

| Motoendurance.net Aerobic MX Workout #1 | | |
|--|---|--------------------|
| Workout Focus: Holding Aerobic Pace as Duration Increases | | |
| | Description | Intensity |
| Warm Up | Focus: Gradual Warm Up | |
| Protocols: | Easy Riding - very low intensity; keep a close eye on your HR throughout 1 minute stretch - head to toe; hydrate if needed | 40% |
| Main Set #1 | Focus: Moving the bike with your core | Intensity |
| Protocols: | 20 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - look ahead and move the bike with your thighs 5 Starts - close your eyes for 2 seconds 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 5 Starts - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED | Incremental |
| Main Set #2 | Focus: Muscular Endurance | Intensity |
| Protocols: | Note: these protocols are based on lap time of approximately 1 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 15 Minute Moto - Even Paced (Beginning to End) | |
| Elapsed Times: | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: | 75% |
| Elapsed Times: | Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: | 75% |
| Elapsed Times: | Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: | 75% |
| Elapsed Times: | Fastest Lap Time: Slowest Lap Time: Average Lap Pace: | |
| | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED | |
| Main Set #3 | Focus: Muscular Endurance | Intensity |
| | ** Strive to maintain the same pace as Set #2 15 Minute Moto - Even Paced (Beginning to End) | |
| Elapsed Times: | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: | 75% |
| Elapsed Times: | Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: | 75% |
| Elapsed Times: | Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: | 75% |
| Elapsed Times: | Fastest Lap Time: Slowest Lap Time: Average Lap Pace: | |
| | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED | |
| Main Set #4 | Focus: Muscular Endurance | Intensity |
| | ** Strive to maintain the same pace as Set #3 15 Minute Moto - Even Paced (Beginning to End) | |
| Elapsed Times: | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: | 75% |
| Elapsed Times: | Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: | 75% |
| Elapsed Times: | Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: | 75% |
| Elapsed Times: | Fastest Lap Time: Slowest Lap Time: Average Lap Pace: | |
| | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED | |
| Main Set #5 | Focus: Body Balance | Intensity |
| Protocols: | 20 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - look ahead and move the bike with your thighs 5 Starts - close your eyes for 2 seconds 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 5 Starts - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED | Incremental |
| Warm Down | 10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) | 40% |
| | Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout. | |
| | Beginning Weight: Ending Weight: Loss Gain (Loss): | |