

TRAINING PROTOCOL

PHASE 2








WEEK 2 OF 8

ENHANCED ENDURANCE, STRENGTH & LACTATE TOLERANCE

PROGRAM Weekend Warrior	PHASE 2	WEEK 2 of 8	FOCUS Endurance + LT
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Week 2 kicks off the endurance, strength, and lactate tolerance block of Phase 2. Every session targets a specific system – pacing intervals sharpen your lactate threshold, the Super Slow Challenge builds raw strength through full range of motion, and the weekend's track work paired with sprint and distance challenges layers race-pace efficiency on top of accumulated fatigue, exactly mimicking moto demands. Friday's complete rest is non-negotiable; it's what lets your body absorb the gains from everything before it. Track every number this week – weights, lap times, watts, distances, splits. Week 2 is your Phase 2 baseline, and everything that follows is measured against what you do right now.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
 Row or Bike + Core 8500m Row or 60 Min Bike	 Super Slow Challenge 5 Cycles · 2 Sets each	 Row or Bike + Core 6000m Row or 80 Min Bike	 Super Slow Challenge 5 Cycles · 2 Sets each	 Rest Day Full Recovery	 MX Aerobic #1 + Nap + Bike Sprints + Core Track + 1-Mile Sprints	 MX Speed #1 + Nap + Row Distance Track + 5-Min Row Challenge

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Blue workouts build your aerobic engine and train your body to burn fat as a primary fuel source. Mon–Thu workouts stay in HR Zone 2 or below. These sessions feel comfortable – you should be able to sing or hold a conversation throughout.

● HR Zone 3+ – Red Workouts

Red workouts build your strength, speed, and lactate tolerance. Saturday's MX Aerobic and Sunday's MX Speed workouts push into HR Zone 3 and above. The afternoon bike and row sessions also have high-intensity intervals – record all elapsed times and HR data.



MONDAY

Row Incremental Pacing Intervals or Bike Pacing Intervals + Core

PACING INTERVALS

Coach's Note: Complete a 500-meter interval at 90–95% effort after your warm-up – use this time 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 or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8–10 seconds) while breathing deeply.

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

MORNING WORKOUT – CHOOSE ONE

Option A – Row: Incremental Pacing Intervals (8500 Meters)

WARM-UP (HR ZONE 1)

Distance: 1000m | **Load Level:** 3

Pull Rate: <25

Stretch from head to toe.

Baseline 500m: 90–95% effort, 1 min rest. Record elapsed time.

MAIN SET: PACING PYRAMIDS (*4)

Load Level: 5 | **Pull Rate:** 25+

500m at Baseline + 10 sec – Rest 1 min

500m at Baseline + 5 sec – Rest 1 min

500m at Baseline Pace – Rest 1 min

Repeat 4 times

COOL-DOWN (HR ZONE 1)

Distance: 1000m | **Load Level:** 3

Pull Rate: <25

Stretch from head to toe.

HR Zone 2-3

– OR –

Option B – Bike: Pacing Intervals (60 Minutes)

Take your most up-to-date HR spreadsheet and commit your HR Zone 3 low and high numbers to memory (or write on your arm). After warm-up, settle into HR Z3 (no higher or lower) and complete a 10-minute interval. Focus on belly breathing to maximize oxygen uptake. During the 5-minute rest interval, spin easy and allow HR to return to Zone 1.

WARM-UP (HR ZONE 1)

Duration: 10 min

Cadence: 80–85

Gearing: Small chain ring, middle rear

Stretch and hydrate before main set.

MAIN SET: HR PYRAMIDS (3 × 15 MIN)

Settle into HR Z3 – hold 10 min

Recover easy 5 min in HR Z1

Repeat 3 times

WARM-DOWN (HR ZONE 1)

Duration: 5 min

Cadence: 85–90

Don't dismount until HR is in Zone 1.

HR Zone 3

CORE CIRCUIT (IMMEDIATELY FOLLOWING WORKOUT)

Abdominal & Lower Back Circuit – 2 Sets × 30 Seconds Each

Complete each exercise for 30 seconds with perfect form. Rest 30 seconds between exercises. Complete 2 full sets.

Push Up – Knee to Shoulder

Abdominal Criss Cross

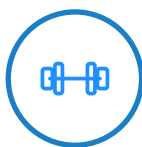
Abdominal Open Rotation

Ab Hip Risers

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar and repair muscle tissue.



TUESDAY

Super Slow Challenge (Morning)

SUPER SLOW CHALLENGE

Coach's Note: Utilize the same weight as last week. You will lift the weight both up and down over a four-second window – four seconds up, four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. Refrain from sacrificing good form to complete the set count – this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.

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

SUPER SLOW CHALLENGE

Please use the spreadsheet and associated videos listed at the bottom of this document.

Sets: 2 | **Repetitions:** 6 minimum / 8 maximum (both upper and lower body) | **Tempo:** 4 seconds up / 4 seconds down

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar and repair muscle tissue.

EVENING

- ▶ **Flexibility:** Take 10 minutes and focus on your legs and lower body.
- ▶ **Nutrition:** Consume 8-10 oz of cold/filtered water; consume a raw snack and meal.



WEDNESDAY

Row Pacing Intervals or Bike HR Pyramid + Core

PACING / PYRAMID

Coach's Note: Pull your up-to-date heart rate zones specific to the rower – you will need your specific numbers for HR Zone 2 and Zone 3 easily visible for quick reference and maximum productivity. For the bike option: you will need your HR numbers for Zone 3 and Zone 4. During the main set, begin at the lower end of HR Z3 and every 3 minutes increase your intensity by 5 beats, then hold for 3 minutes. Continue going up the pyramid until you hit the upper range of HR Z3. After reaching the high end, walk back down the pyramid 5 beats at a time for 3-minute durations.

WARNING: IF YOU PUSH TOO HARD TOO SOON, YOU WILL NOT BE ABLE TO COME BACK DOWN THE PYRAMID CORRECTLY.

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

MORNING WORKOUT – CHOOSE ONE

Option A – Row: Incremental Pacing Intervals (6000 Meters)

WARM-UP (HR ZONE 1)

Distance: 1000m | **Load Level:** 3

Pull Rate: <25

Stretch from head to toe.

MAIN SET: PACING PYRAMIDS

Load Level: 5 | **Pull Rate:** 25+

1000m at low end of HR Z2 (no rest)

1000m at high end of HR Z2 (no rest)

1000m at low end of HR Z3 (no rest)

1000m at high end of HR Z3 (no rest → cool down)

COOL-DOWN (HR ZONE 1)

Distance: 1000m | **Load Level:** 3

Pull Rate: <25

Stretch from head to toe.

HR Zone 2-3

– OR –

Option B – Bike: Heart Rate Pyramid Workout (80 Minutes)

WARM-UP (HR ZONE 1)

Duration: 10 min

Cadence: 80–85

Gearing: Small chain ring, middle rear

Stretch and hydrate before main set.

MAIN SET: HR LADDER (65 MIN)

Start at low end of HR Z3 – hold 3 min

Bump up 5 beats – hold 3 min

Continue up to high end of HR Z4

Then come back down 5 beats every 3 min

Continue up/down ladder until time is up

WARM-DOWN (HR ZONE 1)

Duration: 5 min

Cadence: 85–90

Don't dismount until HR is in Zone 1.

HR Zone 3–4

CORE CIRCUIT (IMMEDIATELY FOLLOWING WORKOUT)

Abdominal & Lower Back Circuit – 2 Sets × 30 Seconds Each

Complete each exercise for 30 seconds with perfect form. Rest 30 seconds between exercises. Complete 2 full sets.

Push Up – Knee to Shoulder

Abdominal Criss Cross

Abdominal Open Rotation

Ab Hip Risers

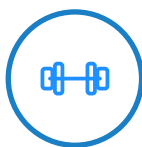
POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar and repair muscle tissue.

EVENING

- ▶ **Flexibility:** Take 10 minutes and focus on your legs and lower body.
- ▶ **Nutrition:** Consume 8–10 oz of cold/filtered water; consume a raw snack and meal.



THURSDAY

Super Slow Challenge (Morning)

SUPER SLOW CHALLENGE

Coach's Note: Same protocol as Tuesday – same weight, same 4-second tempo. Focus on form over rep count. If your muscles give out before hitting your goal count, stop and move to the next exercise. Never sacrifice form to complete a set.

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

SUPER SLOW CHALLENGE

Please use the spreadsheet and associated videos listed at the bottom of this document.

Sets: 2 | **Repetitions:** 6 minimum / 8 maximum (both upper and lower body) | **Tempo:** 4 seconds up / 4 seconds down

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar and repair muscle tissue.

EVENING

- ▶ **Flexibility:** Take 10 minutes and focus on your legs and lower body.
- ▶ **Nutrition:** Consume 8-10 oz of cold/filtered water; consume a raw snack and meal.



FRIDAY

Complete Rest Day

RECOVERY

Coach's Note: Take a few extra minutes each day this week and stretch your hips, quads, and hamstrings. To facilitate your stretching efforts, roll each muscle group with a foam roller. The foam roller will create vasodilation of the blood vessels within the muscle tissue which will bring fresh oxygen plus any specialized cells such as leucocytes – white blood cells that kill any germs in your system; this avoids any downtime associated with an energy-robbing virus. Also, by evaluating your resting heart rate every morning, you can identify when your body is under attack from a virus (this will be represented in the form of an elevated heart rate and an unusual drop in body weight).

RECOVERY PRIORITIES

Today's Focus – Rest, Rebuild & Prepare for Weekend MX

- Sleep:** Sleep in – aim for 9+ hours. Growth hormone release peaks during deep sleep.
- Foam Roller:** Roll hips, quads, and hamstrings to facilitate vasodilation and fresh oxygen delivery.
- Hydration:** 8 oz Energy Fuel to top off electrolytes and hydration levels.
- Body Analysis:** Log resting HR, weight, and energy levels.

WEEKEND PREPARATION CHECKLIST

Prepare Tonight for Saturday's MX Aerobic Workout

- Bike:** Fully serviced and ready. HR monitor charged and calibrated.
- Nutrition:** Energy Fuel, Recovery Fuel, and post-workout smoothie ingredients ready.
- Sleep:** In bed by 9:30 PM – early start tomorrow.
- Mental Prep:** Review MX Aerobic Workout #1 spreadsheet. Know your HR Zone targets for each set.

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Take 10 minutes and focus on your legs and lower body.
- ▶ **Nutrition:** Consume 8–10 oz of cold/filtered water; consume a raw snack and meal.



SATURDAY

MX Aerobic Workout #1 + 2-Hour Nap + Bike 1-Mile Sprint Intervals + Core

MX AEROBIC + BIKE SPRINTS

Coach's Note: This set will challenge the balance component of your program. If you can't transition from on the gas to on the brakes quickly – this set will frustrate you. Relax and stay mentally focused on each set's focus. Keep in mind that there are two races: to the first turn and then from the first turn to the finish line. Practice balanced starts so that you don't have to think, just simply perform!

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

MORNING WORKOUT – MX AEROBIC WORKOUT #1

Please refer to the **MX Aerobic Workout #1 spreadsheet** at the bottom of this document for your complete workout outline.

2-Hour Power Nap

Immediately following your lunch of high-quality greens and fruits, lie down in a dark, cold room and strive to get 2–3 hours of sleep. This window of sleep will provide your body the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

AFTERNOON WORKOUT – BIKE: 1-MILE SPRINT INTERVALS

Coach's Note: To maximize your productivity, err on the side of easy for the 1-mile seated interval (HR Z2 should feel very comfortable). This will allow you the gap of maximum effort and speed for the 1-mile sprint interval. During the sprint interval, focus on optimized pedal mechanics to activate and engage all of the muscles that are available to facilitate riding fast (quads, glutes, calves, inner thighs, hips, lower back, core, etc.).

Bike: 1-Mile Sprint Intervals (Total 10 Miles)

WARM-UP (HR ZONE 1)

Distance: 3 miles

Cadence: 80-85

Gearing: Small chain ring, middle rear

Dismount and stretch lower body.

MAIN BLOCK (5 × 2-MILE SETS)

1 mile (seated) HR Zone 2 – cadence 70-80, tallest gearing in HR Z2

1 mile (seated) Max Effort – no HR limit, record elapsed time

After 1 mile, reduce load and spin easy for 1 mile (1:1 work:rest)

Repeat 5 times for 10 total miles

WARM-DOWN (HR ZONE 2)

Distance: 2 miles (minimum)

Cadence: 70-80

Small chain ring, middle rear.

Max Effort Sprints

SPRINT INTERVAL #1 TIME

ENDING HR #1

SPRINT INTERVAL #2 TIME

ENDING HR #2

SPRINT INTERVAL #3 TIME

ENDING HR #3

SPRINT INTERVAL #4 TIME

ENDING HR #4

SPRINT INTERVAL #5 TIME

ENDING HR #5

CORE CIRCUIT (IMMEDIATELY FOLLOWING BIKE WORKOUT)

Abdominal & Lower Back Circuit – 2 Sets × 30 Seconds Each

Push Up – Knee to Shoulder

Abdominal Criss Cross

Abdominal Open Rotation

Ab Hip Risers

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar and repair muscle tissue.

EVENING

- ▶ **Flexibility:** Take 10 minutes and focus on your legs and lower body.
- ▶ **Nutrition:** Consume 8-10 oz of cold/filtered water; consume a raw snack and meal.



SUNDAY

MX Speed Workout #1 + 2-Hour Nap + Row 5-Min Distance Challenge

MX SPEED + ROW DISTANCE

Coach's Note: Like all your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. As we have discussed previously, the more times you work smart NOT hard on the track (i.e., bouncing off the faces of everything) the faster and more consistent your lap times will become. Though you may not realize this, workouts like this are intended to create a "memory" within your body and muscles of what it "feels" like to be fast, smooth, and in total control. If you feel like you are not in control – do NOT slow down. Instead, focus on breathing deep FIRST to bring the heart rate down (which will make the speed feel easy).

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

MORNING WORKOUT – MX SPEED WORKOUT #1

Please refer to the **MX Speed Workout #1 spreadsheet** at the bottom of this document for your complete workout outline.

2-Hour Power Nap

Research has validated that your pituitary gland releases the greatest amount of hGH – which is responsible for important elements like rebuilding muscle tissue and how lean you are – during deep sleep. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein and fat (the only thing that satisfies your appetite).

AFTERNOON WORKOUT – ROW: 5-MINUTE DISTANCE CHALLENGE (50-60 MINUTES)

Coach's Note: Pull your up-to-date heart rate zones specific to the rower – you will need your specific numbers for HR Zone 3 easily visible for quick reference and maximum productivity.

Row: 5-Minute Distance Challenge

WARM-UP (HR ZONE 1)

Distance: 1000m | **Load Level:** 3
Pull Rate: <25
Stretch from head to toe.

MAIN SET: DISTANCE CHALLENGE (*4)

Load Level: 5 | **Pull Rate:** 25+
5 min at upper end of HR Z3 – record distance covered
Rest 5 min in HR Z1 (no higher)
Repeat 4 times

COOL-DOWN (HR ZONE 1)

Distance: 1000m | **Load Level:** 3
Pull Rate: <25
Stretch from head to toe.

Upper HR Zone 3

DISTANCE INTERVAL #1

DISTANCE INTERVAL #2

DISTANCE INTERVAL #3

DISTANCE INTERVAL #4

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar and repair muscle tissue.

EVENING

- ▶ **Flexibility:** Take 10 minutes and focus on your legs and lower body.
- ▶ **Nutrition:** Consume 8-10 oz of cold/filtered water; consume a raw snack and meal.

MX SPEED WORKOUT #1 – SPREADSHEET

Workout Focus: Late Moto Speed | **Total Ride Time:** 60 Minutes

WARM-UP	<p>Set Focus: Gradual Warm-Up</p> <p>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 as needed.</p> <p style="text-align: center; border: 1px solid black; border-radius: 15px; padding: 2px 10px;">LESS THAN 50%</p>
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MAIN SET #1	<p>Set Focus: Pre-Race Routine</p> <p>Complete 10 starts with emphasis on implementing your complete pre-race routine. On race day, your body will emulate what you practice – stay mentally focused and specific. This will eliminate race day confusion – what you want from your start and what you have practiced.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p>Int. 1: _____ Int. 2: _____ Int. 3: _____ Int. 4: _____ Int. 5: _____</p> <p>Int. 6: _____ Int. 7: _____ Int. 8: _____ Int. 9: _____ Int. 10: _____</p> <p>Fastest Lap Time: _____ Average Lap Pace: _____ Average HR: _____</p> <p>Rest 10 min – stretch head to toe / re-hydrate.</p> <p style="text-align: center; border: 1px solid orange; border-radius: 15px; padding: 2px 10px;">75-80%</p>
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MAIN SET #2	<p>Set Focus: Negative Split Moto – 20 Minutes Max</p> <p>Hold your pace for the first five laps, then pick up the pace for the last five laps. If you fall off pace by more than 2 seconds (minus a mistake), stop, re-group, and re-start the interval.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p>Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____</p> <p>Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____</p> <p>Fastest Lap: _____ Average Lap Pace: _____ Average HR: _____</p> <p>Rest 10 min – stretch / re-hydrate.</p> <p style="text-align: center; border: 1px solid orange; border-radius: 15px; padding: 2px 10px;">75-80%</p> <p style="text-align: center; border: 1px solid red; border-radius: 15px; padding: 2px 10px;">85-90%</p>
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MAIN SET #3

Set Focus: Negative Split Moto – 20 Minutes Max

Strive to maintain the same HR average but be 2 seconds faster during the last five laps. The only way to make this happen is to breathe through your belly and be smooth everywhere.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

75-80%

85-90%

MAIN SET #4

Set Focus: Negative Split Moto – 20 Minutes Max

Ride as fast as you can while staying within the indicated HR zone AND not falling off pace by more than 1 second. This set is what your body will relate to on race day – be mentally focused.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

85-90%

WARM-DOWN

5 minutes of easy riding – nothing structured or intense. Allow the HR to come down slowly.

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN

LESS THAN 40%

MX AEROBIC WORKOUT #1 – SPREADSHEET

Workout Focus: Muscular Endurance & Strength | **Total Ride Time:** 60 Minutes

WARM-UP	<p>Set Focus: First Turn Transitions – 12 Starts</p> <p>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 as needed.</p> <p style="text-align: center;">50%</p>
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MAIN SET #1	<p>Set Focus: First Turn Transitions</p> <p>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! Rest 5 min – stretch head to toe / re-hydrate.</p> <p>Int. 1-4 Times: _____ Int. 5-8 Times: _____ Int. 9-12 Times: _____</p> <p>Fastest: _____ Slowest: _____ Average: _____</p> <p style="text-align: center;">50%</p>
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MAIN SET #2	<p>Set Focus: Muscular Endurance</p> <p>20 starts using only your inner leg – hold onto the bars barely, only with 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). Rest 5 min – stretch / re-hydrate.</p> <p style="text-align: center;">75%</p>
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MAIN SET #3	<p>Set Focus: Muscular Endurance & Strength – 15-Minute Moto (Smooth Lines)</p> <p>Even-paced moto from beginning to end – take the smoothest lines every lap.</p> <p>Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____</p> <p>Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____</p> <p>Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____</p> <p>Fastest Lap: _____ Slowest Lap: _____ Average Lap Pace: _____</p> <p>Rest 5 min – stretch / re-hydrate.</p> <p style="text-align: center;">75%</p>
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MAIN SET
#4

Set Focus: Muscular Endurance & Strength – 15-Minute Moto (Rough Lines)

Even-paced moto from beginning to end – take the roughest lines every lap.

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____

Fastest Lap: _____ **Slowest Lap:** _____ **Average Lap Pace:** _____

Rest 5 min – stretch / re-hydrate.

75%

MAIN SET #5

Set Focus: Muscular Endurance & Strength – 15-Minute Moto (Smooth Lines)

Even-paced moto from beginning to end – take the smoothest lines every lap.

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____

Fastest Lap: _____ **Slowest Lap:** _____ **Average Lap Pace:** _____

Rest 5 min – stretch / re-hydrate with sports drink.

75%

**WARM-
DOWN**

10 minutes of easy riding – nothing structured or intense. Watch the HR monitor to ensure recovery.

Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

40%

SUPER SLOW CHALLENGE – SPREADSHEET

Warm-Up: Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter)

Exercise	Sets / Reps	Date	Date	Date	Date
CYCLE ONE					
<u>Single Leg Step onto Bench</u>	2 sets × 6-8 reps (4" up / 4" down)	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____
<u>Abdominal Crunch on Fit Ball w/ Weight</u>	2 sets × 6-8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Military Spiders Off Bench</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE TWO					
<u>Single Leg – Good Mornings</u>	2 sets × 6-8 reps (4" up / 4" down)	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____
<u>Pike-Push Ups on Fit Ball</u>	2 sets × 6-8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Side Skaters</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE THREE					
<u>Bicep Curls w/Dumbbells (up to 90°)</u>	2 sets × 6-8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Lat Pull Over – Triceps Extension</u>	2 sets × 6-8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Jump Rope with Eyes Closed</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____

SUPER SLOW CHALLENGE – CONTINUED

Exercise	Sets / Reps	Date	Date	Date	Date
CYCLE FOUR					
Arm & Leg Extension	2 sets × 6-8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Hanging Leg Lifts (Knees to Chest)	2 sets × 6-8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Military Spiders Off Bench	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE FIVE					
Single Leg Push Ups Off of Bench	2 sets × 6-8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Single Leg Shoulder Press	2 sets × 6-8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Side Skaters	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
2000 METER ROWING					
Warm up: 200 meters – Low Intensity (Damper Setting 2)					
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____			
1-minute rest interval 25 push-ups with eyes closed 1-minute rest interval					
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____			
1-minute rest interval 25 push-ups with eyes closed 1-minute rest interval					
BICYCLE SPRINTS					
Warm up: 2 minutes – Low Intensity (Light Load Levels). Then increase load levels to MODERATE.					
4-minute interval at 80-85% effort		Distance Covered: _____			
1-minute rest 25 push-ups with eyes closed 2-minute rest					
4-minute interval at 80-85% effort		Distance Covered: _____			
1-minute rest 25 push-ups with eyes closed 2-minute rest					