

Motoendurance.net Aerobic Workout #3		
Workout Overview: Aerobic Enhancement		
	Description	Intensity
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b>	
<b>Elapsed Time:</b>	15 Minute even effort on either your Concept 2 or bicycle (either on trainer or ride around)	40%
	Hydrate/Stretch as needed over the next 5 minutes	
<b>Main Set #1- Smooth Starts</b>	<b>Set Focus: Creating Proper Reaction Time</b>	Intensity
<b>Workout Protocol:</b>	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).	
<b>Elapsed Times:</b>	Interval 1:      Interval 2:      Interval 3:      Interval 4:      Interval 5:	50%
<b>Elapsed Times:</b>	Fastest Interval:      Average Interval:	
	Stretch from head to toe / Re-hydrate with HEED / Re-fuel your bike	
<b>Main Set #2- Starts</b>	<b>Set Focus: Incorporate More Legs and Abdominal Muscles for Stability</b>	Intensity
<b>Workout Protocol:</b>	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.	
<b>Elapsed Times:</b>	Interval 1:      Interval 2:      Interval 3:      Interval 4:      Interval 5:	50%
<b>Elapsed Times:</b>	Fastest Interval:      Average Interval:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED	
<b>Main Set #3- Fragmented Pacing</b>	<b>Focus: Ability to sprint and then settle back into a comfortably fast pace</b>	Intensity
<b>Workout Protocol:</b>	Based on a 2 minute lap time (adjust the amount of laps accordingly); complete 4 laps comfortably fast; Increase your pace up to a sprint effort for 1 lap; Repeat the 5 lap cycle – 2 times.	
<b>Elapsed Times:</b>	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	Varies
<b>Elapsed Times:</b>	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	Varies
<b>Elapsed Times:</b>	Fastest Lap Time:      Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with HEED	
<b>Main Set #4- Fragmented Pacing</b>	<b>Focus: Try to match or be slightly faster than Set #3</b>	Intensity
<b>Workout Protocol:</b>	Based on a 2 minute lap time (adjust the amount of laps accordingly); complete 4 laps comfortably fast; Increase your pace up to a sprint effort for 1 lap; Repeat the 5 lap cycle – 2 times.	
<b>Elapsed Times:</b>	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	Varies
<b>Elapsed Times:</b>	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	Varies
<b>Elapsed Times:</b>	Fastest Lap Time:      Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with HEED	
<b>Main Set #5- Fast Starts</b>	<b>Set Focus: Creating Proper Reaction Time</b>	Intensity
<b>Workout Protocol:</b>	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).	
<b>Elapsed Times:</b>	Interval 1:      Interval 2:      Interval 3:      Interval 4:      Interval 5:	50%
<b>Elapsed Times:</b>	Fastest Interval:      Average Interval:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED	
<b>Main Set #6- Starts</b>	<b>Set Focus: Consistent starts even when fatigue levels begin to settle in</b>	Intensity
<b>Workout Protocol:</b>	Strive to match or beat both your fastest & average interval times from Set #2. Due to the residual fatigue levels from the previous five sets, your isotonic drink needs to be available. "Feeling" for the bike and it's corrections are the key to this workout. Grip the bike low/relax in arms.	
<b>Elapsed Times:</b>	Interval 1:      Interval 2:      Interval 3:      Interval 4:      Interval 5:	50%
<b>Elapsed Times:</b>	Fastest Interval:      Average Interval:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with HEED	
<b>Main Set #5- Aerobic Enhancement</b>	<b>Focus: Intensive Endurance</b>	Intensity
<b>Workout Protocol:</b>	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	
<b>Elapsed Times:</b>	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	75%
<b>Elapsed Times:</b>	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	75%
<b>Elapsed Times:</b>	Fastest Lap Time:      Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with HEED	
<b>Warm Down</b>	15 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Post Workout: stretch passively from head to toe; put extra attention on your overly tight areas. This will avoid future injury sites from developing. Eat a complete meal within 20 minutes of completing this workout. Please don't underestimate the power of a proper recovery meal. You will feel the results in your future workouts.	