

ADV-Rider Fitness Program

Exclusively created for RawHyde Adventures

**by Anton Griessner, former BB champion turned Manager & Adventure Rider,
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Introduction:

This article is the result of an observation from a number of Rawhyde Trainings and Adventure Rides: those who are fit have more fun and get more out of the training.

Adventure Riding is a very demanding undertaking. Riding a motorcycle off-road draws on all your athletic skills: strength combined with endurance – after all, you try to keep a motorcycle upright through all sorts of obstacles and difficult terrain; flexibility combined with coordination – after all, you have to react smoothly and instantly to all the obstacles that mother nature suddenly presents to you; and last but not least, you need total concentration and to be alert at ALL times.

In order to be able to enjoy the fascinating world of Adventure Riding to the fullest, you need to be physically (and mentally) fit. The following program, based on my 30+ years experience in health and fitness training, is designed to prepare you for and to bring you to the best Adventure Rider shape.

Executive Summary:

I recommend that you give yourself 12 weeks to prepare for Rawhyde Training or other major off-road / Adventure riding event.

The 12-week break down is in 3 phases. The purposes of the phases is to build a general fitness foundation at the beginning and consequently transition you more and more to the more specific skills that you need as an Adventure Rider.

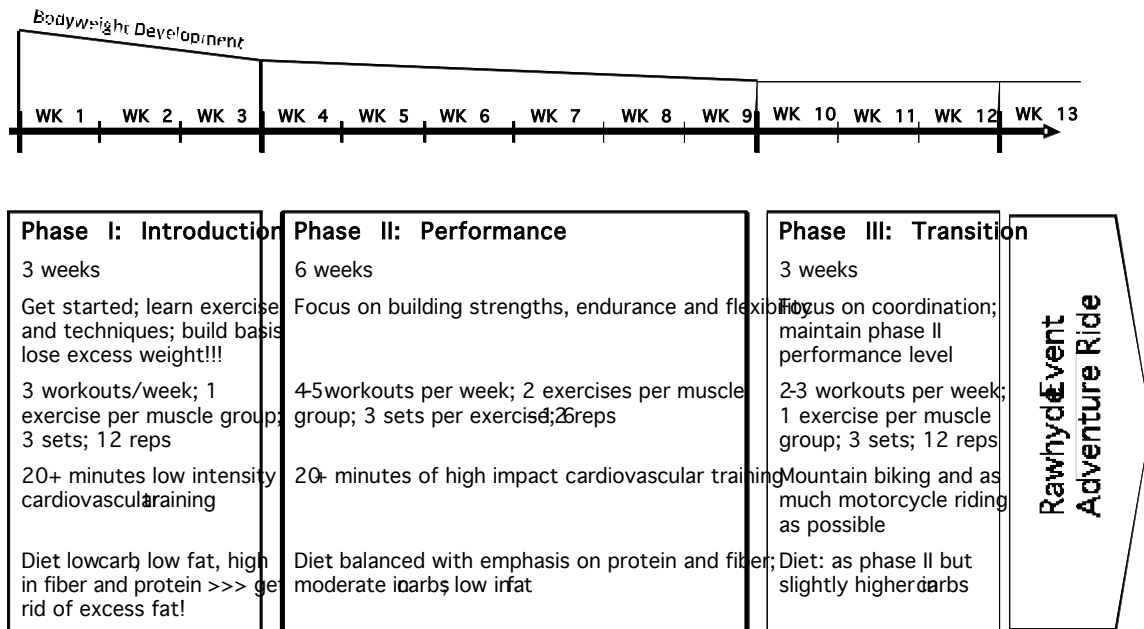
The program consists of strength training, endurance training, flexibility exercises and coordination exercises. I recommend that you join a gym for best results (the sample workouts mostly assume that you have access to gym equipment) but the whole program can also be done with simple home training equipment (a bench, two dumbbells and a stationary bike / Mountain bike).

If you are overweight, you **NEED** and **WILL** lose weight during this program. Nothing impacts your performance more negatively than excess body weight/fat. Please note that I will only write in very general terms about diet. There are endless books written about this topic and I will assume that you will get a hold of such material if you are not familiar with the terminology and concepts.

Please also note that I assume that you know the basics about fitness training: how to perform strength exercises, how to choose the right weight, how to select the right resistance level on cardiovascular equipment, etc. If you have no previous workout experience, I highly recommend that you join a gym and that you use a personal trainer for a couple of workouts (let her/him read this article and a good trainer will teach you the essentials of this program in a couple sessions). A qualified person will teach you how to work out correctly. This is money well spent and will benefit you for the rest of your life (as long as you put the advice to practice and workout ☺).

Program Details:

Adventure Rider Fitness Program



Phase I: Introduction

Phase 1 lasts 3 weeks. I want you to work out 3 times a week on a total body routine that also includes endurance training. Ideally there is always a day rest following a workout day (e.g. work out Monday, Wednesday, Friday, or Tuesday, Thursday, Saturday, etc.). Please look at the attached Phase I workout for the following discussion:

1. Please note that the right order of EVERY and ANY workout is always: warm-up > strength training > endurance training > and finally stretching (flexibility). The reason why this is important is the way our body generates energy for activities: initially our body will always use glycogen (sugar stored as glycogen in our muscles and in the liver). Glycogen is easy to process and is the best energy source for the high intensity strength training. After 30-40 minutes of intensive training the body has exhausted its glycogen reserves and needs to shift to fat as its primary source of energy. The fat reserves are much larger than the glycogen reserves BUT they are much more difficult to process for our body (need lots of oxygen). Due to the increased oxygen demand the intensity level needs to decrease – ideal for the low intensity endurance training of this phase.

2. Always warm up before you lift weights! The best warm ups are a couple of minutes on a bike or treadmill to increase the body temperature followed by stretching exercises. Additionally, warm up with a light weight before you do your 3 sets of 12 reps of each strength exercise!
3. In phase one, I want you to perform 1 exercise per body part for 3 sets with approximately 12 reps. It is important that you select a weight that allows you to do 12 reps with quite some effort! BUT always watch correct form – NEVER compromise form for more weight!
4. Additionally please note that the exercises are always shown in combination in the program (see example for chest and back below).

Chest & Back	Benchpress	3*12
	Lat pulldown	3*12

ADVENTURE RIDER Fitness Program - Phase I

	Bodypart	Exercise	Set/Reps	Time (min)
Warm-up	All	Bike or	na	5'-10'
		Treadmill or	na	
		other...	na	
		Stretching	na	
Strength Training	Abs & lower back	Crunches	3*12	10'-20'
		Hyperextensions	3*12	
	Legs	Seated calf raises	3*12	
		Leg curls	3*12	
		Leg press	3*12	
	Chest & Back	Benchpress	3*12	
		Lat pulldown	3*12	
	Biceps & Shoulders & Triceps	Seated dumbbell curl	3*12	
Endurance	Cardio-vascular system	Side lateral raise	3*12	20'-.....
		Triceps extensions	3*12	
		Bike or	na	
		Treadmill or	na	
Flexibility	See Exercise	Mountain Bike	na	10'-20'
		other...	na	
		Psoas stretch	1-3*30"	
		Lower back stretch	1-3*30"	
		Harmstrings	1-3*30"	
		Calves	1-3*30"	
		Front leg	1-3*30"	
		other...	1-3*30"	

Here is how this works: I want you to do one set of bench-presses (in this example) for 12 reps. As soon as you are done, walk over to the lat-pull down machine and do one set of 12 reps. Walk back to the bench and perform the next set of bench presses; and so forth

till you have finished 3 sets for each exercise; only then rest for a minute or two. The reason why this circuit like training is important is to achieve the best combination of strength AND (strength) endurance – after all this is what you will need on the bike. The roads that you will be conquering will not give you a break (or at least not when you want one) – hence it is eminent that you develop strength combined with endurance.

Performed this way the total program should not take much more than 30-40 minutes. After the strength training, I recommend at least 20 minutes of cardiovascular training. The stationary bike is the one I recommend for the Adventure rider as this is closest to a motorcycle ☺. Keep your pulse around 65% of your maximum heart rate ($220 - \text{your age} = \text{maximum}$) in order to work on your basic endurance capabilities (intensity level will increase in phase II).

5. Documenting your workouts is key for many different reasons: it helps you to plan your workouts, it gives you feedback about your progress and thus keeps you motivated, etc. Please use the space provided in the workout plans to write down the weight and actual reps that you could perform (note: your goal is 12 reps but actual reps will deviate). Additionally it is essential that you constantly try to increase weights and thus intensity. Always picture that your performance level will only improve if you constantly challenge yourself! The documentation will help you to push yourself harder and harder.
6. The diet in phase one should be high in protein (e.g. chicken, meat, eggs, etc.) and fiber (e.g. vegetables, salad, etc.) but low in carbohydrates (e.g. bread, rice, potatoes, etc.). Please note that a low carb diet **IS NOT HEALTHY AND NOT SUSTAINABLE** in the long run, but used for a short period of time, it is **THE BEST** diet to lose weight **AND** to get you on a higher energy level. In particular the latter effect is important and will help you sticking to your program!!! Other diet rules:
 - a. Eat 4 to 6 small meals a day instead of 3 large ones (this way your energy supply is more even and your body will absorb all the nutrition)
 - b. Eat a portion of protein and carbohydrates with each meal (note: in phase I reduce carbohydrates significantly; only eat carbs for breakfast). A portion is equivalent to the size of your palm of your hand (as an orientation)
 - c. Eat as much vegetables as you like/can! Fiber is essential for your digestive system and will help control hunger
 - d. Drink at least 10 cups of water a day
 - e. Plan your meals ahead!!!

Phase II: Performance

In phase II you will divide the body in two different routines/days. This way you can spend more time and sets on a particular muscle – and consequently work harder on it (see programs in appendix). Instead of working out 3 times per week frequency should be increased to 2 workout days in a row followed by a rest day; then another two workout days and another rest day; and so forth (this results in 4-5 workouts per week).

ADVENTURE RIDER Fitness Program - Phase II

		Date/bodyweight																
		Program A ¹	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	
Program A ¹⁻³ , Covering Abs, Chest and Legs	Comb. 1*	Crunches Dumbbell Flies																
	Comb. 2*	Leg Raises (Abs) Incline Bench Press SM																
	Comb. 3*	Leg Curls Calf Raises Seated Leg Extensions																
	Comb. 4*	Donkey Calf Raises Leg Press																
		Cardio (20-40 minutes) Stretching (10+ min)																
	Page 1																	
			Date/bodyweight															
			Program B ¹	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12
	Program B ¹⁻³ , Covering Back, Shoulders, Arms and Lower Back	Comb. 1*	Lat Pulldown behind N. Side Lateral Raise															
		Comb. 2*	Long Pulley Overhead Press on M.															
Comb. 3*		Incline Dumbbell Curls One Arm Triceps Ext.																
Comb. 4*		Scott Curls Incline Triceps Extens.																
Comb. 5*		Hyperextensions Crunches/Sit ups																
		Cardio (20-40 minutes) Stretching (10+ min)																
* Comb.(ination) means that these exercises are performed together. E.g. 1 set of pulldowns is immediately followed by one set of flies. Then comes a short break (only as long as you need to catch your breath) followed by another 2 combinations!																		
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The principles stay the same. Select a weight that allows you approximately 12 reps. Combine exercises as grouped together in the program. Try to keep the rest between sets as short as possible (just wait as long as you need to catch your breath). Only rest for a couple of minutes after you completed 2 exercises for 3 sets in combination.

The diet in phase II changes slightly. I recommend eating significantly more carbs than you did in phase one. Protein and fiber should stay the same as in phase I. Fat should ALWAYS be reduced to a minimum (never use butter – there is enough hidden fat in all the things we eat).

The endurance training in phase II is significantly higher in intensity. Your pulse should go up to 80 - 85% of your maximum heart rate ($220 - \text{age} = \text{theoretical maximum heart rate}$).

Additionally, I recommend as much mountain biking as possible!!! This way you can beat two birds with one stone: you get an awesome cardio vascular training AND you work on exactly the same coordination skills that you need for off-road motorcycle riding!!! Again the stationary bike in the gym is the next best thing / substitute.

It goes without saying that you should start riding your motorcycle as much as possible as well. Go to work on it, make tours on the weekend, etc. Build up as many miles as you can for your Rawhyde Training or Adventure Ride.

Phase III: Transition

In phase III you need to transition your activities more and more towards what you will be doing – riding off road. Reduce your fitness regimen to 2 -3 workouts per week (using the programs from phase I). The purpose is to maintain your fitness performance level but to free up as much time as possible for mountain biking and motorcycle riding. The mountain bike sessions should be at least 1 hour long and 2-3 times per week. I cannot emphasize enough how beneficial mountain biking is in this phase. It works the exact muscles, endurance and coordination that you will need on the motorcycle going off-road.

The diet is by and large identical with phase II.

I wish you a great Rawhyde Adventure Riding experience – tell Jim Hyde that you prepared according to my routine and he will work you extra hard ☺

Yours,

Anton Griessner

PS.: Don't hesitate to contact me at agriessner@griessner.com if you have questions regarding the program.



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Anton Griessner, *"Insights from and results of a lifelong love affair with Bodybuilding"*