR ZONE 1)

**Duration:** 5 minutes (no shorter)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

## ► Core & Lower Back Work (immediately following bike workout)

Complete each exercise for **30 seconds**; rest interval is **30 seconds** as you move to the next exercise. Repeat entire set – 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 & EVENING PROTOCOLS

### POST-WORKOUT

- **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8–10 seconds. ► [Playlist](#)
- **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel** to replace lost electrolytes.

### EVENING

- **Flexibility:** 10 min, focus on legs and lower body. ► [Playlist](#)
- **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack/meal.
- **Diaphragmatic Breathing:** 10 min before sleep, nose closed. ► [Watch](#)



# TUESDAY

MX AM · WEIGHTS PM

Morning: MX Aerobic Workout #1 – Afternoon: Combo Weight Workout P1 Timed Challenges (30 sec)

**Morning MX:** This workout is designed to keep you mentally focused on being smooth – lap times are irrelevant in terms of speed, but rather consistency and “how” you are creating the lap times. The fastest riders in the world “look” smooth and as a result they are fast. Execution of skills & drills will create the consistency we are looking for. [\[Refer to MX Aerobic Workout #1 spreadsheet – see end of document\]](#) | **Evening Weights:** Exercises are combined so that you hit all muscles as a functional unit. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

▲ **POST-MX:** Flexibility – lower leg trigger point series ► [Playlist](#) | Nutrition: 2 scoops **Recovery Fuel**.

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

SETS  
2

REPETITIONS  
Max in 30 sec

SPEED OF LIFT  
Quick & Smooth

REST (BETWEEN EXERCISES)  
None

REST (BETWEEN CYCLES)  
1 Minute

EXERCISE	SETS × REPS	COACHING NOTES	VIDEO
<b>CYCLE ONE</b>			
Pike – Push Up – Pike	2 × 30 sec	As many as you can complete in 30 seconds with proper form	► <a href="#">Pike-Push Up-Pike</a>
Isolated Leg & Frankenstein’s on Bench	2 × 30 sec	Set 1: Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	► <a href="#">Isolated Leg on Bench</a>
<b>CYCLE TWO</b>			
Air Squats	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	► <a href="#">Air Squats</a>
Hamstring Press-Extension on Fit Ball	2 × 30 sec	As many as you can complete in 30 seconds, hold good form	► <a href="#">Hamstring Press with Extension</a>
<b>CYCLE THREE</b>			
Overhead Extension-Triceps Press	2 × 30 sec	<b>Not Fast – Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	► <a href="#">Overhead Extension-Triceps Press</a>
Step Up & Calf Raises (no weight)	2 × 30 sec	As many as you can complete in 30 seconds with proper form	► <a href="#">Step Up &amp; Calf Raise</a>
<b>CYCLE FOUR</b>			
Lat Drop-Triceps Press on Fit Ball	2 × 30 sec	<b>Slow with Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	► <a href="#">Lat Pull Over-Triceps Extension</a>

Individual Chest Press on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Individual Chest Press on Fit Ball</a>
<b>CYCLE FIVE</b>			
Incline Press on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Incline Press on Fit Ball</a>
Rear Deltoid	2 × 6-8	<b>Light weight – easy muscle to tear.</b> Perfect form, no momentum. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Rear Deltoid</a>
<b>CYCLE SIX</b>			
Chest Fly with Deep Pause on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Chest Fly with Deep Pause on Fit Ball</a>
Side Skaters	2 × 30 sec	Good form, land lightly. Set 2: Good form, land lightly, strive to surpass Set #1	<a href="#">▶ Side Skaters (Inner Thigh)</a>
<b>CYCLE SEVEN – ABS</b>			
Abs: Knees to Chest	2 × 30 sec	As many as you can complete in 30 seconds	<a href="#">▶ Hanging Knees to Chest</a>
Abs: Open Rotation	2 × 30 sec	As many as you can complete in 30 seconds – per side	<a href="#">▶ Abs-Open Rotation</a>
Abs: Hip Risers	2 × 30 sec	As many as you can complete in 30 seconds – per side	<a href="#">▶ Hip Risers</a>
<b>10 Min Bike Intervals</b> (immediately after weights)		Warm up 2 min easy (light load); increase to moderate. Then 5 × (1 min @ HR Z3 + 1 min rest interval).	

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Lower leg trigger point series. [▶ Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

### EVENING

- ▶ **Nutrition:** 8-10 oz cold/filtered water; consume a raw snack/meal.
- ▶ **Foam Roller & Trigger Point Therapy.** [▶ Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep, nose closed. [▶ Watch](#)



## WEDNESDAY

Morning: Bike Heart Rate Ladder Workout (60 min) + Core Work

BIKE AM · ZONE 3

Take your most up-to-date heart rate spreadsheet (last week's waking HR average and your maximum HR from your last time trial) and commit to memory – or use a black marker to write on your arm – the low & high number for your **HR Zone 3**. Once finished with your warm-up, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75–85) – continue to “push the pace” until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number – repeat in 20-minute blocks.

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

### WARM-UP – 10 MIN (HR ZONE 1)

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

### MAIN SET – HR PYRAMIDS: 45 MIN (HR ZONE 3)

**Protocol:** Toggle between lower and upper number in HR Z3 for 10 minutes; spin easy-recover for 5 minutes  
**Repeat:** 10' on / 5' off × 3 = 45 minutes total  
**Cadence:** 75–85 during effort blocks

### COOL DOWN – 5 MIN (HR ZONE 1)

**Duration:** 5 minutes  
**Cadence:** 85–90  
**Gearing:** Easiest combination for 85–90 cadence & HR Z1  
**Misc:** Do not dismount until HR is within HR Z1

### ► Core & Lower Back Work (immediately following bike workout)

Complete each exercise for **30 seconds**; rest interval is **30 seconds** as you move to the next exercise. Repeat entire set – 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 & EVENING PROTOCOLS

### POST-WORKOUT

- **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8–10 seconds. ► [Playlist](#)
- **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

### EVENING

- **Flexibility:** 10 min, focus on legs and lower body. ► [Playlist](#)
- **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack/meal.
- **Diaphragmatic Breathing:** 10 min before sleep, nose closed. ► [Watch](#)



# THURSDAY

MX AM · WEIGHTS PM

Morning: MX Speed Workout #1 – Afternoon: Combo Weight Workout P1 Timed Challenges (30 sec)

Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels. 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 low blood sugar 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. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential – please don't short change yourself! **[Refer to MX Speed Workout #1 spreadsheet – see end of document]**

▲ **POST-MX:** Flexibility – lower leg trigger point series ► [Playlist](#) | Nutrition: 2 scoops Recovery Fuel.

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

SETS  
2

REPETITIONS  
Max in 30 sec

SPEED OF LIFT  
Quick & Smooth

REST (BETWEEN EXERCISES)  
None

REST (BETWEEN CYCLES)  
1 Minute

EXERCISE	SETS * REPS	COACHING NOTES	VIDEO
<b>CYCLE ONE</b>			
Pike – Push Up – Pike	2 * 30 sec	As many as you can complete in 30 seconds with proper form	► <a href="#">Pike-Push Up-Pike</a>
Isolated Leg & Frankenstein's on Bench	2 * 30 sec	Set 1: Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	► <a href="#">Isolated Leg on Bench</a>
<b>CYCLE TWO</b>			
Air Squats	2 * 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	► <a href="#">Air Squats</a>
Hamstring Press-Extension on Fit Ball	2 * 30 sec	As many as you can complete in 30 seconds, hold good form	► <a href="#">Hamstring Press with Extension</a>
<b>CYCLE THREE</b>			
Overhead Extension-Triceps Press	2 * 30 sec	<b>Not Fast – Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	► <a href="#">Overhead Extension-Triceps Press</a>
Step Up & Calf Raises (no weight)	2 * 30 sec	As many as you can complete in 30 seconds with proper form	► <a href="#">Step Up &amp; Calf Raise</a>
<b>CYCLE FOUR</b>			
Lat Drop-Triceps Press on Fit Ball	2 * 30 sec	<b>Slow with Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	► <a href="#">Lat Pull Over-Triceps Extension</a>

Individual Chest Press on Fit Ball	2 x 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Individual Chest Press on Fit Ball</a>
<b>CYCLE FIVE</b>			
Incline Press on Fit Ball	2 x 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Incline Press on Fit Ball</a>
Rear Deltoid	2 x 6-8	<b>Light weight – easy muscle to tear.</b> Perfect form, no momentum. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Rear Deltoid</a>
<b>CYCLE SIX</b>			
Chest Fly with Deep Pause on Fit Ball	2 x 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Chest Fly with Deep Pause on Fit Ball</a>
Side Skaters	2 x 30 sec	Good form, land lightly. Set 2: Good form, land lightly, strive to surpass Set #1	<a href="#">▶ Side Skaters (Inner Thigh)</a>
<b>CYCLE SEVEN – ABS</b>			
Abs: Knees to Chest	2 x 30 sec	As many as you can complete in 30 seconds	<a href="#">▶ Hanging Knees to Chest</a>
Abs: Open Rotation	2 x 30 sec	As many as you can complete in 30 seconds – per side	<a href="#">▶ Abs-Open Rotation</a>
Abs: Hip Risers	2 x 30 sec	As many as you can complete in 30 seconds – per side	<a href="#">▶ Hip Risers</a>
<b>10 Min Bike Intervals</b> (immediately after weights)		Warm up 2 min easy (light load); increase to moderate. Then 5 x (1 min @ HR Z3 + 1 min rest interval).	

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Lower leg trigger point series. [▶ Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

### EVENING

- ▶ **Nutrition:** 8-10 oz cold/filtered water; consume a raw snack/meal.
- ▶ **Foam Roller & Trigger Point Therapy.** [▶ Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep, nose closed. [▶ Watch](#)



## FRIDAY

Complete Rest Day – Sleep Without an Alarm

RECOVERY

Allowing yourself to sleep and not wake up with an alarm will decrease the amount of cortisol in your blood. Cortisol is a hormone that is released into the blood when the body is highly stressed – referred to within the human performance community as a “fat magnet.” In addition to lowering your blood cortisol levels, waking up without an alarm helps you determine what your optimum amount of sleep is given how your body is responding to the volume & intensity of training that you are maintaining. Remember, it is not what you do in training that makes you stronger, but rather what you do regarding your nutrition and hydration.

### EVENING PROTOCOLS

#### EVENING

- ▶ **Flexibility:** 10 min, focus on legs and lower body. ▶ [Playlist](#)
- ▶ **Nutrition:** 8-10 oz cold/filtered water; consume a raw snack/meal.
- ▶ **Foam Roller & Trigger Point Therapy.** ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep, nose closed. ▶ [Watch](#)



# SATURDAY

Morning: MX Aerobic Workout #1 – 2-Hour Nap After Lunch

MX AM · NAP

This workout is designed to keep you mentally focused on being smooth – lap times are irrelevant in terms of speed, but rather consistency and “how” you are creating the lap times. The fastest riders in the world “look” smooth and as a result they are fast. Most amateur riders “look” fast, but are nowhere close to the same speed – think about this and take it to the track. Execution of skills & drills will create the consistency we are looking for. [\[Refer to MX Aerobic Workout #1 spreadsheet – see end of document\]](#)

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

## POST-WORKOUT PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8–10 seconds. ▶ [Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

### zZz 2-Hour Nap After Mid-Day Meal

As you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.

## EVENING PROTOCOLS

### EVENING

- ▶ **Flexibility:** 10 min, focus on legs and lower body. ▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack/meal.
- ▶ **Diaphragmatic Breathing:** 10 min before sleep, nose closed. ▶ [Watch](#)



## SUNDAY

MX AM · NAP · WEIGHTS PM

Morning: MX Speed Workout #1 – Nap – Evening: Combo Weights (if able after nap)

If logistically possible, do not wake yourself up from your nap with an alarm. Just out of curiosity, see how many hours you sleep. This will provide us a clear indicator of your fatigue – the big question is where this fatigue is coming from: intensity levels, duration levels, food intake, hydration levels, hours of sleep, and consistency in your recovery protocols (stretching and trigger point therapy). Remember that your health and ultimately your performance is a direct result of your consistency in all these performance areas (some that require sweating and some that don't!). **[Refer to MX Speed Workout #1 spreadsheet – see end of document]**

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

### POST-WORKOUT PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8–10 seconds. ▶ [Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

#### zZz 2-Hour Nap After Mid-Day Meal

If logistically possible, do not wake yourself up from this nap with an alarm. See how many hours you sleep – this will provide a clear indicator of your fatigue and where it is coming from.

★ **If You Were Able To Nap – Complete Before Dinner:** Combo Weight Workout P1 Timed Challenges (30 Seconds). Use the same 7-cycle weight workout as Tuesday and Thursday. Pre-Hydration & Nutrition: 10–15 min prior, 8–10 oz cold **Energy Fuel**.

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Lower leg trigger point series. ▶ [Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

#### EVENING

- ▶ **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack/meal.
- ▶ **Foam Roller & Trigger Point Therapy.** ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep, nose closed. ▶ [Watch](#)



# COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES

SPREADSHEET

Used Tuesday, Thursday & Sunday (if able after nap) – 7 Cycles · 2 Sets Each · 30 Seconds Per Exercise

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

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

SETS  
2

REPETITIONS  
Max in 30 sec

SPEED OF LIFT  
Quick & Smooth

REST (BETWEEN EXERCISES)  
None

REST (BETWEEN CYCLES)  
1 Minute

EXERCISE	SETS × REPS	COACHING NOTES	VIDEO
<b>CYCLE ONE</b>			
Pike – Push Up – Pike	2 × 30 sec	As many as you can complete in 30 seconds with proper form	<a href="#">▶ Pike-Push Up-Pike</a>
Isolated Leg & Frankenstein's on Bench	2 × 30 sec	Set 1: Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Isolated Leg on Bench</a>
<b>CYCLE TWO</b>			
Air Squats	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Air Squats</a>
Hamstring Press-Extension on Fit Ball	2 × 30 sec	As many as you can complete in 30 seconds, hold good form	<a href="#">▶ Hamstring Press with Extension</a>
<b>CYCLE THREE</b>			
Overhead Extension-Triceps Press	2 × 30 sec	<b>Not Fast – Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Overhead Extension-Triceps Press</a>
Step Up & Calf Raises (no weight)	2 × 30 sec	As many as you can complete in 30 seconds with proper form	<a href="#">▶ Step Up &amp; Calf Raise</a>
<b>CYCLE FOUR</b>			
Lat Drop-Triceps Press on Fit Ball	2 × 30 sec	<b>Slow with Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Lat Pull Over-Triceps Extension</a>
Individual Chest Press on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Individual Chest Press on Fit Ball</a>
<b>CYCLE FIVE</b>			

<b>Incline Press on Fit Ball</b>	<b>2 × 30 sec</b>	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Incline Press on Fit Ball</a>
<b>Rear Deltoid</b>	<b>2 × 6-8</b>	<b>Light weight – easy muscle to tear.</b> Perfect form, no momentum. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Rear Deltoid</a>
<b>CYCLE SIX</b>			
<b>Chest Fly with Deep Pause on Fit Ball</b>	<b>2 × 30 sec</b>	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Chest Fly with Deep Pause on Fit Ball</a>
<b>Side Skaters</b>	<b>2 × 30 sec</b>	Good form, land lightly. Set 2: Good form, land lightly, strive to surpass Set #1	<a href="#">▶ Side Skaters (Inner Thigh)</a>
<b>CYCLE SEVEN – ABS</b>			
<b>Abs: Knees to Chest</b>	<b>2 × 30 sec</b>	As many as you can complete in 30 seconds	<a href="#">▶ Hanging Knees to Chest</a>
<b>Abs: Open Rotation</b>	<b>2 × 30 sec</b>	As many as you can complete in 30 seconds – per side	<a href="#">▶ Abs-Open Rotation</a>
<b>Abs: Hip Risers</b>	<b>2 × 30 sec</b>	As many as you can complete in 30 seconds – per side	<a href="#">▶ Hip Risers</a>
<b>10 Min Bike Intervals</b> (immediately after weights)		Warm up 2 min easy (light load); increase to moderate. Then 5 × (1 min @ HR Z3 + 1 min rest interval).	



# MX AEROBIC WORKOUT #1

Used Tuesday & Saturday – Workout Focus: Aerobic Enhancement

SPREADSHEET

SET	DESCRIPTION & WORKOUT PROTOCOL	INTENSITY		
Warm Up	<p><b>Set Focus: Gradual Warm Up</b>            15 minutes of easy riding on the track – increase the intensity slightly every 5 min – very easy! Stretch passively (no bouncing) from head to toe.</p>	< 40%		
Main Set #1 – Starts (10 starts)	<p><b>Set Focus: Opening Lap Intensity – Consistency Challenge</b>            Complete 10 starts – through the first turn and down the entire first straight (be aggressive!). Keep a close eye on your body position – attack, looking up and using your legs/core combination. Take your time from the start to the end of the first straight away.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;"> <b>Elapsed Times:</b> Int 1: ___ Int 2: ___ Int 3: ___ Int 4: ___ Int 5: ___             </td> <td style="padding: 5px;"> <b>Elapsed Times:</b> Int 6: ___ Int 7: ___ Int 8: ___ Int 9: ___ Int 10: ___             </td> </tr> </table> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<b>Elapsed Times:</b> Int 1: ___ Int 2: ___ Int 3: ___ Int 4: ___ Int 5: ___	<b>Elapsed Times:</b> Int 6: ___ Int 7: ___ Int 8: ___ Int 9: ___ Int 10: ___	70-75%
<b>Elapsed Times:</b> Int 1: ___ Int 2: ___ Int 3: ___ Int 4: ___ Int 5: ___	<b>Elapsed Times:</b> Int 6: ___ Int 7: ___ Int 8: ___ Int 9: ___ Int 10: ___			
Main Set #2 – 20 Min Moto	<p><b>Set Focus: Intensive Endurance</b>            During this 20-minute moto, your goal is to “feel” yourself getting slightly faster and validating with slightly faster lap times. The question to answer is “how” are you increasing your speed? Ideally your speed isn’t achieved by more effort, but rather faster transitions from gas to brakes.</p> <ul style="list-style-type: none"> <li>• 5 Minutes at 75% – smooth lines/maintain momentum</li> <li>• 5 Minutes at 80% – non-optimum lines/move the bike with your muscles – not momentum</li> <li>• 10 Minutes at 85% – smooth lines/maintain momentum</li> </ul> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	75% 80% 85%		
Main Set #3 – Starts (10 starts)	<p><b>Set Focus: Opening Lap Intensity – Consistency Challenge</b>            Same as Main Set #1. Complete 10 starts through the first turn and down the entire first straight.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;"> <b>Elapsed Times:</b> Int 1: ___ Int 2: ___ Int 3: ___ Int 4: ___ Int 5: ___             </td> <td style="padding: 5px;"> <b>Elapsed Times:</b> Int 6: ___ Int 7: ___ Int 8: ___ Int 9: ___ Int 10: ___             </td> </tr> </table> <p>Rest For 10 Minutes – Stretch / Re-hydrate with Energy Fuel</p>	<b>Elapsed Times:</b> Int 1: ___ Int 2: ___ Int 3: ___ Int 4: ___ Int 5: ___	<b>Elapsed Times:</b> Int 6: ___ Int 7: ___ Int 8: ___ Int 9: ___ Int 10: ___	70-75%
<b>Elapsed Times:</b> Int 1: ___ Int 2: ___ Int 3: ___ Int 4: ___ Int 5: ___	<b>Elapsed Times:</b> Int 6: ___ Int 7: ___ Int 8: ___ Int 9: ___ Int 10: ___			

SET	DESCRIPTION & WORKOUT PROTOCOL	INTENSITY
<b>Main Set #4 – 20 Min Moto</b>	<p><b>Set Focus: Intensive Endurance</b></p> <p>Use your lap times from Main Set #2 and see how close you can come to them (now that the track has broken down) at the same intensity levels. The best riders in the world are able to maintain a low heart rate in rough riding conditions by focusing on being smooth and relaxed.</p> <ul style="list-style-type: none"> <li>• 5 Minutes at 75% – smooth lines/maintain momentum</li> <li>• 5 Minutes at 80% – non-optimum lines/move the bike with your muscles – not momentum</li> <li>• 10 Minutes at 85% – smooth lines/maintain momentum</li> </ul> <p>Rest For 10 Minutes – Stretch / Re-hydrate with Energy Fuel</p>	<p><b>75%</b></p> <p><b>80%</b></p> <p><b>85%</b></p>
<b>Main Set #5 – Turns (15 min)</b>	<p><b>Set Focus: Body Balance – Timing of Faster Cornering</b></p> <p>Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to “learn” the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner.</p> <p>Rest For 10 Minutes – Stretch / Re-hydrate with Energy Fuel</p> <p><b>REPEAT THE STARTS / 15 MIN MOTO / 15 MIN MOTO / TURNS</b></p>	<p><b>70-75%</b></p>
<b>Warm Down</b>	<p>10 minutes of easy riding – nothing structured or intense (watch the HR monitor to ensure)</p>	<p><b>40%</b></p>



# MX SPEED WORKOUT #1

Used Thursday & Sunday – Workout Focus: Consistent Race Speed · Total Ride Time: 60 Minutes

SPREADSHEET

Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels. 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 low blood sugar 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. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential – please don't short change yourself!

SET	DESCRIPTION & WORKOUT PROTOCOL	INTENSITY						
Warm Up	<p><b>Set Focus: Gradual Warm Up</b> 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.</p>	Less Than 50%						
Main Set #1	<p><b>Focus: Smooth start and fast five (5) laps</b> Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps. Moto Specific Heart Rate Zone – Low #: ____ High #: ____</p> <table border="1" data-bbox="384 959 1614 1008"> <tr> <td>5 Lap Elapsed Time Int #1: ____</td> <td>Fastest Lap: ____</td> <td>Max HR: ____</td> </tr> </table> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</p> <table border="1" data-bbox="384 1057 1614 1105"> <tr> <td>5 Lap Elapsed Time Int #2: ____</td> <td>Fastest Lap: ____</td> <td>Max HR: ____</td> </tr> </table> <p>Rest For 10 Minutes – Stretch / Re-hydrate with Energy Fuel</p>	5 Lap Elapsed Time Int #1: ____	Fastest Lap: ____	Max HR: ____	5 Lap Elapsed Time Int #2: ____	Fastest Lap: ____	Max HR: ____	90-95%
5 Lap Elapsed Time Int #1: ____	Fastest Lap: ____	Max HR: ____						
5 Lap Elapsed Time Int #2: ____	Fastest Lap: ____	Max HR: ____						
Main Set #2	<p><b>Focus: Smooth start and fast three (3) laps</b> Your goal is to maintain or beat your fastest lap from Set #1. Moto Specific Heart Rate Zone – Low #: ____ High #: ____</p> <table border="1" data-bbox="384 1320 1614 1369"> <tr> <td>3 Lap Elapsed Time Int #1: ____</td> <td>Fastest Lap: ____</td> <td>Max HR: ____</td> </tr> </table> <p>Rest For 5 Minutes – Stretch / Re-hydrate</p> <table border="1" data-bbox="384 1417 1614 1466"> <tr> <td>3 Lap Elapsed Time Int #2: ____</td> <td>Fastest Lap: ____</td> <td>Max HR: ____</td> </tr> </table>	3 Lap Elapsed Time Int #1: ____	Fastest Lap: ____	Max HR: ____	3 Lap Elapsed Time Int #2: ____	Fastest Lap: ____	Max HR: ____	90-95%
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3 Lap Elapsed Time Int #2: ____	Fastest Lap: ____	Max HR: ____						

SET	DESCRIPTION & WORKOUT PROTOCOL	INTENSITY								
<b>Main Set #3</b>	<p>Rest For 10 Minutes – Stretch / Re-hydrate with Energy Fuel</p> <p><b>Focus: Smooth start and fast two (2) laps</b>            Your goal is to maintain or beat your fastest lap from Set #2.            Moto Specific Heart Rate Zone – Low #: ____ High #: ____</p> <table border="1" data-bbox="386 318 1612 370"> <tr> <td><b>2 Lap Elapsed Time Int #1:</b> ____</td> <td><b>Fastest Lap:</b> ____</td> <td><b>Max HR:</b> ____</td> </tr> </table> <p>Rest For 3 Minutes – Stretch / Re-hydrate</p> <table border="1" data-bbox="386 415 1612 467"> <tr> <td><b>2 Lap Elapsed Time Int #2:</b> ____</td> <td><b>Fastest Lap:</b> ____</td> <td><b>Max HR:</b> ____</td> </tr> </table>	<b>2 Lap Elapsed Time Int #1:</b> ____	<b>Fastest Lap:</b> ____	<b>Max HR:</b> ____	<b>2 Lap Elapsed Time Int #2:</b> ____	<b>Fastest Lap:</b> ____	<b>Max HR:</b> ____	<p><b>90-95%</b></p>		
	<b>2 Lap Elapsed Time Int #1:</b> ____	<b>Fastest Lap:</b> ____	<b>Max HR:</b> ____							
<b>2 Lap Elapsed Time Int #2:</b> ____	<b>Fastest Lap:</b> ____	<b>Max HR:</b> ____								
<b>Warm Down</b>	<p>Easy riding – nothing structured or intense; allow the HR to come down slowly.</p> <table border="1" data-bbox="386 542 1612 630"> <tr> <td><b>Pre-Riding Weight:</b> ____</td> <td><b>Post-Riding Weight:</b> ____</td> <td><b>Total Fluids Consumed:</b> ____</td> <td><b>Loss/Gain:</b> ____</td> </tr> <tr> <td></td> <td></td> <td>----</td> <td></td> </tr> </table>	<b>Pre-Riding Weight:</b> ____	<b>Post-Riding Weight:</b> ____	<b>Total Fluids Consumed:</b> ____	<b>Loss/Gain:</b> ____			----		<p><b>40%</b></p>
<b>Pre-Riding Weight:</b> ____	<b>Post-Riding Weight:</b> ____	<b>Total Fluids Consumed:</b> ____	<b>Loss/Gain:</b> ____							
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