



TRAINING PROTOCOL

# PHASE 2








## WEEK 4 OF 8

ACTIVE RECOVERY – ABSORB THE LAST THREE WEEKS

PROGRAM <b>Weekend Warrior</b>	PHASE <b>2</b>	WEEK <b>4 of 8</b>	FOCUS <b>Active Recovery</b>
-----------------------------------	-------------------	-----------------------	---------------------------------

Week 4 is your Active Recovery week – the week your body absorbs three weeks of hard training and rebuilds stronger. Expect lighter Zone 2 pacing blocks midweek, Super Slow Challenge sessions at 20% reduced weight to maintain strength without taxing recovery, and easier MX work on the weekend with 2-hour naps to deepen adaptation. Friday is complete rest. **If your resting heart rate is up 4+ beats from last week's average, skip the session and prioritize sleep and food.** Recover well and you'll come back fresher, stronger, and ready to attack the next block.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
 <b>Bike or Row HR Pacing Blocks</b> 60 Min · HR Zone 2 Only	 <b>Super Slow Challenge</b> 20% Less Weight	 <b>Bike or Row HR Pacing Blocks</b> 60 Min · HR Zone 2 Only	 <b>Super Slow Challenge</b> 20% Less Weight	 <b>Rest Day</b> Full Recovery	 <b>MX Aerobic #1 + Nap</b> 90 Min · Z2 Only	 <b>Free MX Ride + Nap</b> 2 Hrs · Z3 or Less

TRAINING INTENSITY GUIDE

**● HR Zone 2 or Below – All Weekday Workouts**

This is a full active recovery week. Every weekday workout must stay in HR Zone 2 or below – no exceptions. The goal is to feel fresh and energized by Friday. If your resting HR is elevated by 4+ beats, skip the workout entirely and rest.

**● Weekend MX – Controlled Intensity**

Saturday's MX Aerobic Workout #1 stays at 80–85% effort. Sunday's free ride stays at HR Zone 3 or less – no racing, no hard charging. The purpose is to keep your body moving while allowing the nervous system to recover fully.



# MONDAY

Bike or Row HR Pacing Blocks (60 Min)

ACTIVE RECOVERY

## ⚠ Recovery Check

If your resting heart rate is up by **4 or more beats** over last week's average – do NOT train today. Sleep and eat instead. Your body is telling you it needs more recovery time.

**Coach's Note:** For this workout you will need to know your HR Zone 2 numbers (high and low specific number). The goal is to stay within Zone 2 the entire workout – no higher. This is a recovery workout, not a fitness-building workout. If you find yourself drifting above Zone 2, back off immediately.

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

## MORNING WORKOUT – CHOOSE ONE

### Option A – Bike: Heart Rate Pacing Blocks (60 Minutes)

#### WARM-UP (HR ZONE 1)

**Duration:** 5 min

**Cadence:** 80-85

**Gearing:** Small chain ring, middle rear

Stretch and hydrate before main set.

#### MAIN SET: HR PACING BLOCKS (50 MIN)

Settle into the **low end of HR Z2** – maintain for 8 minutes

After 8 min, increase to **high end of HR Z2** – maintain for 2 minutes

After 2 min, lower effort back to low end of HR Z2

*Repeat for 50 minutes total*

#### COOL-DOWN (HR ZONE 1)

**Duration:** 5 min

**Cadence:** 85-90

Don't dismount until HR is in Zone 1.

HR Zone 2 Only

– OR –

## Option B – Row: Heart Rate Pacing Blocks (60 Minutes)

### WARM-UP (HR ZONE 1)

**Duration:** 5 min | **Load Level:** 3

**Pull Rate:** <25

Stretch your lower body.

### MAIN SET: HR PACING BLOCKS (50 MIN)

**Load Level:** 5 | **Pull Rate:** 25 or less

Settle into the **low end of HR Z2** – maintain for 8 minutes

After 8 min, increase to **high end of HR Z2** – maintain for 2 minutes

After 2 min, lower effort back to low end of HR Z2

*Repeat for 50 minutes total*

### COOL-DOWN (HR ZONE 1)

**Duration:** 5 min | **Load Level:** 2

**Pull Rate:** <25

Stretch from head to toe.

HR Zone 2 Only

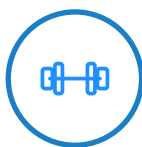
## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

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

### EVENING RECOVERY

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point:** Soften the muscle and connective tissue with the foam roller, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** [Click here](#) –Slow, deep breathing using your diaphragm muscle.



## TUESDAY

Super Slow Challenge – 20% Less Weight (Morning)

SUPER SLOW CHALLENGE

### ⚠ Recovery Check

If your resting heart rate is up by **4 or more beats** over last week's average – do NOT train today. Sleep and eat instead.

**Coach's Note:** Same exercises as the last three weeks but with **20% less weight**. You should finish your weight workout feeling fresh – that is the entire idea of an active recovery week. Do not be tempted to use your normal weight. The reduced load allows your muscles to recover while maintaining the neuromuscular patterns you have been building.

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

### SUPER SLOW CHALLENGE – 20% LESS WEIGHT

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 | **Weight:** 20% less than last week

### 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 RECOVERY

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point:** Soften the muscle and connective tissue with the foam roller, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.



# WEDNESDAY

Bike or Row HR Pacing Blocks (60 Min)

ACTIVE RECOVERY

**⚠ Recovery Check**  
 If your resting heart rate is up by **4 or more beats** over last week's average – do NOT train today. Sleep and eat instead.

**Coach's Note:** Same protocol as Monday – HR Zone 2 only. Stay disciplined about not going above Zone 2. Your body is in recovery mode and the goal is to flush the muscles with fresh blood and oxygen, not to build fitness.

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

## MORNING WORKOUT – CHOOSE ONE

### Option A – Bike: Heart Rate Pacing Blocks (60 Minutes)

<p><b>WARM-UP (HR ZONE 1)</b>  <b>Duration:</b> 5 min  <b>Cadence:</b> 80–85          Stretch and hydrate before main set.</p>	<p><b>MAIN SET: HR PACING BLOCKS (50 MIN)</b>          Low end of HR Z2 for 8 min → High end of HR Z2 for 2 min → Back to low end  <i>Repeat for 50 minutes total</i></p>	<p><b>COOL-DOWN (HR ZONE 1)</b>  <b>Duration:</b> 5 min   <b>Cadence:</b> 85–90          Don't dismount until HR is in Zone 1.</p>
--	---	--

HR Zone 2 Only

– OR –

### Option B – Row: Heart Rate Pacing Blocks (60 Minutes)

<p><b>WARM-UP (HR ZONE 1)</b>  <b>Duration:</b> 5 min   <b>Load Level:</b> 3  <b>Pull Rate:</b> &lt;25   Stretch lower body.</p>	<p><b>MAIN SET: HR PACING BLOCKS (50 MIN)</b>          Low end of HR Z2 for 8 min → High end of HR Z2 for 2 min → Back to low end  <i>Repeat for 50 minutes total</i></p>	<p><b>COOL-DOWN (HR ZONE 1)</b>  <b>Duration:</b> 5 min   <b>Load Level:</b> 2  <b>Pull Rate:</b> &lt;25   Stretch head to toe.</p>
--	---	---

HR Zone 2 Only

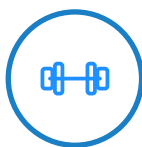
## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

### EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**



## THURSDAY

Super Slow Challenge – 20% Less Weight (Morning)

SUPER SLOW CHALLENGE

### ⚠ Recovery Check

If your resting heart rate is up by **4 or more beats** over last week's average – do NOT train today. Sleep and eat instead.

**Coach's Note:** Same protocol as Tuesday – 20% less weight, same 4-second tempo. You should finish feeling fresh and energized, not fatigued. This is the last SSC session before the weekend MX workouts.

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

### SUPER SLOW CHALLENGE – 20% LESS WEIGHT

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

**Sets:** 2 | **Repetitions:** 6 minimum / 8 maximum | **Tempo:** 4 seconds up / 4 seconds down | **Weight:** 20% less than last week

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel.

#### EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.



## FRIDAY

Complete Rest Day

RECOVERY

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

### WEEKEND PREPARATION CHECKLIST

#### Prepare Tonight for Saturday's MX Aerobic 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 Aerobic Workout #1 spreadsheet. Know your HR Zone targets and lap time goals.

### EVENING RECOVERY PROTOCOLS

#### EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.



## SATURDAY

MX Aerobic Workout #1 + 2-Hour Nap

MX AEROBIC + NAP

### ⚠ Recovery Check

If your resting heart rate is up by **4 or more beats** over last week's average – do NOT train today. Sleep and eat instead.

**Coach's Note:** Don't let the intensity levels throw you off. If you maintain 80% for 90 minutes, you will find that you have plenty of energy for the last set. Make a mental decision to NOT increase your effort (based on your heart rate) even though you will be comfortable enough to do so. Keep in mind that this workout needs to be completed within your aerobic intensity zones to ensure that you are ready for your high-intensity workouts during the rest of the week.

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

### AFTERNOON 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:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

### zzz 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.

### EVENING RECOVERY PROTOCOLS

#### EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.



## SUNDAY

Free MX Ride (2 Hours, HR Z3 or Less) + 2-Hour Nap

FREE MX RIDE + NAP

### ⚠ Recovery Check

If your resting heart rate is up by **4 or more beats** over last week's average – do NOT train today. Sleep and eat instead.

**Coach's Note:** Break your riding up into 15-minute sessions with 15 minutes rest. Maintain a HR of Zone 3 or less for your entire time on the track. Refrain from "training" – simply go ride your motorcycle and have fun railing turns or jumping. Stretch with dynamic movements prior to getting back on the bike. This is not a structured workout – it is active recovery on the track.

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

### FREE MX RIDE – 2 HOURS TOTAL

#### Structure: 15-Minute Sessions with 15-Minute Rest Intervals

Ride for 15 minutes at HR Zone 3 or less. Rest for 15 minutes – stretch with dynamic movements. Repeat for a total of 2 hours on the track. Have fun – no structured intervals, no lap time goals. Just ride.

HR Zone 3 or Less

### POST-WORKOUT PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

#### zz 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).

## EVENING RECOVERY PROTOCOLS

### EVENING RECOVERY

---

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.

**MX AEROBIC WORKOUT #1 – SPREADSHEET**

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

**WARM-UP**

**Set Focus: First Turn Transitions – 12 Starts**

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.

50%

**MAIN SET #1**

**Set Focus: First Turn Transitions**

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.

Int. 1-4 Times: \_\_\_\_\_ Int. 5-8 Times: \_\_\_\_\_ Int. 9-12 Times: \_\_\_\_\_

Fastest: \_\_\_\_\_ Slowest: \_\_\_\_\_ Average: \_\_\_\_\_

50%

**MAIN SET #2**

**Set Focus: Muscular Endurance**

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.

75%

**MAIN SET #3**

**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.

75%

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

**SUPER SLOW CHALLENGE – CONTINUED**

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