



## TRAINING PROTOCOL








# PHASE 2 WEEK 7 OF 8

ENHANCED STRENGTH, ENDURANCE & LACTATE TOLERANCE

<b>PROGRAM</b> Weekend Warrior	<b>PHASE</b> 2	<b>WEEK</b> 7 of 8	<b>FOCUS</b> Final Push Week
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Week 7 is the final "Enhanced Strength, Endurance & Lactate Tolerance" week before Active Recovery – your last chance to push these protocols to their peak. Expect midweek HR intensity work paired with Core Circuits, the final two Super Slow Challenge sessions where aggressive effort locks in maximum strength gains, and a weekend that stacks MX Speed and Aerobic workouts with intervals and a 2-hour nap. Friday is complete rest. Be aggressive – every rep and every interval this week is your last shot to bank these gains before the program shifts.

## WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
 <b>Row HR Intensity or Bike Distance + Core</b> 55-85 min	 <b>Super Slow Challenge</b> Final Week – 2 Sets	 <b>Row HR Intensity or Bike Power + Core</b> 85 min	 <b>Super Slow Challenge</b> Final Week – 2 Sets	 <b>Rest Day</b> Full Recovery	 <b>MX Speed #1 + Nap + Row or Bike + Core</b> 2 hr + 55-70 min	 <b>MX Aerobic #1 + Nap + Row or Bike + Nap</b> Aerobic + Power

## TRAINING INTENSITY GUIDE

### ● Blue Zone – HR Zone 2-3

Monday and Wednesday aerobic workouts target HR Zone 2-3. The Row HR Intensity Blocks include Zone 3 surges. The Bike workouts include Zone 3 intervals. Stay disciplined with your zones for maximum productivity.

### ● Red Zone – MX Days (Sat/Sun)

Saturday MX Speed Workout #1 targets 80-95% effort. Sunday MX Aerobic Workout #1 targets HR Zone 3. The Saturday evening and Sunday afternoon power workouts include Zone 4 efforts. Push hard and document all results.



# MONDAY

HR INTENSITY + CORE

Row HR Intensity Blocks or Bike Intensity Distance Intervals + Core

**Coach's Note:** This workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

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

## AFTERNOON WORKOUT – CHOOSE ONE HIGHER INTENSITY WORKOUT

### Option A – Row: HR Intensity Blocks

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

**Distance:** 2000m | **Load:** 3

**Pull Rate:** 20-25 | Stretch from head to toe.

#### MAIN SETS

**Set #1:** 1000m – picking up pace every 200m up to HR Z3 (no higher). Repeat 5x.

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

**Set #2:** 5 × 1500m at HR Z3 (no higher or lower) – 500m active recovery (HR Z2 or less) between each.

**Load:** 5 | **Pull Rate:** 25-35

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

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

**Pull Rate:** <25 | Stretch from head to toe.

HR Zone 3

– OR –

## Option B – Bike: Intensity Distance Intervals (55 Minutes)

### WARM-UP (HR ZONE 1)

**Duration:** 10 min | **Cadence:** 80 or less

Small chain ring, middle rear gearing.

### MAIN SETS (35 MIN)

**Set #1 (15 miles):**  $\frac{3}{4}$  mile at HR Z3 (cadence 85–90) →  $\frac{1}{4}$  mile at HR Z2 (cadence 90+). Repeat 15×.

**Transition:** 2 miles at HR Z2 – stretch & rehydrate.

**Set #2 (10 miles):** Same pattern as Set #1. Repeat 10×.

### COOL-DOWN (HR ZONE 1)

**Duration:** 10 min | **Cadence:** 80 or less

Small chain ring, middle rear gearing.

HR Zone 3

## Core Circuit – Complete Immediately After Workout

Complete each exercise for **30 seconds**; rest 30 seconds as you move to the next exercise. Repeat entire set – total of **2 sets**.

- [Superman's](#)
- [Pike-Push Up on Fit Ball](#)
- [Ab Crunch on Fit Ball](#)
- [Hanging Leg Lift](#)

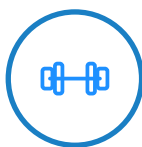
## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads and calves.

### EVENING RECOVERY

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots 5–10 seconds.



## TUESDAY

Super Slow Challenge (Morning Workout) – Final Week

FINAL SSC WEEK

**Coach's Note:** This is the last week of these exercises – then your entire strength program will change. Be aggressive with your effort during these strength workouts. **Sets: 2 | Repetitions: 6 minimum / 8 maximum (both upper and lower body).** Please use the SSC spreadsheet and associated videos at the bottom of this document.

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

### SUPER SLOW CHALLENGE

Refer to the **Super Slow Challenge spreadsheet** at the bottom of this document for all exercises, videos, and weight tracking fields.

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle sugar.

#### EVENING RECOVERY

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee.



# WEDNESDAY

Row HR Intensity Intervals or Bike Power Interval Workout + Core

POWER INTERVALS + CORE

**Coach's Note:** This workout is going to generate high levels of lactic acid towards the end (just like a race). With this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Zone 4.

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

## EVENING WORKOUT – CHOOSE ONE

### Option A – Row: HR Intensity Intervals (85 Minutes)

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

**Distance:** 2000m | **Load:** 3  
**Pull Rate:** 20-25 | Stretch from head to toe.

#### MAIN SETS

**Set #1:** 2500m at HR Z3 – 500m active recovery. Repeat 3×.  
**Transition:** 1000m at HR Z2 – stretch & rehydrate.  
**Set #2:** 1000m at HR Z4 (no lower – get there quickly) – 500m active recovery. Repeat 3×.  
**Load:** 5 | **Pull Rate:** 25-35

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

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

HR Zone 4

– OR –

### Option B – Bike: Power Interval Workout (85 Minutes)

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

**Duration:** 10 min | **Cadence:** 80 or less  
 Small chain ring, middle rear gearing.

#### MAIN SETS (60 MIN)

**Set #1 (30 min):** 8 min at HR Z3 (cadence 85-90) → 2 min at HR Z2 (cadence 90+). Repeat 3×.  
**Transition:** 5 min at HR Z1 – stretch & rehydrate.  
**Set #2 (30 min):** Same pattern as Set #1. Repeat 3×.

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

**Duration:** 10 min | **Cadence:** 80 or less  
 Small chain ring, middle rear gearing.

HR Zone 3

## Core Circuit – Complete Immediately After Workout

Complete each exercise for **30 seconds**; rest 30 seconds as you move to the next exercise. Repeat entire set – total of **2 sets**.

- [Superman's](#)
- [Pike-Push Up on Fit Ball](#)
- [Ab Crunch on Fit Ball](#)
- [Hanging Leg Lift](#)

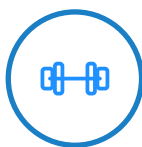
## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

### EVENING RECOVERY

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee.



## THURSDAY

Super Slow Challenge (Morning Workout) – Final Week

FINAL SSC WEEK

**Coach's Note:** This is the last week of these exercises – with this in mind, be aggressive with your effort during these strength workouts. **Sets: 2 | Repetitions: 6 minimum / 8 maximum.** Please use the SSC spreadsheet at the bottom of this document.

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

### SUPER SLOW CHALLENGE

Refer to the **Super Slow Challenge spreadsheet** at the bottom of this document for all exercises, videos, and weight tracking fields.

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

#### EVENING RECOVERY

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee.



## FRIDAY

Complete Rest Day

RECOVERY

**Coach's Note:** Pay close attention to your food intake prior to lying down to sleep (both for your naps and evening rest). When you are sleeping, your brain is fed from the stored sugar in your liver. If your brain doesn't get enough fuel (in the form of sugar), you will not stay in the deepest level of sleep (REM 3 and 4) which will hinder your body's release of hGH (human growth hormone) resulting in reduced recovery and rejuvenation. The only thing that satisfies hunger is protein and fat – implement the 1% rule: improve your program (sleep, food, stretching, hydration, etc.) by 1% per day.

### EVENING RECOVERY PROTOCOLS

#### EVENING RECOVERY

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race – start to finish. See yourself implementing and maintaining perfect mechanics in every situation.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots 5–10 seconds. Complete both sides of both legs.



# SATURDAY

MX Speed #1 (AM) + Nap + Row or Bike + Core

MX SPEED + CORE + NAP

**Coach's Note:** This workout is designed to hold you accountable both mentally and physically. In our sport, late moto fatigue is usually associated with inefficiency and poor fundamentals late in a race. Look up the track and use your core to move the bike around to help save energy. Maintain proper blood sugar levels to ensure that your eye-hand coordination is optimized.

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

## MORNING WORKOUT – MX SPEED WORKOUT #1 (2 HOURS)

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

## POST-WORKOUT PROTOCOLS (AFTER MX)

### POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

## EVENING WORKOUT – CHOOSE ONE (AFTER NAP)

### Option A – Row: HR Intensity Blocks (60-70 Minutes)

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

**Duration:** 10 min | **Load:** 3

**Pull Rate:** <25 | Stretch from head to toe.

#### MAIN SETS

**Set #1 (30 min):** 5 min upper Z2 → 5 min lower Z3 → 5 min upper Z3. Repeat 2x.

**Transition:** 5 min easy pulling – strive to get HR into Z1.

**Set #2 – HR Acceleration:** From Z1 → accelerate to upper Z3 (no higher) → recover to lower Z2. Repeat 3x.

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

**Duration:** 10 min | **Load:** 2

**Pull Rate:** <25 | Stretch from head to toe.

HR Zone 3

– OR –

## Option B – Bike: Intensity Distance Intervals (55 Minutes)

### WARM-UP (HR ZONE 1)

**Duration:** 10 min | **Cadence:** 80–85  
Stretch and hydrate before main set.

### MAIN SET: HR PYRAMIDS (4 × 10 MIN)

Settle into low end of HR Z3 and maintain for 5 minutes (accelerate and get there quickly).  
Recover by spinning easy for 5 minutes in HR Z1 (no higher for optimum recovery).  
Repeat 4×.

### COOL-DOWN (HR ZONE 1)

**Duration:** 5 min | **Cadence:** 85–90  
Don't dismount until HR is within Zone 1.

HR Zone 3

## Core Circuit – Complete Immediately After Evening Workout

Complete each exercise for **20 seconds**; rest 40 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](#)

## 2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cool 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

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee.



# SUNDAY

MX Aerobic Workout #1 + Nap + Row or Bike Power Interval + Core

**MX AEROBIC + POWER**

**Coach's Note:** This workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.

▲ **PRE-WORKOUT (AM):** Consume **8-10 oz of ice cold Energy Fuel** 10-15 min prior to MX 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 (AFTER MX)

### POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads and calves.
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window.

## AFTERNOON WORKOUT – CHOOSE ONE HIGHER INTENSITY WORKOUT

### Option A – Row: HR Power Intervals (65 Minutes)

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

**Duration:** 10 min | **Load:** 3

**Pull Rate:** <25 | Stretch from head to toe.

#### MAIN SETS (45 MIN)

**Load:** 8 | **Pull Rate:** 25+

**Set #1:** 1 min at fastest pace you can maintain → 2 min easy effort. Repeat 10× = 30 min.

**Transition:** 5 min easy pulling – strive to get HR into Z1.

**Set #2:** 1 min at fastest pace → 2 min easy. Repeat 5× = 15 min.

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

**Duration:** 10 min | **Load:** 2

**Pull Rate:** <25 | Stretch from head to toe.

**Max Power Effort**

– OR –

## Option B – Bike: Power Interval Workout (60 Minutes)

### WARM-UP (HR ZONE 1)

**Duration:** 10 min | **Cadence:** 80-85

Small chain ring, middle rear gearing.

### MAIN PERFORMANCE BLOCK (45 MIN, HR ZONE 3)

2-min tall gear acceleration out of the saddle – big chain ring, hardest gear in the back. Stand up and focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke. Push effort until you hit upper end of HR Z3. Recover in saddle at HR Z2 until ready for next interval.

### COOL-DOWN (HR ZONE 1)

**Duration:** 5 min | **Cadence:** 85-90

Don't dismount until HR is within Zone 1.

HR Zone 3

## Core Circuit – Complete Immediately After Evening Workout

Complete each exercise for **20 seconds**; rest 40 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](#)

## 2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cool 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

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee.

## MX SPEED WORKOUT #1 – SPREADSHEET

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

### WARM-UP

#### Set Focus: Gradual Warm-Up

Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo.  
Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel as needed.

LESS THAN 50%

### MAIN SET #1

#### Set Focus: Pre-Race Routine

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.

**Moto Specific HR Zone:** Low # \_\_\_\_\_ High # \_\_\_\_\_

Int. 1: \_\_\_\_\_ Int. 2: \_\_\_\_\_ Int. 3: \_\_\_\_\_ Int. 4: \_\_\_\_\_ Int. 5: \_\_\_\_\_

Int. 6: \_\_\_\_\_ Int. 7: \_\_\_\_\_ Int. 8: \_\_\_\_\_ Int. 9: \_\_\_\_\_ Int. 10: \_\_\_\_\_

**Fastest Lap Time:** \_\_\_\_\_ **Average Lap Pace:** \_\_\_\_\_ **Average HR:** \_\_\_\_\_

Rest 10 min – stretch head to toe / re-hydrate.

75-80%

### MAIN SET #2

#### Set Focus: Negative Split Moto – 20 Minutes Max

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.

**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 #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

<b>WARM-UP</b>	<p><b>Set Focus: First Turn Transitions – 12 Starts</b></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;"><b>50%</b></p>
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<b>MAIN SET #1</b>	<p><b>Set Focus: First Turn Transitions</b></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;"><b>50%</b></p>
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<b>MAIN SET #2</b>	<p><b>Set Focus: Muscular Endurance</b></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;"><b>75%</b></p>
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<b>MAIN SET #3</b>	<p><b>Set Focus: Muscular Endurance &amp; Strength – 15-Minute Moto (Smooth Lines)</b></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><b>Fastest Lap:</b> _____ <b>Slowest Lap:</b> _____ <b>Average Lap Pace:</b> _____</p> <p>Rest 5 min – stretch / re-hydrate.</p> <p style="text-align: center;"><b>75%</b></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
<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="#"><u>Arm &amp; Leg Extension</u></a>	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<a href="#"><u>Hanging Leg Lifts (Knees to Chest)</u></a>	2 sets × 6–8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
<a href="#"><u>Military Spiders Off Bench</u></a>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
<b>CYCLE FIVE</b>					
<a href="#"><u>Single Leg Push Ups Off of Bench</u></a>	2 sets × 6–8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
<a href="#"><u>Single Leg Shoulder Press</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>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: _____			

EXERCISE	SETS / REPS	DATE	DATE	DATE	DATE
1-minute rest   25 push-ups with eyes closed   2-minute rest					