

Fit4Racing Enduro Workout Sample

Day 1		
Speed/Power	<p>6 sets of 4-6 reps: Seated Box Jumps. 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.</p>	<p><u>Scaling Options:</u> Ensure the box you jump to isn't too high.</p>
Strength	<p>3 sets of 12-15 reps: Rear Foot Elevated Split Squat. 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.</p>	<p><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.</p>
Workout	<p>5 rounds as quickly as possible: 200m Run 21 Kettlebell Swings (16kg F. / 24kg M.) 12 Push-ups No rest between rounds. Aim to complete the workout in the least time possible whilst maintaining good form on the Kettlebell Swings</p>	<p><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.</p>
Day 2		
Workout: Variable rate capacity	<p>2 full rounds of: 10 minutes static bike* As many rounds as possible in 5 minutes: 6 Pull-ups 6 Over Box Burpees (F. 20 inches / M. 24 inches) 6 Toes to Bar 6 Over Box Burpees 10 minutes static bike* As Quickly as possible: 30 Wallballs (F. 6kg 9 foot target / M. 9kg 10 foot target) 30 Calories on a rowing machine 20 Wallballs 20 Calories on a rowing machine 10 Wallballs 10 Calories on a rowing machine</p> <p>*The aim of this workout is to sit at a steady but challenging pace on the bike, when the 10 minutes is up get off the bike and increase the intensity to complete the workout quickly and aggressively. Get back on the bike for the next 10 minutes of sustainable effort before leaving again for the next workout. The workout will take around 60 minutes, each part has an allocated time apart from the wallball and rowing workout, this should be completed as quickly as possible and back onto the bike.</p>	<p><u>Scaling Options:</u> For pull ups - jumping pull ups Toes to bar - kneed to elbows, straight leg raises, knee raises Wallballs - less weight, less height Rowing - any other equipment for the equivalent of 90, 60 and 30 seconds (hard pace)</p> <p><i>For all scaling and movement options refer to the video</i></p>

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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 abstractions 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.