

## SCHEDULE: MONTH ONE

Follow this plan for the next 4 weeks!

*\* Monthly training guidelines are designed for optimal results. We want you to follow the schedule as closely as possible, however, please feel free to alter tracks and days if necessary.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch	Yoga	Stretch	Yoga	Stretch	Yoga	Stretch
Workout: "Hangtown"	20 Minute Cardio	Workout: "Thunder Valley"	20 Minute Cardio	Workout: "Tennessee"		20 Minute Cardio
	Moto		Moto		Moto	

## NUTRITION

### NUTRITIONAL FOCUSES

#### The Benefits of Drinking H2O

Your body is about 70 percent water. Water is made of two hydrogen atoms and one oxygen atom— hydrogen being super-important in maintaining optimum acidity levels within the body. Approximately, 60 percent of the global population are dehydrated on a regular basis, including 40 percent of people lacking the ability to cognitively signal to rehydrate when needed... [continue reading](#).

#### Quality Protein and Fats

Protein and Amino Acids are the building blocks of our body. Quality proteins are essentially a long strand of Amino Acids that support the growth and development within the body. Our bodies need an assortment of protein from both animal and plant sources alike in order to receive the Aminos we need... [continue reading](#).

#### Sugar

Sugar has only become available in the last 400 years. I guarantee most of us would not have any idea what to do with a piece of sugar cane, other than whack someone with it! You would never know there was sweet stuff in there! Due to the processing necessary to make what we know as sugar today, it is a very expensive and was once only afforded by the rich... [continue reading](#).

### FOOD GUIDE

#### Read this info on the food guide before starting

*\* Our meal plans are guidelines for elite athletes. We want you to follow the schedule as closely as possible, however, please feel free to alter ingredients or meals if necessary.*

	Breakfast	Snack	Lunch	Snack	Dinner
<b>Mon.</b>	1 cup Gluten Free Oatmeal, 1/4 cup blueberries and 2 eggs sunny side up	Apple with 1 tbsp Almond Butter	4-6 oz chicken breast grilled, 1/2 avocado and 1-1 1/2 cups salad (greens) with 1 tbsp olive oil and balsamic vinegar	Apple with 1 tbsp Almond Butter	4 oz Salmon fillet, 3/4 cup brown rice, 3/4 cup steamed broccoli seasoned lightly with sea salt and herbs
<b>Tues.</b>	1 cup brown or jasmine rice with 1 tsp butter and 1/4 cup coconut/almond milk, sweetened with 1 tbsp agave syrup	Rice cakes with almond butter	Gluten free bread with sliced, deli turkey, 1/4 avocado slices, cheese slice, lettuce, sprouts, mustard and organic mayo with side of 6-10 rice chips	Rice cakes with almond butter	Chicken breast with gluten free rice pasta, olive oil/pesto sauce and sauteed vegetable of your choice (cooked in coconut oil)
<b>Wed.</b>	Gluten free english muffin with 2 eggs-sunny side up, 1/4 avocado and butter	Handful of (previously soaked and dried) almonds and a peach	Brown rice wrap with hummus, fire roasted red peppers, goat cheese, sprouts and lettuce	Handful of (previously soaked and dried) almonds and a peach	Grassfed steak-4-6oz, baked sweet potato, sauteed zucchini-sliced and cooked in coconut oil or butter, salt and pepper
<b>Thurs.</b>	3/4 cup Greek yogurt, 1/4 cup blackberries, 1 tbsp of local, organic honey (beneficial for allergy fighting if it is local) and 1/2 cup gluten free granola	Hummus and carrots/celery	1 cup Brown rice, 3/4 cup of black beans, sauteed red and green pepper with onions (in butter or coconut oil), rice tortilla and salsa	Hummus and carrots/celery	Chicken Breast or thigh with 1/2 cup quinoa, sauteed asparagus, mushrooms and onions
<b>Fri.</b>	Turkey sausage (2), 2 eggs over medium, 2 slices of gluten free toast with butter	Walnuts, strawberries, blueberries and blackberries	3/4 cup ground turkey with 3/4 cup rice and 1/2 cup broccoli steamed	Walnuts, strawberries, blueberries and blackberries	Gluten free pasta with 5 oz chicken breast and marinara sauce, light sprinkling of mozzarella cheese
<b>Sat.</b>	2 eggs over medium, 1 cup brown rice, 1/4 avocado, 1/2 tomato, 1/4 cup black beans and salsa	Almonds, 2-4 gluten free crackers and goat cheese	Grilled grassfed beef patty with gluten free bun and all the fixins', kettle cooked potato chips (in moderation!)	Almonds, 2-4 gluten free crackers and goat cheese	Grilled halibut fillet with baked sweet potato and grilled veggies of choice
<b>Sun.</b>	Sunday pancakes or muffins, gluten free of course! (Pamela's mix for pancakes or King Arthur GF Flour Muffin Mix and uncured, applewood smoked baco	Protein shake with a banana and 2 tbsp almond butter	Salad with grilled chicken breast and grilled avocado half, olive oil and vinegar	Protein shake with a banana and 2 tbsp almond butter	Gluten free rice noodle lasagna with ground turkey, fresh ricotta cheese, etc.. Make sure to pay attention to your ingredients!

Print Weekly Recipes

## FLEXIBILITY

We will be giving you three stretches and yoga poses each month and by the last month you will be doing 12 stretches or yoga poses each day. Flexibility is crucial to your success and also to injury prevention. When you do crash you must be flexible to help prevent injuries. Your body is also getting stronger so you want all your muscles to get constant stretching so they develop the proper way. Lastly, we add three more each month so we do not overwhelm you in the first month and make you quit. Good luck and don't cheat on these stretches and yoga movements, they are extremely important.

### STRETCHES



Swiss Ball Back Stretch



Swiss Ball Quad Stretch



Waiters Bow

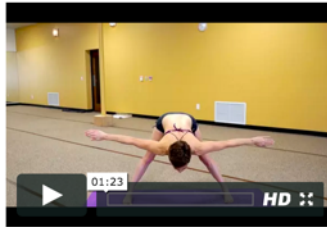
### YOGA



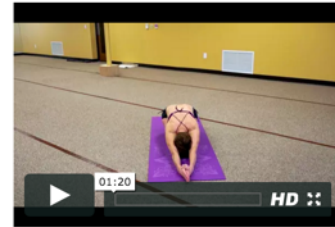
## RYNO AND KATE'S YOGA INTRODUCTION



Half Moon Pose HD



Yoga 2 - Standing Seperate Leg Stretching Pose



Yoga 3 - Half Tortoise Pose

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## RIDING

Each month we will give you guidelines for what to do at the track. We want you to ride four times a week but this isn't always possible. When you do ride follow what we say each time and focus on the videos we have selected and master what they teach in addition to the scenarios we lay out. If the video shows an obstacle or situation that's not at your track learn the basic meaning behind the video's lesson and apply that in your riding.

For the first month, we need to focus on the basics and master them. The toes, hips and eyes are each explained below. Ride at 80% all this month and do not engage others in a race. Simply force yourself to master this coaching.

**Toes** The foot pegs are the closest point from bike to ground. The lower you put the weight of the motorcycle to the ground, the better it will handle and the same goes for controlling the bike. In the middle of the bike, you are able to control both the front and the rear of the bike by doing one thing, controlling the bike with your feet. By doing this, the most important thing is you will be able to control where all the horsepower, torque and 90% of your big crashes come from: the rear wheel. This will allow you to do the most important aspects of riding: going fast and being smooth at the same time.

[Continue reading.](#)

**Hips** Let's talk about unlocking the hips. Now, you may have heard me talk about unlocking your hips when you ride, either in an interview or from my website or perhaps from a video, and you may be asking "what on earth is this dude talking about?" Well, let me explain it. Here we go! I am going to start at the bike.

[Continue reading.](#)

**Eyes** The eyes are your windows. We all know that. In motocross, where you look is just as important as "feel" and technique on a bike, and I actually consider it to be a very important element to achieving good technique. Most riders I work with initially come to me with the habit of looking at the ground, so let's talk about where your eyes should be looking while riding.

[Continue reading.](#)

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## GYM

Do workouts [Hangtown](#), [Thunder Valley](#), and [Tennessee](#) this month.

### GYM FOCUS - IMBALANCES

Most people, including athletes, suffer from muscle imbalances, which can distort your posture, causing problems with your balance, coordination, agility, movement, and athleticism. This can lead to injuries and chronic pain for many if left untreated.

Several things in our everyday actions can create imbalance, such as lifting groceries, sitting at a computer or even lugging around a suitcase along with several sports and activities. Muscle tightness, poor posture and abnormal spinal curvature can also lead to imbalances in the body. The single most disproportionate imbalance is between the abs and back.

...[Click here to continue reading](#).

### CARDIO

Cardio is important for any athlete in any sport. However for MTB and MX athletes there is a lot more on the line than other sports. Your fitness can be the difference between a big crash and a big save!

Before you begin your cardio be sure to do light warm up then stretch. Warm muscles stretch better without damaging them. Determine your target heart rate for the day and maintain this heart rate for the recommended duration of your cardio workout. Vary your daily cardio routine to keep it from getting boring. When in the gym you can also switch up machines. Do 5 min on the Elliptical, 5 min on the Treadmill, 5 on the bike and 5 on the rower. Make your transitions fast so your heart rate doesn't drop.

Machine	Reps	Rest
Elliptical - Medium Intensity	5 minutes	No Rest
Treadmill - Medium Intensity	5 minutes	No Rest
Bicycle - Medium Intensity	5 minutes	No Rest
Rowing - Medium Intensity	5 minutes	No Rest


## WORKOUT HANGTOWN




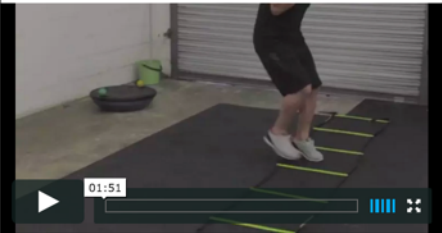


### WATCH WORKOUT HANGTOWN

[Print Entire Workout](#)

THE FIRST PART OF THE WORKOUT WILL BE DONE IN ORDER WITH A 30 SECOND REST AFTER ALL 5 LIFTS, AND THEN REPEATED EITHER TWO OR THREE TIMES (SETS.) THE SECOND PART IS YOUR COOL-DOWN WORKOUT.

LIFTS	REPS	REST
PART 1 / 2	DO PART ONE 2-3 TIMES THEN MOVE TO PART TWO	
 Kneeling Swiss Ball	30 SECS	NO REST: BEGIN NEXT TASK

 <p>Squats</p>	10-15	NO REST: BEGIN NEXT TASK
 <p>Seated Swiss Ball Alt Press</p>	8-10	NO REST: BEGIN NEXT TASK
 <p>Alt Bent Over Row</p>	10-15	NO REST: BEGIN NEXT TASK
 <p>Overhead Press Leg Change</p>	1 MIN	REST: 30 SEC

LIFTS	REPS	REST
PART 2/2	DO PART TWO 3 TIMES	
 03:16 Superman Alt Leg-Arm and TVA 2	30 SECS - 1 MIN EACH	NO REST

Print Workout 2 of 2

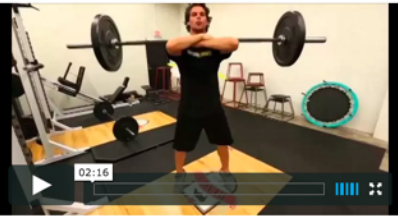

WORKOUT THUNDER VALLEY


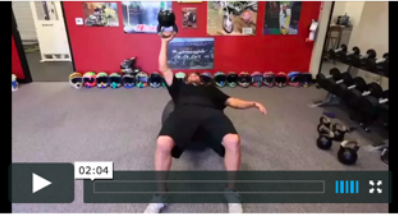


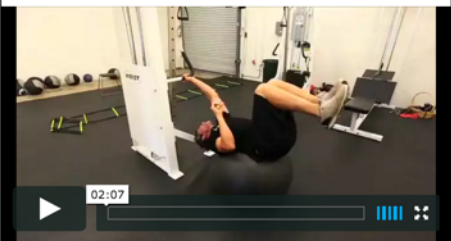

WORK OUT THUNDER VALLEY

Print Entire Workout



LIFTS	REPS	REST
PART 1/3		
DO PART ONE 3-4 TIMES THEN MOVE TO PART TWO		
 <p>02:16</p> <p>Bar on Front Squats</p>	6-8	NO REST: BEGIN NEXT TASK
 <p>01:45</p> <p>Standing Shoulder Press</p>	6-8	2 MINS: BEGIN NEXT TASK

LIFTS	REPS	REST
PART 2/3		
DO PART TWO 3-4 TIMES THEN MOVE TO PART THREE		
 <p>00:35</p> <p>Barbell Bent Over Row</p>	6-8	NO REST: BEGIN NEXT TASK
 <p>02:04</p> <p>Swiss Ball Chest Press One Arm</p>	8-10	REST: 2 MINS;

LIFTS	REPS	REST
PART 3/3	DO PART THREE 2-3 TIMES	
 02:07 Swiss Ball Low Ab	MAX FORM	NO REST: BEGIN NEXT TASK
 02:27 Floor to Floor	1 MIN	REST 1 MIN

Print Workout 3


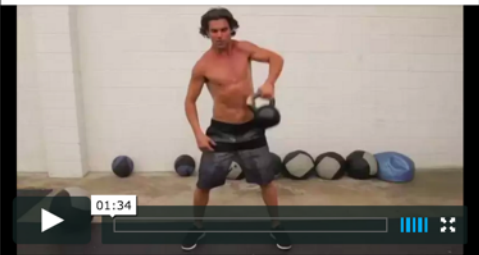

WORKOUT TENNESSEE






## WORK OUT TENNESSEE


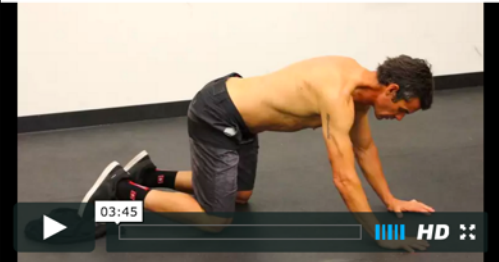
[Print Entire Workout](#)

DO EACH LIFT ONCE THEN MOVE ON TO THE NEXT, REPEATING 2 TO 4 TIMES ADDING 30 SECONDS OF REST TO EACH ROUND. (SEE REST COLUMN). PART TWO IS YOUR COOL-DOWN WORKOUT.

LIFTS	REPS	REST
PART 1 / 2	DO PART ONE 2-4 TIMES THEN MOVE TO PART TWO	
 <p>01:19</p> <p>Kneeling Swiss Ball All Shoulder Press</p>	10-12 EACH	NO REST: BEGIN NEXT TASK
 <p>01:34</p> <p>Renegade Squat (FMP)</p>	10 EACH	NO REST BEGIN NEXT TASK
 <p>01:12</p> <p>Swiss Ball Push Jack</p>	MAX FORM	NO REST BEGIN NEXT TASK

 <p>Swiss Ball Side Flexion</p>	<p>30 SECS EACH</p>	<p>NO REST BEGIN NEXT TASK</p>
 <p>Kettle Bell Swings</p>	<p>10 EACH</p>	<p>NO REST BEGIN NEXT TASK</p>
 <p>Russian Twist</p>	<p>15 EACH</p>	<p>SET#1: 1 MIN SET#2: 1.5 MIN SET#3: 2 MIN SET#4: 2.5 MIN</p>

Print Workout 1

LIFTS	REPS	REST
PART 2/2	DO PART TWO 2-3 TIMES	
	3X EACH	NO REST BEGIN NEXT TASK
	1 MINUTE	REST 1 MINUTE
Toe Touch		
Breathing Drill		

Print Workout 2

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