

Motoendurance.net Aerobic Workout #2		
Workout Overview: Aerobic Enhancement		
	Description	Intensity
Warm Up	Set Focus: Gradual Warm Up	
Elapsed Time	10 Minute even effort on either your Concept 2 or bicycle (either on trainer or ride around) Stretch passively (no bouncing) from head to toe - 5 minutes (don't rush through this)	40%
Main Set #1- Fast Starts	Set Focus: Creating Proper Reaction Time	Intensity
Workout Protocol:	Complete 5 starts with a smooth transition from waiting for the gate to drop to the actual dropping of the gate. Keep the bike loaded up, elbows high and your breathing relaxed and intentional. Once the gate drops, keep your eyes looking ahead about 10 feet - the bike will go where you are looking. Feel for your boots "pinching" the engine casings as the bike drives forward. If correction is needed with the direction of the bike - use your inner thighs and stomach muscles (not chop the throttle and shoulders).	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	50%
Elapsed Times:	Fastest Interval: Average Interval: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED	
Main Set #2- Starts	Set Focus: Incorporate More Legs and Abdominal Muscles for Stability	Intensity
Workout Protocol:	Complete 5 starts where you roll up to the starting gate and go through your normal routine (where to sit on the bike, hand position, etc. Close your eyes, take a few deep breathes and then complete a start with your eyes closed for 1 second - feel for the same transition and smoothness as Set #1.	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	50%
Elapsed Times:	Fastest Interval: Average Interval: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED	
Main Set #3- Aerobic Enhancement	Focus: Intensive Endurance	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 20 minutes	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80%
Elapsed Times:	Fastest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with HEED	
Main Set #4- Aerobic Enhancement	Focus: Intensive Endurance	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 20 minutes	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80%
Elapsed Times:	Fastest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with HEED	
Main Set #5- Fast Starts	Set Focus: Creating Proper Reaction Time	Intensity
Workout Protocol:	Complete 5 starts with a smooth transition from waiting for the gate to drop to the actual dropping of the gate. Keep the bike loaded up, elbows high and your breathing relaxed and intentional. Once the gate drops, keep your eyes looking ahead about 10 feet - the bike will go where you are looking. Feel for your boots "pinching" the engine casings as the bike drives forward. If correction is needed with the direction of the bike - use your inner thighs and stomach muscles (not chop the throttle and shoulders).	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	50%
Elapsed Times:	Fastest Interval: Average Interval: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED	