

| <b>Motoendurance.net</b><br><b>Aerobic Workout #2</b> |  | <b>Workout Focus: Aerobic Enhancement</b>  |  |
|---|--|--|--|
|   |  | Description  | Intensity                                      |
| <b>Warm Up-5 Minutes</b>                              |  | <b>Focus: Gradual Warm Up</b>  |  |
| <b>Load Level</b>                                     | Zero   |  |  |
| <b>Elapsed Time</b>                                   | 5 Minutes - even pull / stroke count less than 25 (very easy)  |  | 40%  |
|   |  | <b>Stop and stretch if you feel any tight muscles</b>                            |  |
| <b>Main Set #1-15 Minutes</b>                         |  | <b>Focus: Muscular Endurance Pyramid</b>   |  |
| <b>Resistance Level</b>                               | Three  |  | Intensity                                      |
| <b>Set Notes</b>                                      | Focus on your breathing as you bring the bars back to the starting position; lead with legs<br>NOTE: ON EQUALS A STROKE RATE OF 30 PLUS / OFF EQUALS A STROKE RATE OF LESS THAN 25   |  |  |
| <b>Work Interval</b>                                  | 30 SECONDS ON / 90 SECONDS OFF = 2 MINUTES<br>40 SECONDS ON / 80 SECONDS OFF = 2 MINUTES<br>50 SECONDS ON / 70 SECONDS OFF = 2 MINUTES<br>1 MINUTE ON / 1 MINUTE OFF = 2 MINUTES<br>1 MINUTE ON / 1 MINUTE OFF = 2 MINUTES |  | Varies<br>Varies<br>Varies<br>Varies<br>Varies |
| <b>Rest Interval</b>                                  | 5 minutes of continuous pulling with a stroke count below 25 (no higher)   |  | 50%  |
|   |  | <b>Stop and stretch if you feel any tight muscles</b>                            |  |
| <b>Main Set #2-15 Minutes</b>                         |  | <b>Focus: Muscular Endurance Pyramid</b>   |  |
| <b>Resistance Level</b>                               | Four   |  | Intensity                                      |
| <b>Set Notes</b>                                      | Focus on your breathing as you bring the bars back to the starting position; lead with legs<br>NOTE: ON EQUALS A STROKE RATE OF 30 PLUS / OFF EQUALS A STROKE RATE OF LESS THAN 25   |  |  |
| <b>Work Interval</b>                                  | 30 SECONDS ON / 90 SECONDS OFF = 2 MINUTES<br>40 SECONDS ON / 80 SECONDS OFF = 2 MINUTES<br>50 SECONDS ON / 70 SECONDS OFF = 2 MINUTES<br>1 MINUTE ON / 1 MINUTE OFF = 2 MINUTES<br>1 MINUTE ON / 1 MINUTE OFF = 2 MINUTES |  | Varies<br>Varies<br>Varies<br>Varies<br>Varies |
| <b>Rest Interval</b>                                  | 5 minutes of continuous pulling with a stroke count below 25 (no higher)   |  | 50%  |
| <b>Main Set #3-15 Minutes</b>                         |  | <b>Focus: Muscular Endurance Pyramid</b>   |  |
| <b>Resistance Level</b>                               | Five   |  | Intensity                                      |
| <b>Set Notes</b>                                      | Focus on your breathing as you bring the bars back to the starting position; lead with legs<br>NOTE: ON EQUALS A STROKE RATE OF 30 PLUS / OFF EQUALS A STROKE RATE OF LESS THAN 25   |  |  |
| <b>Work Interval</b>                                  | 30 SECONDS ON / 90 SECONDS OFF = 2 MINUTES<br>40 SECONDS ON / 80 SECONDS OFF = 2 MINUTES<br>50 SECONDS ON / 70 SECONDS OFF = 2 MINUTES<br>1 MINUTE ON / 1 MINUTE OFF = 2 MINUTES<br>1 MINUTE ON / 1 MINUTE OFF = 2 MINUTES |  | Varies<br>Varies<br>Varies<br>Varies<br>Varies |
| <b>Rest Interval</b>                                  | 5 minutes of continuous pulling with a stroke count below 25 (no higher)   |  | 50%  |
| <b>Warm Down-5 minutes</b>                            |  | <b>Very easy pulling - keep the stroke rate less than 25 for entire duration</b> |  |
|   |  | <b>Beginning Weight:</b>   | <b>Ending Weight:</b>                          |
|   |  | <b>Loss Gain (Loss):</b>   |  |

### Duration Outline

**Weekend warrior:** complete interval durations as indicated

**Competitive racer:** increase the interval duration to 30 minutes for all three sets

**Elite/Professional:** increase the interval duration to a total of 30 minutes for all three sets