

## Fit4Racing Downhill Workout Sample

Day 1		
<b>Speed/Power</b>	<b>6 sets of 4-6 reps:</b> <b>Seated Box Jumps.</b> Sit on a box or bench so your butt is below your knee while seated. Jump to a box as high as possible and repeat quickly until the reps are completed. Rest 2 minutes between sets.	<u>Scaling Options:</u> Ensure the box you jump to isn't too high.
<b>Strength</b>	<b>3 sets of 12-15 reps:</b> <b>Rear Foot Elevated Split Squat.</b> Where possible use 2 x kettlebells in the front rack position. Rest 1-2 minutes between sets. Watch the accompanying video for set-up and execution.	<u>Scaling Options:</u> Use no weight if you can not reach full range. Use a single Kettlebell if you are too unstable with 2.
<b>Workout</b>	<b>3 rounds as quickly as possible:</b> <b>200m Run</b> <b>21 Kettlebell Swings (16kg F. / 24kg M.)</b> <b>12 Push-ups</b> No rest between rounds. Aim to complete the workout in the least time possible whilst maintaining good form on the Kettlebell Swings	<u>Scaling Options:</u> Use a lighter Kettlebell if needed. If running is not possible use a static bike or rowing machine for 60 seconds consistent pace.
<b>Intensity</b>	<b>10 x 10 seconds on, 50 seconds off:</b> <b>Assault/Air Bike</b> The goal is 100% Effort on each of the 10 second bursts. If you are able to complete all 10 efforts you did not go hard enough.	<u>Options:</u> The air bike is preferred for the whole body inclusion however, a static bike, sled rowing machine, ski erg or hill sprints can be used
Day 2		
<b>Strength/Activation</b>	<b>4 x 20m:</b> <b>Death March.</b> Watch the video for demo	<u>Scaling Options:</u> Light weight No weight
<b>Workout(s)</b>	<b>5 minute workouts:</b>  <b>Workout 1:</b> 9 Pull-ups 9 Over Box Burpees 9 Toes to Bar 9 Over Box Burpees  <b>Workout 2:</b> 6 Pull-ups 6 Over Box Burpees 6 Toes to Bar 6 Over Box Burpees  <b>Workout 3:</b> 3 Pull-ups 3 Over Box Burpees 3 Toes to Bar 3 Over Box Burpees  Complete as many rounds as possible in 5 minutes of each workout <b>resting 5 minutes between each workout</b>	<u>Scaling Options:</u> Watch the video for options on all movements.
<b>Intensity</b>	<b>10 x 10 seconds on, 50 seconds off:</b> <b>Sled Sprints</b>	<u>Options:</u> The sled is preferred however, a static bike, rowing machine, ski erg or hill sprints can be used

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As part of the Fit4Racing Programme you will receive 4 days of workouts per week, here we show you only the two “essential” days.

We recommend you complete the two essential days each week but include 2 additional days to account for time off the bike. We can also include a fifth day for those who simply can't ride for whatever reason.

Volume therefore, can be adjusted depending on recovery rates, bike time and distractions from training. When you have the time to dedicate to riding this must take priority in most cases.

We try to programme bang-for-buck sessions you can normally complete in an hour. We understand the importance of training with purpose and not just going through the motions mindlessly. If you can spend more time training then prioritise mobility and recovery rather than adding unnecessary volume which could have a negative effect.