

Total Body Training Program – Dual Sport and Dirt Bike Riding

Cardiovascular/Cardiorespiratory Endurance Training Component Program

There are general guidelines recommended by the U.S. Department of Health & Human Services as well as the American College of Sports Medicine, the American Council on Exercise and American Heart Association. The general guidelines advise that you perform 150 minutes per week of moderate-intensity aerobic physical activity, or 75 minutes of vigorous-intensity aerobic physical activity, or a combination of the two. However, while this is a good vantage point to ensure cardiovascular/cardiorespiratory health, the program for your sport will concentrate on building your stamina and power beyond the general guidelines suggested.

That said, if you are new to your sport or have been sedentary, it is important to establish a baseline of aerobic fitness prior to embarking on the following program outlined. Remember the “crawl/walk/run” philosophy so that you avoid injury and are able to adhere, effectively, to your exercise program.

The following program may be performed on two-three, non-consecutive days/week and may be combined with the muscular strength/endurance/core program that will be following in future content. This program assumes that you are able to perform 30-60 minutes of moderate/high intensity steady state training and that you will progress to inclusion of high intensity interval training over the 8-week program.

Macrocycle #1 – Foundation Building

Mesocycle #1 – Weeks 1 & 2	Microcycle #1 - Monday -Steady State RPE’s 2-3 (light to moderate exertion—able to converse)	Tuesday – off – may choose to perform a recreational activity of choice for 30-60 minutes	Wednesday – same as Monday	Thursday – off - same as Tuesday	Friday – longer duration foundation building
Your Choice of cardio training modality	You may cycle, walk/run, row, or swim for 30 minutes. You may break this into three different 10-minute sessions performing a cycle/run/row/swim combination				You may cycle/walk/run, row or swim for 40 minutes. You may break this into four different 10-minute sessions as you did on Monday

Macrocycle #2 – Intensity Building through Aerobic Interval Training

<p>Mesocycle #2 – Weeks 3 & 4</p>	<p>Microcycle #3 & 4 – Monday – Steady State – RPE’s 3-4 – moderate to somewhat hard intensity level – can say your name and phone number and not much else during the recovery intervals; uncomfortable to speak during the exertion intervals</p>	<p>Tuesday – as in Microcycle #1 & 2</p>	<p>Same as Monday</p>	<p>Thursday – same as Tuesday</p>	<p>Friday – longer duration; same sequence as Monday/Wednesday</p>
<p>Choose a cycle or run/walk</p>	<p>Perform 30 minutes of six intervals as follows: 5 minutes steady state at RPE of 3; 5 minutes of steady state at RPE of 4 (i.e. 3 exertion intervals/3 active recovery intervals)</p>				<p>Perform 40 minutes of eight intervals as follows: 5 minutes steady state at RPE of 3; 5 minutes of steady state at RPE of 4 (i.e. 4 exertion intervals/4 active recovery intervals)</p>

Macrocycle #3 – Combination of Aerobic and Power Training (i.e. HIIT)

Mescocycle #3 – Weeks 5 & 6	Microcycle #5 & 6 – Monday –Aerobic Power Training – RPE’s 5-7 – hard to very hard exertion – unable to converse during exertion	Tuesday – same as Microcycle #1	Wednesday – same as Monday	Thursday – same as Tuesday	Friday – Power Training Day! – High Intensity Interval Training begins – RPE’s 5-10 hard to very, very hard (all out – gasping for air during HIIT)
Choose a run/walk or cycle, etc. and perform these drills	Perform 50 minutes of 10 intervals as follows: 5 minutes of steady state at RPE of 5 followed by 5 minutes of steady state at RPE of 7 (i.e. 5 exertion intervals and 5 active recovery intervals				Perform 30 minutes of 5 HIIT intervals as follows: 5, 15 second all out sprints with 45s recovery; 5 minutes of steady state; repeat the 5/15/45 again, then 5 minutes of steady state; repeat 5/15/45; and finish with 5 minutes of steady state
The final Macrocycle is coming next!	Push when you can, back off when you need to!	Always listen to your body!	Get ready for our weight training program in the next segment!	Feel good about what you have accomplished!	Finish the final macrocycle strong, self- confident and powerful—you can do it!

Macrocycle #4 – One Long Steady Distance and Two all HIIT

<p>Mesocycle #4 – weeks 7 & 8</p>	<p>Microcycle #4 Monday – HIIT (i.e. high intensity interval training); RPE's 5-10 – 5-6 during recovery and all out on exertions</p>	<p>Tuesday – same as Microcycle #1</p>	<p>Wednesday – same as Monday</p>	<p>Thursday – same as Tuesday</p>	<p>Friday – Long steady distance training; steady state training at an RPE of 5-8 which is hard to very hard exertion. This is considered sustainable aerobic power training.</p>
<p>Choose to run/walk/cycle, etc.</p>	<p>Perform 30' of 6 HIIT intervals as follows: 5, 30 second all out sprints with 30s of active recovery; 5 minutes of steady state; repeat 5/30/30; 5 minutes of steady state; 5/30/30 and finish with 5' of S/S</p>				<p>Perform 45-60'; choose either one activity such as running or cycling or you may alternate between 1-3 different cardio activities</p>