



The Ultimate Guide To

Motorcycle Racing Performance

By 2 Tenths Race Fit

WELCOME



To the 2 Tenths program

Huge thank you for showing interest in our services.

This program is designed with the demands of motorcycle racing as the primary focus. Everything you need to take your race fitness to the next level can be found in this program.

One of the main focuses during this program is muscular endurance and increasing aerobic capacity during our race season.

We shall also cover pre and post (off) season training along with hydration and nutrition trackside. Access to a fully equipped gym is essential.

Program breakdown & insights

In the past, same as other similar sports, most of the riders would only focus on their ability and fearlessness to push the limits.

With the increased power, speed and high level of competitiveness in bike racing that came with the evolution of bikes and races throughout the years, the demand for better conditioning for the riders became a necessity.

Not only to maintain the performance level, but also to reduce injuries, such as overuse, RSI, or even mitigate the damage in case of a crash (not to mention the recovery to get back on track after a crash).

WHAT TO EXPECT

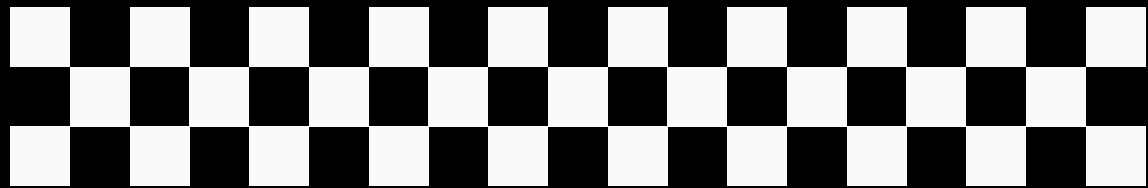
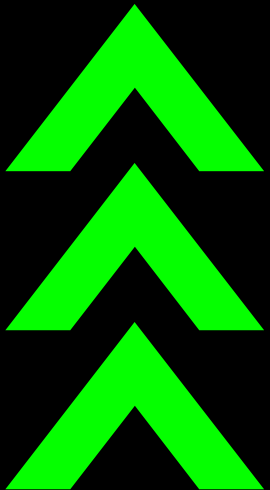


PAGES & INFO

Types of Training

Important muscles

Season Breakdown





TRAINING TYPES



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HERE IS WHERE THE PHYSICAL FOUNDATION IS BUILT; GENERAL STRENGTH AND CONDITIONING (S&C) IS THE PRIORITY:

Off season training see's us focus on our s&c. This could be in the gym and out of the gym too. We will do very little motorbike riding during this phase. Most common practice for conditioning would be push bike. A small amount of riding might be done on motocross or similar in this stage.

Pre season would see us including more motorbike riding. There would usually be some sort of even split of riding and s&c training (schedule depending).



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The important **MUSCLE GROUPS**

Lats, pecs, biceps, triceps and shoulders (riding position).
Adductors, glutes, legs, abs and lumbar muscles (leaning, standing, breakage and pendulum).

Forearm and hand muscles for throttle, clutch and braking (essential to prevent and treat arm pump – compartmental syndrome which is common in motorcycle riders).



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SEASON BREAKDOWN AND WHAT TO EXPECT



“

**YOU CAN SPEND THOUSANDS ON A BIKE
BUT WITHOUT INVESTING IN YOURSELF
YOU'LL NEVER REAP THE REWARDS.**

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SEASON BREAKDOWN

The season is broken down into segments. Off season, Pre season, Race season then back to off season. As we work through the seasons the type of training changes to meet the riders demands.



THIS PROGRAM IS BUILT AROUND YOU.

This isn't a generic training plan or something you'd find on TikTok. It is built around you! Your needs, demands and current work capacity to ensure that we get the best on track and off track.



SESSIONS DELIVERED TO YOU FROM US.

We use Google Docs to deliver all our sessions regardless of the program. All your training is done for the full week giving you a clear insight into what's ahead for you. From here you will see session breakdowns, training zones, movement tutorials, performance reviews and have direct contact with your coach through the chatbox.

Take out the guess work and let us guide you!

Once you've received our sign up link to the program be sure to download our app for the best training experience.





THANK YOU !

Please note that this program may result in you becoming way too fast and furious for your current competition!



2TRF

2tenthsracefit@gmail.com



Matt Morley