Weekend Warrior Training Plan – Program 1

Introduction

Introducing the Coach Seiji/Racer X Virtual Trainer Weekend Warrior training plan program 1. A new way to guarantee you will be the fittest rider in your class.

Who should use this program?
This training plan is for the motocross enthusiast who has up to 1-hour to train during the weekdays, 3-days per week, and up to 1-hour to train on one weekend day. Motocross riding would take place on the other weekend day. Training will occur up to 5-days each week. You should have access to a bicycle or a rowing machine or be able to run. You will also strength train utilizing classic free weights or the TRX Suspension Trainer. Training plan includes all cardiovascular, strength and flexibility programs.

Whether you are a weekend warrior working 45-hours per week with a wife and two kids or a young kid attending school full-time, this program will work for you. This is for you, the “normal” person with responsibilities and a busy life but still dedicated in building overall fitness to improve performance on the bike!

What you will need?

- A gym membership, a home gym or a TRX (Don’t have a TRX? Order yours here)
- A rowing machine, stationary bike, or treadmill
- An hour of uninterrupted time to dedicate to training
- A heart rate monitor is HIGHLY RECOMMENDED

What to Expect?
A comprehensive training program consisting of 12-months of periodized strength and cardiovascular workouts. Plans are purchased on a monthly basis and consist of 4-weeks worth of training. Workouts are programmed each month using the theory of periodization, which generally consists of 5, 4-week phases for strength training: Anatomical Adaptation (AA), Muscular Transition (MT), Maximum Strength (MS), Power Endurance (PE), and Strength Maintenance (SM). Cardio workouts are also periodized into base 1 (active rest), base 2 (endurance), base 3 (strength), build 1 (speed), and build 2 (pre-competition) phases. The training program is intended to be completed in successive months starting with month 1 and ending with month 12. To learn more about the principles of periodization as it relates to strength and cardio training, please read this article.

Strength workouts are presented in two separate formats: one for the athlete who prefers to train at home and the other for the athlete who has access to a gym. Either method (home or gym) can be chosen and complete workouts are provided for both.

Cardio workouts are presented in three separate formats: cycling, running, or rowing. Any of these three modes of exercises can be chosen and mixed to suit the athlete’s preference.

Other workouts include rest days, lactate threshold tests, flexibility, myofascial release, and mobility training. Each training session consists of a warm up, a complete workout, and a cool down.
Riding specific workouts are NOT a part of the training plan. Time is allotted for riding practice however no specific format is supplied. It is up to the athlete to develop his/her individual on-the-bike practice plan. This article on Practice Track Training is a good place to start if you need help setting up your practice days.

If you don't have a heart rate monitor, now would be a good time to buy one. We recommend a Polar (Order your Polar here) or Garmin (Order your Garmin here). Doesn’t have to be anything fancy. All monitors do the same job detecting your heart rate. What you are buying with more expensive models are features on the watch. So, if you are on a budget, buy the least expensive watch that at minimum, records average heart rate for the recording period. You will need this feature to complete the heart rate zone test. Click here for heart rate monitors that are compatible with Training Peaks.

If you are unable to buy a heart rate monitor, you will skip the test and use a scale called a Rating of Perceived Exertion or RPE to determine your training intensity. This method is nowhere near as accurate as using an actual monitor, but is a satisfactory way to measure intensity of exertion in the absence of a heart rate monitor.

Each day a new workout will be emailed to you via your personal Training Peaks account. The workout will either be strength training, cardio, riding or a rest day.

Recommended Reading Before You Start
We cannot emphasize enough how important reading and understanding the following articles are to the success of this program. Do yourself a favor; if you are going to put in the time to train, read the articles and learn why.

1. **Cardio Training** - This article will explain the principles behind the cardiovascular exercise program, help you set up heart rate training zones for cycling and running, and to give you a general idea of what lies ahead.
2. **Foundations For Getting Faster** - This article will help you understand the philosophy of the training plan and understanding the importance of the planned recovery periods within the program. Understanding the supporting philosophy goes a long way in maintaining long-term motivation
3. **Periodization in Strength Training** - This article will help you understand the principles of periodization for strength training, how it relates to periodization in cardio training, and to generally know what lies ahead.

Questions
If you have questions about this or any of the other workouts, please post them on the Virtual Trainer Premium Training Forum located within your Training Peaks account.

Good luck with your workout!