

TRAINING PROTOCOL

PHASE 2








WEEK 3 OF 8

ENHANCED ENDURANCE, STRENGTH & LACTATE TOLERANCE

PROGRAM Weekend Warrior	PHASE 2	WEEK 3 of 8	FOCUS Endurance + LT
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Week 3 continues to build your endurance, strength, and lactate tolerance. Monday features Row 1K Pacing Intervals (6,500–7,000m) or Bike Pacing Intervals, followed by Core Circuit. Tuesday and Thursday are Super Slow Challenge days – same weight as last week, 4-second tempo. Wednesday features Row HR Intensity Intervals or Bike Power Intervals, followed by Core Circuit. Friday is complete rest. Saturday is MX Speed Workout #1 on the track, followed by Bike Fragmented Power Intervals and Core. Sunday is MX Aerobic Workout #1 on the track, followed by a 2-hour nap and Row HR Intensity Intervals or Bike Power Intervals. Record all performance data carefully.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
 Row or Bike + Core 6500–7000m Row or 60 Min Bike	 Super Slow Challenge 5 Cycles · 2 Sets each	 Row or Bike + Core 1 Hr Row or 80 Min Bike	 Super Slow Challenge 5 Cycles · 2 Sets each	 Rest Day Full Recovery	 MX Speed #1 + Nap + Bike + Core Track + Power Intervals	 MX Aerobic #1 + Nap + Row or Bike Track + 80 Min Row or Bike

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 Speed and Sunday's MX Aerobic workouts push into HR Zone 3 and above. The afternoon bike power intervals are also high-intensity – record all speed, HR, and performance data.



MONDAY

Row 1K Pacing Intervals or Bike Pacing Intervals + Core

PACING INTERVALS

Coach's Note: This combo set is going to push the upper end of your aerobic engine – pay close attention to your heart rate to ensure that you don't become anaerobic during the main set. During your intervals, lead with your legs and then follow up with a strong pull through. During these intervals, you should "feel" your legs pushing and your lats and back finishing the power curve (not your biceps).

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

MORNING WORKOUT – CHOOSE ONE

Option A – Row: 1K Pacing Intervals (6,500-7,000 Meters)

WARM-UP (HR ZONE 1)

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

Pull Rate: <25

Stretch from head to toe.

Baseline 1000m: 80-85% effort, 2 min rest. Record elapsed time.

MAIN SET #1: 1K PACING (x4)

Load Level: 5 | **Pull Rate:** 25-30

Baseline + 10 sec – 500m rest interval

Interval #1 (1000m): _____

Interval #2 (1000m): _____

Interval #3 (1000m): _____

Interval #4 (1000m): _____

Main Set #2: 30" Sprint / 30"

Recovery x 15

COOL-DOWN (HR ZONE 1)

Distance: 500m | **Load Level:** 2

Pull Rate: <25

Stretch from head to toe.

HR Zone 2-3

– OR –

Option B – Bike: Pacing Intervals (60 Minutes)

After warm-up, settle into HR Z3 (no higher or lower) and complete a 3-minute interval. Focus on belly breathing to maximize oxygen uptake. During the 3-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 (8 × 6 MIN)

Settle into HR Z3 – hold 3 min

Recover easy 3 min in HR Z1

Repeat 8 times

COOL-DOWN (HR ZONE 1)

Duration: 2 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

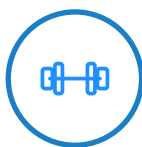
Abdominal Open Rotation

Ab Hip Risers

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **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:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar and repair muscle tissue.

EVENING MENTAL PROTOCOL

- ▶ **Psychology:** Watch the concept video "[Why I Yawn](#)" in a place with zero distractions for 2:15 (the complete length of the video).



WEDNESDAY

Row HR Intensity Intervals or Bike Power Intervals + Core

HR INTENSITY / POWER

Coach's Note: These intensity blocks will challenge you in two ways. First, you will be maintaining the same load levels but toggling between two intensity zones. Second, the duration is long enough to become distracted. By completing a 1:1 ratio between two HR zones, you will push your aerobic engine to new levels – as long as you don't go too hard initially and blow up. For the bike option: the key is to keep a close eye on your intensity levels (no higher than HR Z3) – your leg turnover will be slow intentionally. Feel the various muscles working together to create power throughout the entire 360° pedal stroke.

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

MORNING WORKOUT – CHOOSE ONE

Option A – Row: HR Intensity Intervals (1 Hour)

WARM-UP (HR ZONE 1)

Distance: 500m | **Load Level:** 3

Pull Rate: <25

Stretch from head to toe.

MAIN SET: HR PACING INTERVALS (*4 = 40 MIN)

Load Level: 5 | **Pull Rate:** 25 in Z2 / 25+ in Z3

5 min at high end of HR Z2 (no rest)

5 min at low end of HR Z3 (no rest)

Repeat 4 times = 40 minutes total

COOL-DOWN (HR ZONE 1)

Distance: 500m | **Load Level:** 3

Pull Rate: <25

Stretch from head to toe.

HR Zone 2-3

– OR –

Option B – Bike: Power Interval 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 BLOCK #1 (40 MIN, HR Z3)

3 min seated at event tempo, cadence 90+, HR Z3 – belly breathing

2 min tall gear out of saddle – big chain ring, hardest rear gear; pull back at bottom dead center

Repeat this 5-min block 8 times = 40 min

Transition: 5 min easy spinning in HR Z1

Main Block #2 (20 Min):

30" Phantom Sprint (tall gear, from near stop) / 90" active recovery

Repeat 10 times = 20 min

COOL-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

Push Up – Knee to Shoulder

Abdominal Criss Cross

Abdominal Open Rotation

Ab Hip Risers

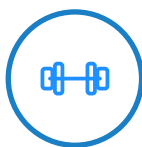
POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel.

EVENING MENTAL PROTOCOL

- ▶ **Psychology:** Watch "[Why I Yawn](#)" – 2:15 with zero distractions.



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:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

EVENING MENTAL PROTOCOL

- ▶ **Psychology:** Watch "[Why I Yawn](#)" – 2:15 with zero distractions.



FRIDAY

Complete Rest Day

RECOVERY

Coach's Note: Use this day as the ultimate opportunity to prepare for upcoming events: social occasions, personal time, working out, work projects, etc. When it comes to productivity, we get 100% more out of our efforts when we are doing exactly what we have on our schedule and are adhering to the schedule. Allocate adequate time to complete the tasks that you want/need to complete. Time how long it takes you to complete tasks on a daily/weekly basis – after a week of copious note-taking, you can establish your schedule for next week more accurately with fewer frustrations.

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 Speed Workout #1

- 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 Speed Workout #1 spreadsheet. Know your HR Zone targets and lap time goals.

EVENING MENTAL PROTOCOL

EVENING

- ▶ **Psychology:** Watch "[Why I Yawn](#)" – 2:15 with zero distractions.



SATURDAY

MX Speed Workout #1 + Bike Intervals + Core + Nap

MX SPEED + POWER INTERVALS

Coach's Note: Like all your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. 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. 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.

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

AFTERNOON WORKOUT – BIKE: FRAGMENTED POWER INTERVALS

Coach's Note: This workout will sneak up on you by the end because of the residual fatigue that "builds" throughout. Keep in mind that you are asking your muscles to generate power as they begin to fatigue. The generation of power is a unique combination of mental and physical ability. When you mentally establish a threshold of speed that you want to obtain, the muscles have a threshold to surpass which requires a certain level of output – specific to the gear load levels. By hitting a goal number, you will learn to associate the intensity levels needed to create speed and power.

Bike: Fragmented Power Intervals (2 × 20-Minute Blocks)

WARM-UP (HR ZONE 1)

Duration: 10 min

Cadence: 80–85

Gearing: Small chain ring, middle rear

Stretch and hydrate before main set.

POWER BLOCK #1 & #2 (EACH 20 MIN, HR Z3)

2 min ON: 30" out of saddle + 90" seated, tallest gear, cadence 50–60 – record average speed

2 min OFF: very easy gear combination

Repeat 2-min on/off until 20 min transpires

After Block #1: 5 min active recovery / easy spinning – stretch & re-hydrate

Repeat Power Block #2 with same protocol

COOL-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 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

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.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel.

EVENING MENTAL PROTOCOL

- ▶ **Psychology:** Watch "[Why I Yawn](#)" – 2:15 with zero distractions.



SUNDAY

MX Aerobic Workout #1 + 2-Hour Nap + Row or Bike

MX AEROBIC + ROW/BIKE POWER

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 main 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.

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel.

2-Hour Power Nap

Research has validated that your pituitary gland releases the greatest amount of hGH – which is responsible for 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 – CHOOSE ONE

Row: HR Intensity Intervals (1 Hour) or Bike: Power Interval Workout (80 minutes)

Option A – Row: HR Intensity Intervals (1 Hour)

WARM-UP (HR ZONE 1)

Distance: 500m | **Load Level:** 3

Pull Rate: <25

Stretch from head to toe.

MAIN SET: HR PACING INTERVALS (*4 = 40 MIN)

Load Level: 5 | **Pull Rate:** 25 in Z2 / 25+ in Z3

5 min at high end of HR Z2 (no rest)

5 min at low end of HR Z3 (no rest)

Repeat 4 times = 40 minutes total

COOL-DOWN (HR ZONE 1)

Distance: 500m | **Load Level:** 3

Pull Rate: <25

Stretch from head to toe.

HR Zone 2-3

– OR –

Option B – Bike: Power Interval 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 BLOCK #1 (40 MIN, HR Z3)

3 min seated at event tempo, cadence 90+, HR Z3

2 min tall gear out of saddle – big chain ring, hardest rear gear

Repeat 5-min block 8 times = 40 min

Transition: 5 min easy spinning in HR Z1

Main Block #2 (20 Min):

30" Phantom Sprint / 90" active recovery

Repeat 10 times = 20 min

COOL-DOWN (HR ZONE 1)

Duration: 5 min

Cadence: 85-90

Don't dismount until HR is in Zone 1.

HR Zone 3

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

EVENING MENTAL PROTOCOL

- ▶ **Psychology:** Watch "[Why I Yawn](#)" – 2:15 with zero distractions.

MX SPEED WORKOUT #1 SPREADSHEET

Complete Racing Solutions MX Speed Workout #1

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

SET	DESCRIPTION & PROTOCOL	PERFORMANCE RECAP
Warm-Up	Row or Bike 10 min easy. Stretch passively head to toe. Re-hydrate.	Less Than 50%
Main Set #1	<p>Focus: Pre-Race Routine Complete 10 starts with your emphasis on implementing your complete pre-race routine. On race day, your body will emulate what you practice – stay mentally focused and specific. Moto Specific HR Zone: Low # _____ High # _____ <i>Rest 10 Minutes – Stretch head to toe / Re-hydrate</i></p>	<p>50%</p> <p>Interval 1-10: _____ Fastest Lap: _____ Avg Lap Pace: _____ Avg HR: _____</p>
Main Set #2	<p>Focus: Negative Split Moto – 20 Min Max Hold your pace for the first five laps and then pick up the pace for the last five laps. During the first five laps, if you fall off the pace by more than 2 seconds (minus a mistake) then stop, re-group and re-start the interval. Moto Specific HR Zone: Low # _____ High # _____ <i>Rest 10 Minutes – Stretch head to toe / Re-hydrate</i></p>	<p>75-80% / 85-90%</p> <p>Lap 1-5 Times: _____ Lap 6-10 Times: _____ Fastest Lap: _____ Avg HR: _____</p>
Main Set #3	<p>Focus: Negative Split Moto – 20 Min Max Strive to maintain the same heart rate average but be 2 seconds faster during the last five laps. The only way you can make this happen is to breathe through your belly and be smooth everywhere! Moto Specific HR Zone: Low # _____ High # _____ <i>Rest 10 Minutes – Stretch head to toe / Re-hydrate</i></p>	<p>75-80% / 85-90%</p> <p>Lap 1-5 Times: _____ Lap 6-10 Times: _____ Fastest Lap: _____ Avg HR: _____</p>
Main Set #4	<p>Focus: Negative Split Moto – 20 Min Max This set is about riding 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 # _____ <i>Rest 10 Minutes – Stretch head to toe / Re-hydrate</i></p>	<p>85-90% / 85-90%</p> <p>Lap 1-5 Times: _____ Lap 6-10 Times: _____ Fastest Lap: _____ Avg HR: _____</p>
Warm-Down	5 minutes of easy riding – nothing structured or intense. Allow the HR to come down slowly.	Less Than 40%

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN

MX AEROBIC WORKOUT #1 SPREADSHEET

Complete Racing Solutions MX Aerobic Workout #1

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

SET	DESCRIPTION & PROTOCOL	PERFORMANCE RECAP
Warm-Up	Row or Bike for 10 minutes – break a solid sweat prior to moving over to your motorcycle. 1 minute stretch – head to toe; hydrate if needed.	40%
Main Set #1	<p>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!</p> <p><i>Rest 5 Minutes – Stretch head to toe / Re-hydrate</i></p>	<p>50%</p> <p>Interval 1–4 Times: _____</p> <p>Interval 5–8 Times: _____</p> <p>Interval 9–12 Times: _____</p> <p>Fastest: _____</p> <p>Average: _____</p>
Main Set #2	<p>Focus: Muscular Endurance</p> <p>20 Starts using only your inner leg; hold onto the bars BARELY – only with your fingertips.</p> <p>5 Starts – look ahead and move the bike with your thighs.</p> <p>5 Starts – close your eyes for 1 second and "feel" for the bike to deviate.</p> <p>5 Starts – put a rock down about 10 yards out from your front wheel; see if you can run over it.</p> <p>5 Starts – close your eyes for 1 second and "feel" for the bike to deviate.</p> <p><i>Rest 5 Minutes – Stretch head to toe / Re-hydrate</i></p>	75%
Main Set #3	<p>Focus: Muscular Endurance & Strength</p> <p>15 Minute Moto – Even Paced / Take the smoothest lines every lap.</p> <p>15 Minute Moto – Even Paced (Beginning to End).</p> <p><i>Rest 5 Minutes – Stretch head to toe / Re-hydrate</i></p>	<p>75%</p> <p>Lap 1–5: _____</p> <p>Lap 6–10: _____</p> <p>Lap 11–15: _____</p> <p>Fastest Lap: _____</p> <p>Avg Lap Pace: _____</p>
Main Set #4	<p>Focus: Muscular Endurance & Strength</p> <p>15 Minute Moto – Even Paced / Take the roughest lines every lap.</p> <p>15 Minute Moto – Even Paced (Beginning to End).</p> <p><i>Rest 5 Minutes – Stretch head to toe / Re-hydrate</i></p>	<p>75%</p> <p>Lap 1–5: _____</p> <p>Lap 6–10: _____</p> <p>Lap 11–15: _____</p> <p>Fastest Lap: _____</p> <p>Avg Lap Pace: _____</p>
Main Set #5	<p>Focus: Muscular Endurance & Strength</p> <p>15 Minute Moto – Even Paced / Take the smoothest lines every lap.</p> <p>15 Minute Moto – Even Paced (Beginning to End).</p> <p><i>Rest 5 Minutes – Stretch head to toe / Re-hydrate with sports drink</i></p>	<p>75%</p> <p>Lap 1–5: _____</p> <p>Lap 6–10: _____</p> <p>Lap 11–15: _____</p> <p>Fastest Lap: _____</p> <p>Avg Lap Pace: _____</p>

Warm-Down

10 minutes of easy riding – nothing structured or intense. Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

40%

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

SUPER SLOW CHALLENGE SPREADSHEET
Complete Racing Solutions Super Slow Challenge

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

EXERCISE	DATE	DATE	DATE	DATE
CYCLE ONE				
<u>Single Leg Step onto Bench</u> Weight (Moderate) 6–8 Reps: 4" up / 4" down	Wt: ____ Reps R: ____	Wt: ____ Reps R: ____	Wt: ____ Reps R: ____	Wt: ____ Reps R: ____
Same weight – Left Leg	Reps L: ____	Reps L: ____	Reps L: ____	Reps L: ____
<u>Abdominal Crunch on Fit Ball w/Weight</u> Weight (Moderate) 6–8 Reps: 4" up / 4" down	Wt: ____ Rep 1: ____	Wt: ____ Rep 1: ____	Wt: ____ Rep 1: ____	Wt: ____ Rep 1: ____
Same weight – Set 2	Rep 2: ____	Rep 2: ____	Rep 2: ____	Rep 2: ____
<u>Military Spiders Off Bench</u> As many as you can complete in 30 seconds	Count: ____	Count: ____	Count: ____	Count: ____
CYCLE TWO				
<u>Single Leg – Good Mornings</u> Weight (Moderate) 6–8 Reps: 4" up / 4" down	Wt: ____ Reps R: ____	Wt: ____ Reps R: ____	Wt: ____ Reps R: ____	Wt: ____ Reps R: ____
Same weight – Left Leg	Reps L: ____	Reps L: ____	Reps L: ____	Reps L: ____
<u>Pike-Push Ups on Fit Ball</u> Hands shoulder width apart – elbows at 90° at bottom 6–8 Reps: 4" up / 4" down	Rep 1: ____	Rep 1: ____	Rep 1: ____	Rep 1: ____
Set 2	Rep 2: ____	Rep 2: ____	Rep 2: ____	Rep 2: ____
<u>Side Skaters</u> As many as you can complete in 30 seconds	Count: ____	Count: ____	Count: ____	Count: ____
CYCLE THREE				
<u>Bicep Curls w/Dumbbells (up to 90°)</u> Weight (Moderate) 6–8 Reps: 4" up / 4" down	Wt: ____ Rep 1: ____	Wt: ____ Rep 1: ____	Wt: ____ Rep 1: ____	Wt: ____ Rep 1: ____
Same weight – Set 2	Rep 2: ____	Rep 2: ____	Rep 2: ____	Rep 2: ____
<u>Lat Pull Over – Triceps Extension</u> Weight (Moderate) 6–8 Reps: 4" up / 4" down	Wt: ____ Rep 1: ____	Wt: ____ Rep 1: ____	Wt: ____ Rep 1: ____	Wt: ____ Rep 1: ____
Same weight – Set 2	Rep 2: ____	Rep 2: ____	Rep 2: ____	Rep 2: ____
<u>Jump Rope with Eyes Closed</u> As many as you can complete in 30 seconds	Count: ____	Count: ____	Count: ____	Count: ____

SUPER SLOW CHALLENGE – CONTINUED

EXERCISE	DATE	DATE	DATE	DATE
CYCLE FOUR				
<u>Arm & Leg Extension</u> <i>Weight (Light) 6-8 Reps: 4" up / 4" down</i>	Wt: ___ Rep 1: ___	Wt: ___ Rep 1: ___	Wt: ___ Rep 1: ___	Wt: ___ Rep 1: ___
<i>Same weight – Set 2</i>	Rep 2: ___	Rep 2: ___	Rep 2: ___	Rep 2: ___
<u>Hanging Leg Lifts (Knees to Chest)</u> <i>6-8 Reps: 4" up / 4" down</i>	Rep 1: ___	Rep 1: ___	Rep 1: ___	Rep 1: ___
<i>Set 2</i>	Rep 2: ___	Rep 2: ___	Rep 2: ___	Rep 2: ___
<u>Military Spiders Off Bench</u> <i>As many as you can complete in 30 seconds</i>	Count: ___	Count: ___	Count: ___	Count: ___
CYCLE FIVE				
<u>Single Leg Push Ups Off of Bench</u> <i>6-8 Reps: 4" up / 4" down</i>	Rep 1: ___	Rep 1: ___	Rep 1: ___	Rep 1: ___
<i>Set 2</i>	Rep 2: ___	Rep 2: ___	Rep 2: ___	Rep 2: ___
<u>Single Leg Shoulder Press</u> <i>Weight (Moderate) 6-8 Reps: 4" up / 4" down</i>	Wt: ___ Rep 1: ___	Wt: ___ Rep 1: ___	Wt: ___ Rep 1: ___	Wt: ___ Rep 1: ___
<i>Same weight – Set 2</i>	Rep 2: ___	Rep 2: ___	Rep 2: ___	Rep 2: ___
<u>Side Skaters</u> <i>As many as you can complete in 30 seconds</i>	Count: ___	Count: ___	Count: ___	Count: ___
2000 Meter Rowing				
<i>Warm up 200m low intensity (Damper 2) 1000m at 80-85% (Damper 5) 1 min rest 25 pushups eyes closed 1 min rest 1000m at 80-85% 1 min rest 25 pushups eyes closed</i>	1000m #1: ___ 1000m #2: ___	1000m #1: ___ 1000m #2: ___	1000m #1: ___ 1000m #2: ___	1000m #1: ___ 1000m #2: ___
BICYCLE SPRINTS				
<u>Bicycle Sprints</u> <i>Warm up 2 min low intensity Increase to moderate load 4 min at 80-85% effort – record distance 1 min rest 25 pushups eyes closed 2 min rest Repeat once more</i>	Sprint #1: ___ Sprint #2: ___	Sprint #1: ___ Sprint #2: ___	Sprint #1: ___ Sprint #2: ___	Sprint #1: ___ Sprint #2: ___