

WEEKEND WARRIOR PROGRAM








PHASE 4 / WEEK 3 OF 8

RACE SPECIFIC SPEED & ENDURANCE

| | | | |
|-----------------------------------|-------------------|-----------------------|-----------------------------------|
| PROGRAM Weekend Warrior | PHASE 4 | WEEK 3 of 8 | FOCUS Speed & Endurance |
|-----------------------------------|-------------------|-----------------------|-----------------------------------|

This week continues building **race-specific speed and endurance**. Timed Challenges P4 on Tuesday, Thursday, and Sunday push your strength and power with the 40"/20" protocol. Wednesday and Friday include aerobic cardio options (Row HR Pacing Blocks or Bike Fragmented Pacing). Saturday morning is MX Aerobic #1 followed by a 2-hour nap and a shorter aerobic cardio session. Sunday morning is MX Speed #1 followed by a nap and Timed Challenges in the afternoon.

WEEK AT A GLANCE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |
| Rest Day Body Analysis Evening Protocols | Timed Challenge P4 AM 40" on / 20" off | Row or Bike HR Pacing Blocks 60 min + Core | Timed Challenge P4 AM 40" on / 20" off | Bike or Row 50 min Even Tempo or 8000m Row + Core | MX + Nap + Cardio MX Aerobic #1 AM Nap + Row or Bike 35 min PM | MX + Nap + TC MX Speed #1 AM Nap + Timed Challenge PM |

TRAINING INTENSITY GUIDE

● **HR Zone 2 or Below – Blue Workouts**

Builds your aerobic engine. Burns fat as a primary fuel source. You should be able to sing or talk without any problem. Effort feels comfortable and controlled throughout.

● **HR Zone 3+ – Red Workouts**

Builds your strength, speed & lactate tolerance. Burns stored sugar as a primary fuel source. Near-maximum effort – breathing is labored, conversation is not possible.



MONDAY

REST DAY

Complete Rest Day – Body Analysis & Evening Protocols

Body Analysis: Use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes. Today is a complete rest day.

Misc. Notes: Review your personal goals and objectives. Focus on food prep and nutrition today. Evaluate whether you are consuming enough calories – eat every two hours and bump up fat and protein intake if you feel hungry before the 2-hour window.

EVENING PROTOCOLS

BELLY BREATHING

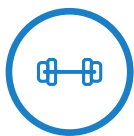
- ▶ Straw breathing – 30 seconds with straw / 90 seconds without straw. Repeat 5x.

MENTAL IMAGERY

- ▶ 10-15 deep belly breaths. Visualize your next race from start to finish.

SHIN STRIPPING

- ▶ Thumb firmly pressed along shin bone from ankle to knee. Hold knots 5-10 sec.



TUESDAY

Timed Challenges P4 AM – 40" On / 20" Off

TIMED CHALLENGES P4

Body Analysis: Use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.

MORNING WORKOUT – TIMED CHALLENGES P4

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Workout Notes: Each cycle contains two exercises. Complete 40 seconds of one exercise (unless noted), rest 20 seconds, then complete the second exercise in the cycle. Move back to exercise #1, then #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate between cycles.

Weight: First set = 8 reps comfortably within 40 sec. Second set = slightly heavier.

Rest Interval: 30 seconds / stretch & hydrate between sets; 1:00 between cycles.

*[Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document]*

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

EVENING

- ▶ Reference Monday's evening notes & video links.



WEDNESDAY

ROW + BIKE

Row HR Pacing Blocks 60 min OR Bike Fragmented Pacing 60 min + Core

Body Analysis: Use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.

CARDIO WORKOUT – CHOOSE ONE (COMPLETE PRIOR TO DINNER)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Option A – Row: HR Pacing Blocks (60 Minutes)

Warm-Up (10 min – HR Zone 1)

Load Level: 3 | Pull Rate: less than 30 | Straight back, legs leading, arms finishing. Stretch head to toe.

Main Set: HR Pacing Blocks (20 min × 2)

Load Level: 5 | Pull Rate: 25+

10 min at low end of HR Z3 → 5 min at high end of HR Z3 → 5 min at low end of HR Z4

Recover 5 min – dismount and stretch; rehydrate with Energy Fuel. Repeat the 20-minute block.

Cool-Down (5 min – HR Zone 1)

Load Level: 3 | Pull Rate: less than 25 | Stretch head to toe.

Option B – Bike: Fragmented Pacing Workout (60 Minutes)

Warm-Up (10 min – HR Zone 1)

Gearing: small chain ring up front, middle rear | Cadence: 80–85 | Stretch and hydrate before main set.

Main Set: HR Pacing Blocks (20 min × 2)

10 min at low end of HR Z3 (adjust gearing & cadence) → 5 min at high end of HR Z3 (maintain cadence, push taller gear)

→ 5 min at low end of HR Z4 (stand and accelerate if necessary)

Recover 5 min – dismount and stretch; rehydrate with Energy Fuel. Repeat the 20-minute block.

Warm-Down (5 min – HR Zone 1)

Gearing: small chain ring up front, middle rear | Cadence: 70–80 | Stretch lower back, calves, quads.

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING CARDIO)

Core Circuit – 2 Sets × 10 Reps Each | Rest 20 sec between exercises

Ab Crunch on Fit Ball (pause 5 sec)

Pike Position with Eyes Closed

Plyometric Push-Ups

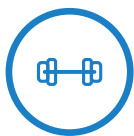
POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8-10 oz Best Whey Protein**.

EVENING

- ▶ Reference Monday's evening notes & video links.



THURSDAY

Timed Challenges P4 AM – 40" On / 20" Off

TIMED CHALLENGES P4

Body Analysis: Use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.

MORNING WORKOUT – TIMED CHALLENGES P4

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Workout Notes: Same protocol as Tuesday. Same weight, same 40"/20" tempo. Focus on form over rep count. Never sacrifice form to complete a set.

*[Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document.]*

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8–10 oz Best Whey Protein**.

EVENING

- ▶ Reference Monday's evening notes & video links.



FRIDAY

Bike Even Tempo 50 min OR Row 8,000m + Core

BIKE + ROW

Body Analysis: Use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.

CARDIO WORKOUT – CHOOSE ONE (COMPLETE PRIOR TO DINNER)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Option A – Bike: Even Tempo / Active Recovery (50 Minutes)

Warm-Up (5 min – HR Zone 2 or Less)

Gearing: small chain ring up front, middle rear | Cadence: 80–85 | Stretch and hydrate before main set.

Main Set (40 min – Low End of HR Zone 3)

Cadence: 75–85 | Tallest gearing to maintain while keeping chain tension tight. Every 10 min: stand and stretch hamstrings, quads, calves, lower back. Hydrate with Energy Fuel, Complete Red & Purples.

Warm-Down (5 min – HR Zone 2 or Less)

Gearing: small chain ring up front, middle rear | Cadence: 70–80 | Stretch lower back, calves, quads prior to dismounting.

Option B – Row: Even Tempo / Active Recovery (8,000 Meters)

Warm-Up (1,000m – HR Zone 1)

Display: Distance | Load Level: 3 | Pull Rate: less than 25 | Stretch head to toe.

Main Set (6,000m – Middle of HR Zone 2)

Load Level: 5 | Pull Rate: 25+ | Keep effort within HR Z2 entire time for maximum results and optimized recovery.

Cool-Down (1,000m – HR Zone 1)

Load Level: 3 | Pull Rate: less than 25 | Stretch head to toe.

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING CARDIO)

Core Circuit – 2 Sets × 10 Reps Each | Rest 20 sec between exercises

Ab Crunch on Fit Ball (pause 5 sec)

Pike Position with Eyes Closed

Plyometric Push-Ups

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8-10 oz Best Whey Protein**.

EVENING

- ▶ Reference Monday's evening notes & video links.



SATURDAY

MX + NAP

MX Aerobic #1 AM + 2-Hour Nap + Row or Bike 35 min PM

Body Analysis: Use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.

MORNING WORKOUT – CRS MX AEROBIC WORKOUT #1

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Workout Notes: Push your internal pacing clock and ability to focus while working fast and for a long period of time. Race the clock for each set. Choice of lines and carrying momentum. Keep a close eye on rest interval. If anything tightens up, stop, stretch, resume.

*[Please refer to the **MX Aerobic Workout #1 spreadsheet** at the bottom of this document]*

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

2-Hour Power Nap (After Post-Ride Meal)

Eat a post-ride meal high in carbohydrates. Fall asleep quickly and stay asleep 2–3 hours without waking hungry. If you wake hungry, note it in your food & training journal.

AFTERNOON WORKOUT – CHOOSE ONE (SIMILAR TO WEDNESDAY, SHORTER DURATION)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Option A – Row: HR Pacing Blocks (35 Minutes)

Warm-Up (10 min – HR Zone 1)

Load Level: 3 | Pull Rate: less than 30 | Stretch head to toe.

Main Set: HR Pacing Blocks

Load Level: 5 | Pull Rate: 25+

10 min at low end of HR Z3 → 5 min at high end of HR Z3 → 5 min at low end of HR Z4

Cool-Down (5 min – HR Zone 1)

Load Level: 3 | Pull Rate: less than 25 | Stretch head to toe.

Option B – Bike: Fragmented Pacing Workout (35 Minutes)

Warm-Up (10 min – HR Zone 1)

Gearing: small chain ring up front, middle rear | Cadence: 80-85 | Stretch and hydrate before main set.

Main Set: HR Pacing Blocks

10 min at low end of HR Z3 → 5 min at high end of HR Z3 → 5 min at low end of HR Z4

Recover 5 min – dismount and stretch; rehydrate with Energy Fuel.

Warm-Down (5 min – HR Zone 1)

Gearing: small chain ring up front, middle rear | Cadence: 70-80 | Stretch lower back, calves, quads.

EVENING PROTOCOLS

EVENING

- ▶ Reference Monday's evening notes & video links.



SUNDAY

MX + NAP + TC

MX Speed #1 AM + 2-Hour Nap + Timed Challenges P4 PM

Body Analysis: Use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.

Note: If your resting heart rate is within 3 beats of normal, complete MX Speed #1. If not, complete MX Aerobic #1 from Saturday instead.

MORNING WORKOUT – CRS MX SPEED WORKOUT #1

Pre-Workout: 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Workout Notes: Push your body exactly like race day – holding the fastest levels of speed while your body begins to fatigue. Late race day fatigue equals low blood sugar and fluids. The track will break down – focus on maintaining momentum. Maximize per lap average speed. Attention to details.

*[Please refer to the **MX Speed Workout #1 spreadsheet** at the bottom of this document]*

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

2-Hour Power Nap (After Post-Ride Meal)

Reference Saturday's nap notes. Eat a post-ride meal high in carbohydrates. Fall asleep quickly and stay asleep 2–3 hours without waking hungry.

AFTERNOON WORKOUT – TIMED CHALLENGES P4

Pre-Workout: 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Workout Notes: Same protocol as Tuesday/Thursday. Same weight, same 40"/20" tempo.

Weight: First set = 8 reps comfortably within 40 sec. Second set = slightly heavier.

Rest Interval: 30 seconds / stretch & hydrate between sets; 1:00 between cycles.

*[Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document]*

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8-10 oz Best Whey Protein**.

EVENING

- ▶ Reference Monday's evening notes & video links.



TIMED CHALLENGE P4

40 Seconds On – 20 Seconds Off – 5 Cycles + Bicycle Sprints

SPREADSHEET

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

| EXERCISE | PROTOCOL | DATE / SET 1 REPS | DATE / SET 2 REPS |
|--|---|------------------------------|------------------------------|
| CYCLE ONE | | | |
| Pike – Push Up – Pike ▶ Instructional Video | Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |
| Isolated Leg & Frankenstein's on Bench ▶ Instructional Video | Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier than Set 1): _____ Rep 2: As many reps as you can do in 40 seconds | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |
| CYCLE TWO | | | |
| Air Squats ▶ Instructional Video | Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |
| Hamstring Press-Extension on Fit Ball ▶ Instructional Video | Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |
| CYCLE THREE | | | |
| Stars – 30 Seconds As Fast As Possible ▶ Stars Instructional Video | Rep 1: As many as you can complete in 40 seconds – 20 second rest | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |

| EXERCISE | PROTOCOL | DATE / SET 1 REPS | DATE / SET 2 REPS |
|--|--|------------------------------|------------------------------|
| | Rep 2: As many as you can complete in 40 seconds – 20 second rest | | |
| Military Spiders Off Bench ▶ Instructional Video | Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |
| CYCLE FOUR | | | |
| Dips Off of Bench ▶ Instructional Video | Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |
| Bicep Curls Up to 90 Degrees ▶ Instructional Video | Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 30 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 30 seconds | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |
| CYCLE FIVE | | | |
| Side Skaters ▶ Instructional Video | Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |
| Abdominal Crunch on Fit Ball ▶ Instructional Video | Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest | Rep 1: _____ Rep 2: _____ | Rep 1: _____ Rep 2: _____ |



BICYCLE SPRINTS ON TRAINER

5 × 2-Minute Sprints – 90–95% Effort – Moderate Load

SPREADSHEET

| SET | PROTOCOL | INTENSITY |
|-------------------------------|--|-----------|
| Warm-Up 2 Minutes | Low intensity – light load levels. Spin easy to prepare muscles for sprint efforts. | LOW |
| Sprint #1 2 Minutes | Increase load to MODERATE. Sprint at 90–95% effort for 2 minutes. Distance Covered: _____ | 90-95% |
| Rest #1 2 Minutes | Easy spinning – allow HR to recover. | RECOVERY |
| Sprint #2 2 Minutes | Sprint at 90–95% effort for 2 minutes. Distance Covered: _____ | 90-95% |
| Rest #2 2 Minutes | Easy spinning – allow HR to recover. | RECOVERY |
| Sprint #3 2 Minutes | Sprint at 90–95% effort for 2 minutes. Distance Covered: _____ | 90-95% |
| Rest #3 2 Minutes | Easy spinning – allow HR to recover. | RECOVERY |
| Sprint #4 2 Minutes | Sprint at 90–95% effort for 2 minutes. Distance Covered: _____ | 90-95% |
| Rest #4 2 Minutes | Easy spinning – allow HR to recover. | RECOVERY |
| Sprint #5 2 Minutes | Sprint at 90–95% effort for 2 minutes. Distance Covered: _____ | 90-95% |
| Warm Down | Easy spinning until HR returns to Zone 1. | < 40% |



CRS MX SPEED WORKOUT #1

SPREADSHEET

Workout Focus: Consistent Race Speed | Total Ride Time: 60 Minutes

WARM-UP

Set Focus: Gradual Warm-Up
 Ride either 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: Smooth Start and Fast Five (5) Laps
 Complete a start then merge onto track like a race. Maintain highest rate of speed while staying consistent for all 5 laps.

Moto Specific HR Zone: Low # _____ High # _____
5 Lap Elapsed Time Int #1: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

5 Lap Elapsed Time Int #2: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

90-95%

MAIN SET #2

Set Focus: Smooth Start and Fast Three (3) Laps
 Maintain – match or beat fastest lap from Set #1.

Moto Specific HR Zone: Low # _____ High # _____
3 Lap Elapsed Time Int #1: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 5 min / Stretch / Re-hydrate with Energy Fuel.

3 Lap Elapsed Time Int #2: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

90-95%

MAIN SET #3

Set Focus: Smooth Start and Fast Two (2) Laps
 Maintain – match or beat fastest lap from Set #2.

Moto Specific HR Zone: Low # _____ High # _____
2 Lap Elapsed Time Int #1: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 3 min / Stretch / Re-hydrate with Energy Fuel.

2 Lap Elapsed Time Int #2: _____ | **Fastest Lap:** _____ | **Max HR:** _____

90-95%

WARM-DOWN

Easy Riding – Nothing Structured or Intense

Allow HR to come down slowly. Stretch passively from head to toe.

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS
CONSUMED

LOSS / GAIN

40%



CRS MX AEROBIC WORKOUT #1

SPREADSHEET

Workout Focus: Muscular Endurance and Strength

| | |
|--------------------|---|
| WARM-UP | <p>Set Focus: Gradual Warm-Up</p> <p>Ride either 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 #0070C0; border-radius: 15px; display: inline-block; padding: 2px 10px;">LESS THAN 40%</p> |
| MAIN SET #1 | <p>Set Focus: Starts with First Turns for Time</p> <p>10 Starts with first turn – timed to a point just out of the corner. Clock starts when gate drops and ends when you cross the mark point. Be smooth!</p> <p>Rest 5 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">N/A</p> |
| MAIN SET #2 | <p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below race pace (80–85% HR Level); smooth lines.</p> <p>Elapsed Times: _____ Average HR: _____ Max HR: _____</p> <p>Rest 5 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">80–85%</p> |
| MAIN SET #3 | <p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below race pace (80–85% HR Level); non-smooth lines. Goal: within 2 seconds of previous set – hold yourself accountable!</p> <p>Elapsed Times: _____ Average HR: _____ Max HR: _____</p> <p>Rest 5 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">80–85%</p> |
| MAIN SET #4 | <p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below race pace (80–85% HR Level); smooth lines. Goal: within 2 seconds of previous set – hold yourself accountable!</p> <p>Elapsed Times: _____ Average HR: _____ Max HR: _____</p> <p>Rest 5 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">80–85%</p> |

MAIN SET #5

Set Focus: Body Balance

10 Starts using only inner leg; hold bars barely.

5 Starts – put a rock 10 yards out from front wheel; try to run over it.

5 Starts – close eyes 2 seconds and “feel” for bike to deviate.

RELAXED

WARM-DOWN

10 Minutes Easy Riding – Nothing Structured or Intense

Watch HR monitor – keep in Zone 2 or below. Stretch passively from head to toe. Eat complete meal within 20 minutes.

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

40%