



MTA MX Workout: getting started

Part 1: Cardio

When to do it: 2-3 days a week. The goal of cardio training is to build a strong aerobic base.

Part 2: Strength Training

When to do it: 3 days a week (take a day off in between).

The first week of the program use lighter weights with higher reps to start, increase the weight as you build your strength.

The strength training section of the workout it gives you how many sets and reps of each exercise you should do.

Sets Reps

2 15

This means that you will do 2 set of the exercise 15 times. You do not repeat this exercise more than 2 times. For example, you will squat 15 times then

move on the next exercise. Move through all exercises. That's one round. Start over and go through the exercises one more time. That's round 2 and your second set.

For the tempo, count 2 seconds on the way down, pause for 1 second at the bottom, then count 2 seconds on the way up.

Example weekly workout

If you need to switch days up do so to fit your schedule, however ensure that you should have a day off or a cardio day between each lifting day. Do not perform two lifting days in a row. If you can only train 5 days a week, have one day where you do both a lift and a cardio session, performing the lift first so your muscles are fresh.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength	Cardio	Strength Training	Cardio	Strength	Cardio	OFF

MTA MX workout: getting started part 1: cardio

When starting a new workout program or during the off season, the goal of the cardio training is to build a good aerobic base that will help you recover quickly from the high intensity sections of a race and speed your recovery between races. The better your aerobic system is, the lower your heart rate will stay and your heart rate will recover quicker after working hard on the track. This allows you to save your carbohydrate stores for the second moto.

When beginning this workout, start around 30 minutes of continuous work. Increase the cardio time up to 45-80 minutes the key is to keep your heart rate in the aerobic zone (heart rate between 75-80% of your maximum) throughout the cardio workout.

To determine your heart rate zone

Males: $220 - \text{age} = \text{maximum heart rate}$

Females: $226 - \text{age} = \text{maximum heart rate}$

$75\% \text{ of maximum} = \text{maximum heart rate} * 75\%$

$80\% \text{ of maximum} = \text{maximum heart rate} * 80\%$

Cardio training workout

Run, cycle, swim, Mt bike, Climb a mountain whatever best suits you as long as your heart rate stays even and between 75-80% of your maximum. Cycling & Mt biking is the most specific for motocross, running is also good if the knees can handle it.

As you progress each week, increase your speed.

keeping your heart rate in the same target zone.

CARDIO WORKOUTS: 3 days a week

week	warm-up	cardio	cool down	total workout	target HR
1	5 minutes	30 minutes	5 minutes	40 minutes	75%-80% of Max
2	5 minutes	35 minutes	5 minutes	45 minutes	75%-80% of Max
3	5 minutes	40 minutes	5 minutes	50 minutes	75%-80% of Max
4	5 minutes	45 minutes	5 minutes	55 minutes	75%-80% of Max
5	5 minutes	50 minutes	5 minutes	60 minutes	75%-80% of Max
6	5 minutes	55 minutes	5 minutes	65 minutes	75%-80% of Max
7	5 minutes	60 minutes	5 minutes	70 minutes	75%-80% of Max
8	5 minutes	70 minutes	5 minutes	80 minutes	75%-80% of Max



Motocross Training Academy

Introduction:

Let's begin! Exercise stimulates metabolic processes and increases your sympathetic hormonal responses, which don't give you more energy (neurologic function, muscular function, etc...). Because you are seeking to gain FFM (slow twitch endurance)

The slow muscles are more efficient at using oxygen to generate more fuel (known as ATP) for continuous, extended muscle contractions over a long time. They fire more slowly than fast twitch fibers and can go for a long time before they fatigue. Therefore, slow twitch fibers are great at helping athletes run marathons and bicycle for hours and race motocross.

Your eating habits must change, forever. All the 2-week diets, and temporary diet programs that exist are all scientifically proven to not have permanent effects. Your body, over the past 30 or so years (after puberty) has adjusted to a certain "set point" weight, and it will always try to re-adjust to that weight. If you eat less, you feel more hungry, and etc... In order to trump this natural system, you must permanently change your eating habits. Changing your eating habits will be the first step to achieving your

Motocross goals. Skipping meals – no! This is the worst thing you can do to your body. In general terminology, if you skip meals, your body thinks that you are starving, and it will therefore store more of your consumed calories as fat for energy storage. Water. Water. Water. Drink a lot of water a day. My trick? – Drink 1 cup of water before every meal you eat. It will

force you to eat less, it will adequately hydrate you for the day, and it will make you feel much better. The more you exercise, the more inclination you will have to eat healthier. On the following page you may find an eating guide that is conveniently posted onto one page for you to print out and keep with you all the time.

Eating Routine

I advise you to follow this eating guide as closely as you can in order to see major gains in your motocross fitness.

I disagree with a lot of workout plans because they list out exactly what you should eat and when, but they seem to neglect the body's "set point", the adjusted set weight that your body is acclimated to and will always try to readjust to. Therefore I will instead give you guidelines to follow.

Breakfast:

- **Eggs** - Putting eggs on a stove with oil denatures the protein contained in the egg, making it more difficult for your body to absorb the proteins available. Egg yolk contains a lot of necessary vitamins and protein, but contains a large amount of cholesterol. RULES: Eat boiled eggs; 3 yolks for every 10 eggs.
- **Meats** – Meats for breakfast are unnecessary, try to avoid them.
- **Toast** – Low calorie diets do not work, therefore I ask that you do not eat no carbs, but that you focus into eating complex carbs, rather than simple carbs. Complex carbs are more difficult for your body to break down, thus supplying a slower, steadier influx of glucose to your muscles through your bloodstream. Simple carbs break down easily, providing an excess of blood glucose, which is then stored as fat in the body. RULES: Complex carbs (good carbs) = whole grain bread, brown rice, etc...
- **Fruit** – I encourage some fruit in the morning to give you the necessary vitamins and sugar for the day.
- **Coffee** – Drink coffee black or with low fat milk. Avoid the sugar if you can.
- **Water** – This is the most important part of your diet. Drink 3-4 liters of water a day. KEEP TRACK!

Lunch:

- **Salad** – Salads should be eaten before the rest of the meal for lunch and dinner. Avoid creamy dressings. The best dressing to have is extra virgin olive oil with a pinch of salt (only if you can't stand the olive oil alone). The trick here is to eat as much salad as you can so that you feel full and therefore eat less meat and carbs. Water also does this trick.
- **Meat** - Low-fat meat for lunch is encouraged along with half a plate of complex carbs. Avoid dressing and sauce for anything as much as possible.

- **Water** - Drink water with this meal or black coffee if this is when you drink coffee.

Dinner:

- **Salad** – Start with a salad
- **Meat** – Who doesn't love a large serving of meat? Try to eat more chicken/fish, leaving red meat to 1-2 days a week max. Avoid fried/oily meats and eat pork once a week max. You should try to eat another serving of vegetables (corn, peas, etc...) with this meat. Frozen vegetables maintain lots of nutrients because they are frozen at the peak of their ripeness, so don't hesitate to use frozen vegetables! (And fruit)
- **Carbs** – Half a plate of complex carbs!
- **Dessert** – NO. At best you can have a cup of fruit. ☺

Rules:

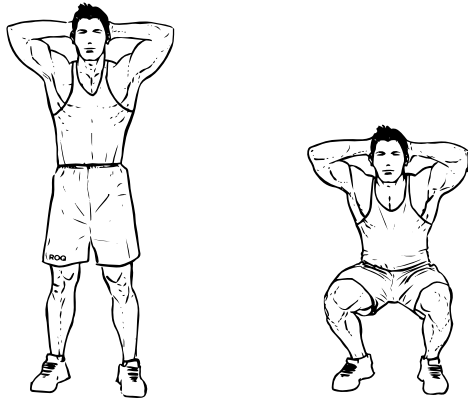
- 3-4 liters of water a day. AVOID soda
- You can treat yourself to 1 unhealthy meal a week (fried foods, etc...) to satiate your cravings
- Say no to cake and other sugar-filled pastries
- McDonalds is a no-no! If you must, get a fruit bowl or a grilled chicken sandwich.
- If you workout in the morning, eat 30-40 minutes before. Eat a little snack (a handful of cereal) and leave breakfast for after.

Warm up:

The warm up is designed to activate the muscles and prepare the body for specific movements patterns that will be used in the workout. this gets your blood flowing and your heart rate up. General warm-up (5min) Pick any cardio machine run, bike or row. It's up to you.

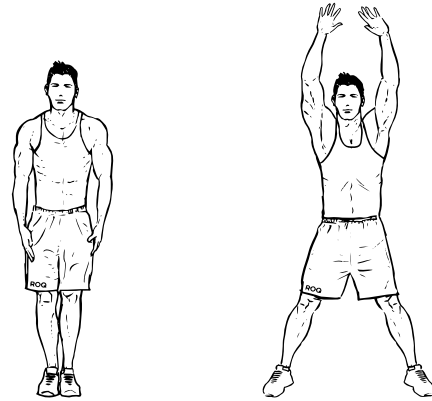
MTA Beginner Mx Workout

Bodyweight Squat



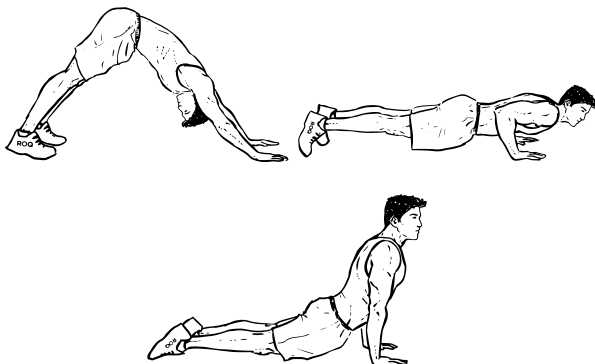
1 sets 10 reps

Jumping Jacks



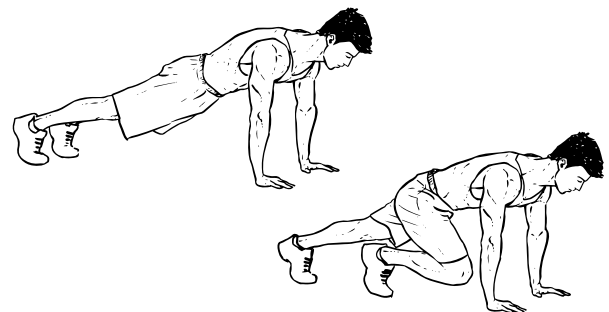
1 sets 20 reps

Hindu / Judo Push Up / Dive Bombers



1 sets 10 reps

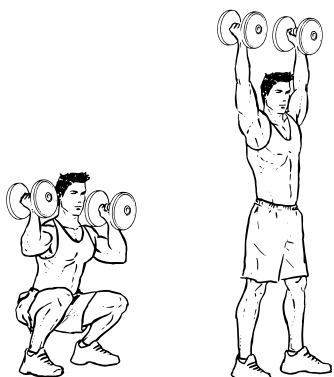
Mountain Climbers



1 sets 30 seconds

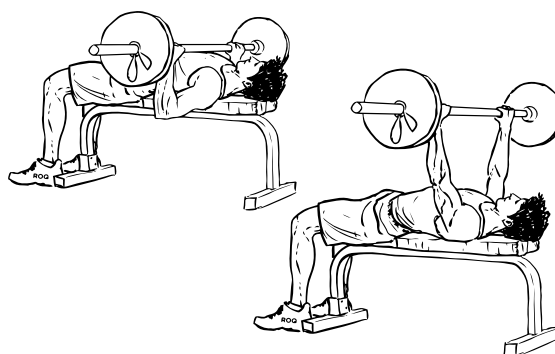
Lap 1- Overall Body... Focus: Lower back and muscle endurance/ While on the bike your back is one of the major muscle groups to control your body while riding. without a strong back will cause you to be uncontrolled on the bike increasing the pressure on your arms, shoulders & wrist.

Dumbbell Squat Thrusters



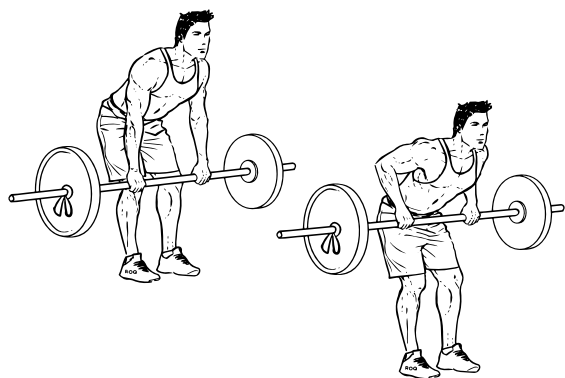
2 sets 15 reps

Barbell Bench Press



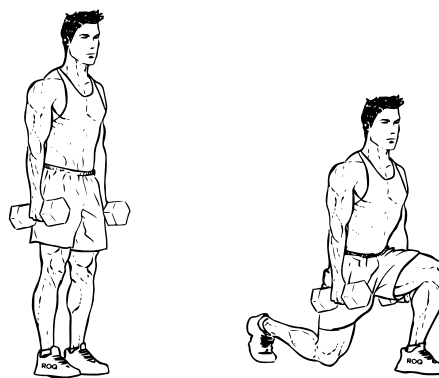
2 sets 15 reps

Bent Over Barbell Row



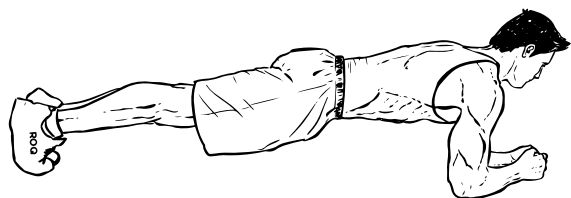
2 sets 15 reps

Dumbbell Lunges



2 sets 15 reps

Plank

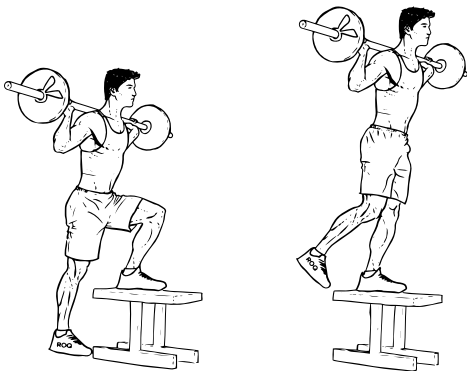


2 sets 30 seconds

While on the bike a strong core is key to stabilize your body while riding. without a strong core you are forced to grip harder with your arms, shoulders and wrists. This is a no no (massive arm pump is soon to follow)

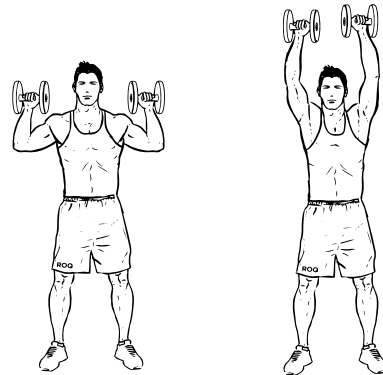
A good rider squeezes the bike with his legs and controls the bike with his body.

Barbell Step-up



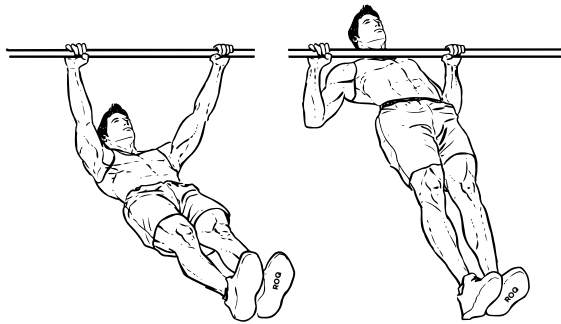
2 sets 15 reps

Standing Overhead Dumbbell Press



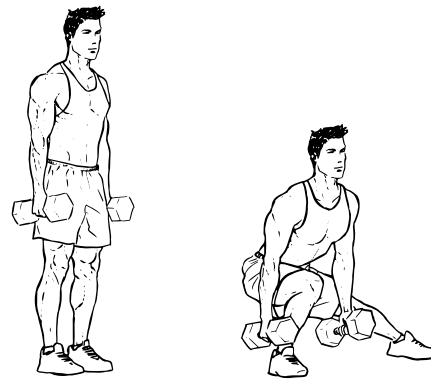
2 sets 15 reps

Inverted Row



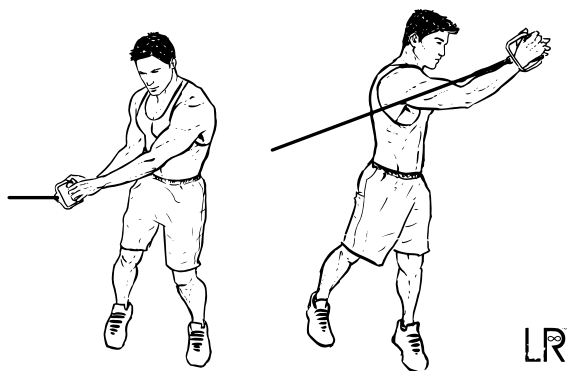
2 sets 15 reps

Dumbbell Side Lunge



2 sets 15 reps

LR: Resistance Band Twist

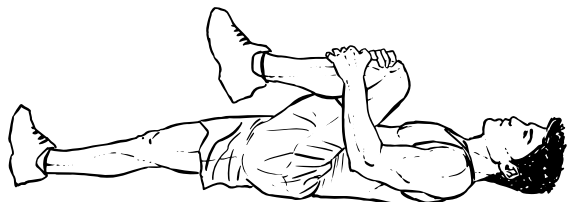


2 sets 15 reps

LR

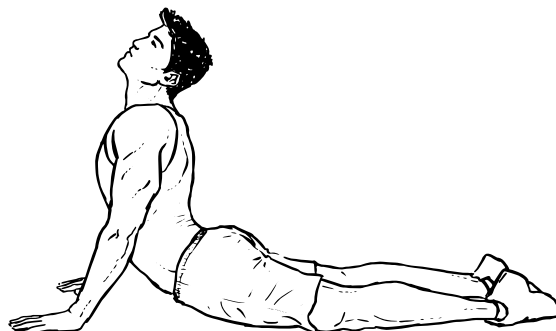
MX Stretch

Knee-to-Chest Lower Back Stretch



1 sets 30 seconds

Cobra Abdominal Stretch



1 sets 30 seconds

Hamstring Stretch



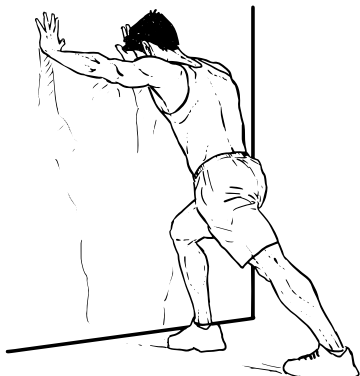
1 sets 30 seconds

Standing Quadriceps Stretch



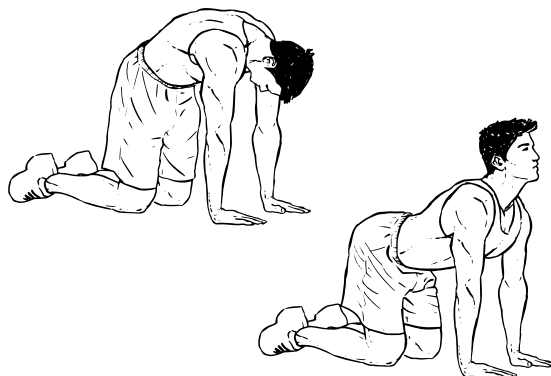
1 sets 30 seconds

Straight-Leg Calf Stretch



1 sets 30 seconds

Cat Back Stretch



1 sets 30 seconds