



Running Protocols

You will notice in your regular training schedules that most of the workouts are on the rower and/or the bicycle. If you do not access to a rower or a bicycle due to weather or logistical issues, you can replace these workouts with running. These cross-training options will provide you the same strength, endurance, and lactate tolerance adaptations to improve your motorcycle-specific sprint speed, and/or endurance. Identical to your weekly training schedules, you will find workouts denoted in both blue and red. The blue workouts are designed to improve aerobic engine and the red are designed to improve your power, speed, and lactate tolerance.

Determine Where to Start

Scenario 1: If you have a foundation of running (minimum 4-6 weeks) 3-6 miles per run, 2-3x per week, then begin with the 4-mile time trial to capture your maximum heart rate numbers and create your running specific heart rate zones (see Heart Rate Calculator in Initial Resources)

Scenario 2: If you do not have a foundation of running, please complete 2-4 miles easy, 3 x per week before completing the 4-mile time trial. ****Note:** Intensity needs to be extremely easy during these runs. Since we do not have a max heart rate number specific to running, use the breath test. When you are running, you should be able to talk or sing without running out of breath. If you struggle to talk or sing, you are running too fast...simply slow down. Keep in mind that the pace is not what is important. It is preparing the tendons, ligaments, and muscles to the demands associated with running to avoid the possibility of an injury.

How to Use Cross Training Protocols

Step 1: Complete the 4-mile time trial to capture your running-specific max heart rate. Update your heart rate calculator specific to running.

Step 2: Take your current training schedule and identify whether the workout is blue or red.

Step 3: As a general rule of thumb, take the bicycle workout total time (i.e. 90 minutes) and cut it in half (i.e. 45 minutes) and match the intensity as outlined. For example, if your current training schedule says 90 minutes even tempo heart rate zone 2, run 45 minutes at heart rate zone 2 (make sure to use your run-specific heart rate zone 2 range.) For rower workouts, match the duration and the intensity with your run-specific heart rate zone.

Why is this? Cycling has less overall impact on the body when compared to running. Your goal is to not surpass the overall stress level associated with each workout. If you do, the residual fatigue will accumulate too quickly and will lead you down the path of over training. The key to incremental improvement is the management of stress on the body, not too much and not too little.

Testing Protocols – Establish Running Specific Heart Rate Zones

- **Complete Racing Solutions (CRS) 4-Mile Time Trial Run**

Workout Notes: ideally at the same location as last time and conditions as similar as logistically possible, complete a 4-mile time trial at your 10k effort (based on perceived exertion). Capturing your body weight prior to and post along with detailed notes about your fluid intake will be imperative data to discuss relative to your performance.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes



Warm up for 1 mile plus Dynamic Movements (HR Z1): stay light on your feet and with a leg turnover rate that does not leave you gasping for air. Stop and stretch feeling for any muscle(s) tightening up during this warm up; complete your [Dynamic Movements](#) to increase your range of motion prior to moving into your main set.

Main Set: 4 Mile Time Trial – 10k Race Effort

Settle into a comfortable fast pace early: stay relaxed; lean forward and keep your foot impact to a minimum; focus on your belly breathing to help maximize your oxygen uptake.

Mechanical Elements:

- ❖ Keep your eyes about 20 feet ahead of you
- ❖ Keep your arms moving smoothly and quickly
- ❖ Feel for your mid foot hitting as your landing spot (verses your heels)
- ❖ Keep your abdominals tight and tall to facilitate your body position of “falling forward”

Cool Down by running for 1 mile (HR Z2 or less)

Keep the intensity on the low side, mechanics optimized and your lower leg turnover relatively high (avoid letting your heels drag).

Upload your time per mile along with your heart rate data into your Performance Report Card – Running Time Trials for future evaluation.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

Aerobic Enhancement

▪ **Complete Racing Solutions (CRS) Run: Even Tempo (4 Miles)**

Workout Notes: the most important element for today is to eat within 20 minutes of completing this workout; this will help replenish your stored sugar levels within both your muscles and liver (along with speed up the absorption of amino acids).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up for ½ mile (HR Z1 or less): ease into the warm up with small and intentional strides; keep your foot placement right under the center of your body to keep your time in touch with the ground to a minimum.

Main Set – 3 Miles (HR Z2 – no higher)

Within your aerobic zone (very easy), focus on your belly breathing strategy to help maximize your oxygen uptake. Stay relaxed; leaning forward and do not allow yourself to surpass your aerobic zone for any reason. Hit your hydration every mile if possible (carry it with you if necessary).

Cool Down by running for ½ mile (HR Z1 – no higher): like your warm up, gently back down your leg tempo (without getting sloppy) with small and intentional strides; keep your foot placement right under the center of your body to keep your time in touch with the ground to a minimum.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes



- **Complete Racing Solutions (CRS) Run: Even Tempo (60 Minutes)**

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up for ½ mile: (HR Z1) light on your feet and with a turnover rate that does not leave you gasping for air. Stop and stretch feeling for any muscle(s) tightening up during this warm up; complete your [Dynamic Movements](#) to increase your range of motion prior to moving into your main set.

Main Set – 50 Minutes (HR Z2 – no higher)

Within the upper end of your aerobic zone, focus on your belly breathing strategy to help maximize your oxygen uptake. Stay relaxed; leaning forward and do not allow yourself to surpass your aerobic zone for any reason. Hit your hydration every mile if possible (carry it with you if necessary).

Cool Down – ½ mile (HR Z1 – no higher): like your warm up, gently back down your leg tempo (without getting sloppy) with small and intentional strides; keep your foot placement right under the center of your body to keep your time in touch with the ground to a minimum.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

- **Complete Racing Solutions (CRS) Run: Pacing Intervals & Drills**

Workout Notes: let your mental focus be on optimized biomechanics and efficiency (your actual speed isn't important). Maintain a relaxed upper body and consistent belly breathing to maximize your oxygen uptake.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up for 15 minutes (HR Z1): intentionally ease into this warm up with an open mind and a mental focus on proper biomechanics (listen for your heels dragging!). After your first 10 minutes, stop and complete your [Efficiency Drills: heel to butt, skipping and high knees](#) and [Dynamic Movement Drills](#) to enhance your range of motion and reduce your risk of pulling a muscle.

Main Set: (HR Z2 No Higher with 1 Minute Rest Interval)

- Half Mile Interval #1 (Goal: relaxed and efficient):
- Half Mile Interval #2 (Match your pace from Interval #1):
- Half Mile Interval #3 (Match your pace from Interval #1):
- Half Mile Interval #4 (Match your pace from Interval #1):

Cool Down by running for 2 miles (HR Z1): before completing your cool down, complete 15 seconds of your [efficiency drills: heel to butt, skipping and high knees](#). Resume your cool down by focusing on good biomechanics.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

- **Complete Racing Solutions (CRS) Run: Even tempo with brief accelerations (80 Minutes)**



Workout notes: the ability to turn your legs over quickly and effectively is the quickest way to a faster run split; however, if you don't train yourself to tap into this skill, you won't be able to turn it on in a race. By keeping the duration of the acceleration brief, you will stay aerobic the entire duration of this workout.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up (HR Zone 1): by easing into a 10 minute, even tempo jog feeling for any tight spots. After 10 minutes, stop and stretch putting an increased effort on the hot spots you just felt.

Main Set (60 Minutes) – HR Zone 2

Over the next 60 minutes, you will settle into a strictly aerobic effort (you should be able to pass the talk test) and maintain **for 4 minutes**, at the 4-minute mark you will pick up your pace over **60 seconds** (not sprint). When you accelerate, feel how your body position changes to accommodate your desire to run slightly faster. On the reverse side, notice how your body position shifts when you are working to slow back down (especially your feet). The more aware of this you are, the easier it is to maintain top speed when desired – optimize your body mechanics.

Repeat the 4 Minute - 1 Minute Interval - 12 TIMES

Warm down (HR Zone 1): 10 minutes; when slowing down from your last half a minute acceleration allow your effort level to fall below your main set to bring your heart rate slowly and get the blood back into the heart region. If you are wearing your heart rate monitor, your heart rate number should be 20-25 beats lower than your average during your main set by the end of this cool down.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ **Complete Racing Solutions (CRS) Run: Even Tempo (80 Minutes)**

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Workout notes: this active recovery run should be run off road if logistically possible; keep the HR in Z2 the entire time – walking if necessary. Every 10 minutes stop and complete your dynamic movements for optimum performance gains. Set your schedule so that you can eat within 20 minutes of this run to begin the recovery process of depleted sugars & muscle repair more effectively.

Warm up (HR Zone 2 or less): walk for a minute and then begin to run easy for 10 minutes, feel for any tight spots. After 10 minutes, stop and complete your [dynamic movements](#).

Main Set #1: 60 Minutes at HR Z2 (no higher or lower)

Settle into the **upper end of HR Z2** & focus on optimizing your biomechanics as part of your active recovery process.

Cool down by running for 10 minutes in low end of HR Zone 2: like your warm up, gently back down your leg tempo (without getting sloppy) with small and intentional strides; keep your foot placement right under the center of your body to keep your time in touch with the ground to a minimum.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds



- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

Intensive Endurance

▪ Complete Racing Solutions (CRS) Run: Fragmented HR Blocks (1 Hour)

Workout notes: to maximize the productivity of this workout (burn fat and enhance your aerobic engine); don't eat prior to this run. Consume your Energy Fuel at the 1-hour mark – this will provide your body both easily convertible sugar and electrolytes for optimum blood sugar levels and muscle contraction for the second half of the workout.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up (HR Zone 1): by easing into a 10 minute, even tempo jog feeling for any tight spots. After 10 minutes, stop and stretch putting an increased effort on the hot spots you just felt.

Main Set #1: 20 Minutes at HR Zone 2 (no higher or lower)

Settle into the **lower end of HR Z2** mentally focusing on optimizing your biomechanics; which will result in a faster pace at an aerobic effort.

At ½ Hour Mark: Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#)

Main Set #2: 20 Minutes of HR Ladder within HR Z3

After refueling, resume your run by toggling within your lower range of HR Z3 and upper range of HR Z3; strive to maintain optimized biomechanics as you move through this block; the only variable that should change is your lower leg turnover. Re-hydrate every 10 minutes throughout this HR ladder block for optimum results.

Warm down by running for 10 minutes (HR Zone 2): keep in mind that you can not run too slow when you are cooling down. The goal is to get the blood back into the extremities gradually; this will improve your recovery time and prepare you for tomorrow's workout.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ Complete Racing Solutions (CRS) Run: 1 Mile Pacing Intervals (6 Miles)

Workout notes: Fight the tendency to go out too fast and blow up; you want to teach yourself to get progressively faster (not slower!). Proper hydration and caloric intake will be the foundation of success for this workout so plan ahead.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up by running for a minimum of 10 minutes (HR Zone 1): make a conscious effort to focus on running with a [forward body](#) position right from the beginning of the warm up. Foot placement and lower leg tempo need to be swift & deliberate – avoid staying on the ground too long.

Main Set – 1 Mile Negative Split Blocks (HR Zone 3 – no higher)



(Establish T-Pace) 1 Mile – even effort with ideal biomechanics (light feet, forward leaning position); get mentally prepared for the phase of this main set – capture your time (this becomes your **T-Goal Pace**)

Rest interval = 1/2 of your elapsed time to complete the 1-mile interval

1 Mile (T. Pace minus 20 seconds) – gradually accelerate up to a fast effort with ideal biomechanical form, maintain for 1 mile (no longer). Your goal is to be 20 seconds faster than your **T-Goal Pace**.

Rest interval = 1/2 of your elapsed time to complete the 1-mile interval

REPEAT THIS 1 MILE BLOCK 3 TIMES

Warm down by running for 10 minutes (HR Zone 2 or less): keep a close eye on your intensity and pace levels here. You will see that your pace is faster than you perceive it to be and the muscles becoming more and more acclimated to “fast” running. Your warm down does not need to be painfully slow, just efficient and with good form to the end.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ **9Complete Racing Solutions (CRS) Run: 6 Miles in Rolling Hills**

Workout notes: this run is a combination of strength training and aerobic enhancement because of the rolling hills and the attention to your intensity levels. If your heart rate gets too high, simply slow down (walk if necessary) until it gets back down and then resume your running.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up by running for 1 mile (HR Z1): make a conscious effort to focus on running with a forward body position right from the beginning of the warm up. Foot placement and lower leg tempo need to be swift and deliberate – avoid staying on the ground too long. After your 1 mile, complete 1-2 minutes of your [Efficiency Drills: heel to butt, skipping and high knees](#). Resume your running as if it was the start of your race – fast, but in control!

Main Set (Low end of HR Z3): Even Tempo 4 Miles

Nutritional Notes: consume 100 calories every 30 minutes; hydrate with 4-5 ounces every 15 minutes (Maximum fluid intake of 25 ounces per hour-more than this may lead to dilutional hyponatremia)

Set Notes: as you feel the load of the hill; lean into the hill from your hips and shorten your stride rate. By focusing on your belly breathing, you will be able to maintain a good pace (not as fast as on the flats) because you are maximizing your oxygen intake and fueling your muscles. As you crest the hills, notice how the tendency is to sit back on your heels; maintain that forward position that you did up the face of the hill and maintain on the flat sections for optimum biomechanics.

Cool Down for 1 mile (HR Z1): like your warm up, gently back down your leg tempo (without getting sloppy) with small and intentional strides; keep your foot placement right under the center of your body to keep your time in touch with the ground to a minimum.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes



▪ **Complete Racing Solutions (CRS) Run: Heart Rate Intensity Ladder (60 Minutes)**

Workout notes: The idea is for you to be able to pick up the pace later in the workout forcing your muscles and associated energy systems to respond accordingly. If you hit the intensity levels correctly, you will tax the lungs slightly, so be mentally prepared and offset this sensation through deep breathing through your diaphragm.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm Up (HR Zone 1): run for a minimum of **10 minutes**; light on your feet and with a turnover rate that doesn't leave you gasping for air but not sticking to the ground either. Stop and [stretch your quads, hamstring, calves and hips](#) while feeling for any muscle(s) that were tight during the warm up.

Main Set #1: Even Tempo 20 minutes (Low End of HR Z2)

Settle into HR Z2 and focus on running relaxed: dropped shoulders, eyes looking 20 yards ahead and very little time spent on the ground. Hydrate every 25 minutes to maintain stable sugar levels and consistent energy.

Main Set #2: Intensive Endurance Blocks (20 minutes) (HR Z2-3)

10 Minutes: the initial block of time needs to be comfortable, relaxing and pinned at the top of HR Zone 2 (no higher). To increase the quality of your next 5 minutes.

5 Minutes: this will be at a **10k perceived effort level**. Do not accelerate too quickly (this will create too much lactic acid and lose the benefits of the 20-minute block), feel your body transition into the "fast body position" and then learn what this feels like. **Focus on [breathing through your belly](#)** to capture the most oxygen possible – feed those working muscles!

5 Minutes: this will be at a **5k effort level**; your leg turnover should be very high with [proper body mechanics](#) (leaning forward, knees tucked under you and looking slightly ahead). Take the time to inventory what is talking to you – what muscles are you feeling the most when you are running fast. These muscles need to be your focus in the gym – they are your fast running muscles (think about it).

Warm Down (HR Zone 2 or less): 10 minutes of easy running with optimized body mechanics (listen to your feet to confirm if you are being affective). You should feel like a turtle by the end of this warm down – painfully easy.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes



▪ **Complete Racing Solutions (CRS) Run: Fragmented Blocks (60 Minutes)**

Workout notes: this workout is going to be geared towards building your top end engine and get your legs turning over quickly during the last 5 minutes of the run. Maintaining proper blood sugar & water levels is imperative to keeping the quality level high throughout so either carry fluids with you or have stations available during the run.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up for 10 minutes (HR Zone 2 or less): walk for a minute and then begin to run easy for 10 minutes, feel for any tight spots. After 10 minutes, stop and complete your [dynamic movements](#).

Main Set: 2 x 20 Minutes

15 minutes at HR Zone 3 (no higher or lower)

Settle into the **lower end of HR Z3** & focus on optimizing your biomechanics; which will result in a fast pace at an aerobic effort.

5 Minutes toggling within HR Zone 4 (no lower)

As you accelerate, notice how you lean forward to increase your speed – strive to maintain this when you are cruising along. As you slow down, fight the tendency to lean back, just slow down your lower leg turnover.

Repeat this 20-minute block

Warm down by running for 10 minutes (HR Zone 2): like your warm up, gently back down your leg tempo (without getting sloppy) with small and intentional strides; keep your foot placement right under the center of your body to keep your time in touch with the ground to a minimum.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ **Complete Racing Solutions (CRS) Run-Pacing Intervals (7 Miles)**

Workout Notes: Though this will be mentally tough, focus on settling into the upper end of **HR Z3** (no higher); let your pace settle into what it will be at this effort level (we are looking to see what your calorie and fluid intake will be at this effort on race day).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up for 10 minutes (HR Zone 2 or less): walk for a minute and then begin to run easy for 10 minutes, feel for any tight spots. After 10 minutes, stop and complete your [dynamic movements](#).

Main Set – 10 x ½ mile Repeats (High End of HR Zone 3 – No Higher) with 2 Minute Rest Interval

Half Mile Interval #1 (Goal: relaxed and efficient):

Half Mile Interval #2 (Goal-match pace interval #1):

Half Mile Interval #3 (Goal-match pace interval #1):

Half Mile Interval #4 (Goal-match pace interval #1):

Half Mile Interval #5 (Goal-match pace interval #1):



Walk-Run: ½ Mile (HR Z2 or Less)

Half Mile Interval #6 (Goal-match pace interval #1):
Half Mile Interval #7 (Goal-match pace interval #1):
Half Mile Interval #8 (Goal-match pace interval #1):
Half Mile Interval #9 (Goal-match pace interval #1):
Half Mile Interval #10 (Goal-match pace interval #1):

Cool Down by running for 1 mile (HR Zone 2 or less): like your warm up, gently back down your leg tempo (without getting sloppy) with small and intentional strides; keep your foot placement right under the center of your body to keep your time in touch with the ground to a minimum.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ Complete Racing Solutions (CRS) Run: Even Tempo (90 Minutes)

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up for ½ mile (HR Zone 1) light on your feet and with a turnover rate that doesn't leave you gasping for air. Stop and stretch feeling for any muscle(s) tightening up during this warm up; complete your [Dynamic Movements](#) to increase your range of motion prior to moving into your main set.

Main Set –80 Minutes (Low End of HR Zone3)

Within the upper end of your aerobic zone, focus on your belly breathing strategy to help maximize your oxygen uptake. Stay relaxed; leaning forward and do not allow yourself to surpass your aerobic zone for any reason. Hit your hydration every mile if possible (carry it with you if necessary).

Cool Down - 1/2 mile (HR Zone 1) like your warm up, gently back down your leg tempo (without getting sloppy) with small and intentional strides; keep your foot placement right under the center of your body to keep your time in touch with the ground to a minimum.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ Complete Racing Solutions (CRS) Run: Fragmented HR Blocks (80 Minutes)

Workout notes: to maximize the productivity of this workout (burn fat and enhance your aerobic engine); don't eat prior to this run. Consume your Energy Fuel at the 1 hour mark – this will provide your body both easily convertible sugar and electrolytes for optimum blood sugar levels and muscle contraction.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up (HR Zone 1): by easing into a 10 minute, even tempo jog feeling for any tight spots. After 10 minutes, stop and stretch putting an increased effort on the hot spots you just felt.

Main Set #1: 30 Minutes at HR Zone 2 (no higher or lower)



Settle into the **lower end of HR Z2** mentally focusing on optimizing your biomechanics; which will result in a faster pace at an aerobic effort.

At 30 Minute Mark: Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of Energy Fuel

Main Set #2: 30 Minutes of HR Ladder within HR Z3

After refueling, resume your run by toggling within your lower range of HR Z3 and upper range of HR Z3; strive to maintain optimized biomechanics as you move through this block; the only variable that should change is your lower leg turnover. Re-hydrate every 10 minutes throughout this HR ladder block for optimum results.

Warm down by running for 10 minutes (HR Zone 2): keep in mind that you can't run too slowly when you are cooling down. The goal is to get the blood back into the extremities gradually; this will improve your recovery time and prepare you for tomorrow's workout.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ **Complete Racing Solutions (CRS) Run: Even Tempo (90')**

Workout Notes: please don't eat anything prior to this run; carry blocks with you to consume if you feel yourself becoming run down. The goal is to leverage body fat as your primary fuel source. Your intensity is more important than you pace.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up for 1/2 mile (HR Zone 1) light on your feet and with a turnover rate that doesn't leave you gasping for air. Stop and stretch feeling for any muscle(s) tightening up during this warmup; complete your [Dynamic Movements](#) to increase your range of motion prior to moving into your main set.

Main Set – 1 Hour (Low End of HR Zone3)

Within the upper end of your aerobic zone, focus on your belly breathing strategy to help maximize your oxygen uptake. Stay relaxed; leaning forward and do not allow yourself to surpass your aerobic zone for any reason. Hit your hydration every mile if possible (carry it with you if necessary).

Cool Down - 1/2 mile (HR Zone 1) like your warmup, gently back down your leg tempo (without getting sloppy) with small and intentional strides; keep your foot placement right under the center of your body to keep your time in touch with the ground to a minimum.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes