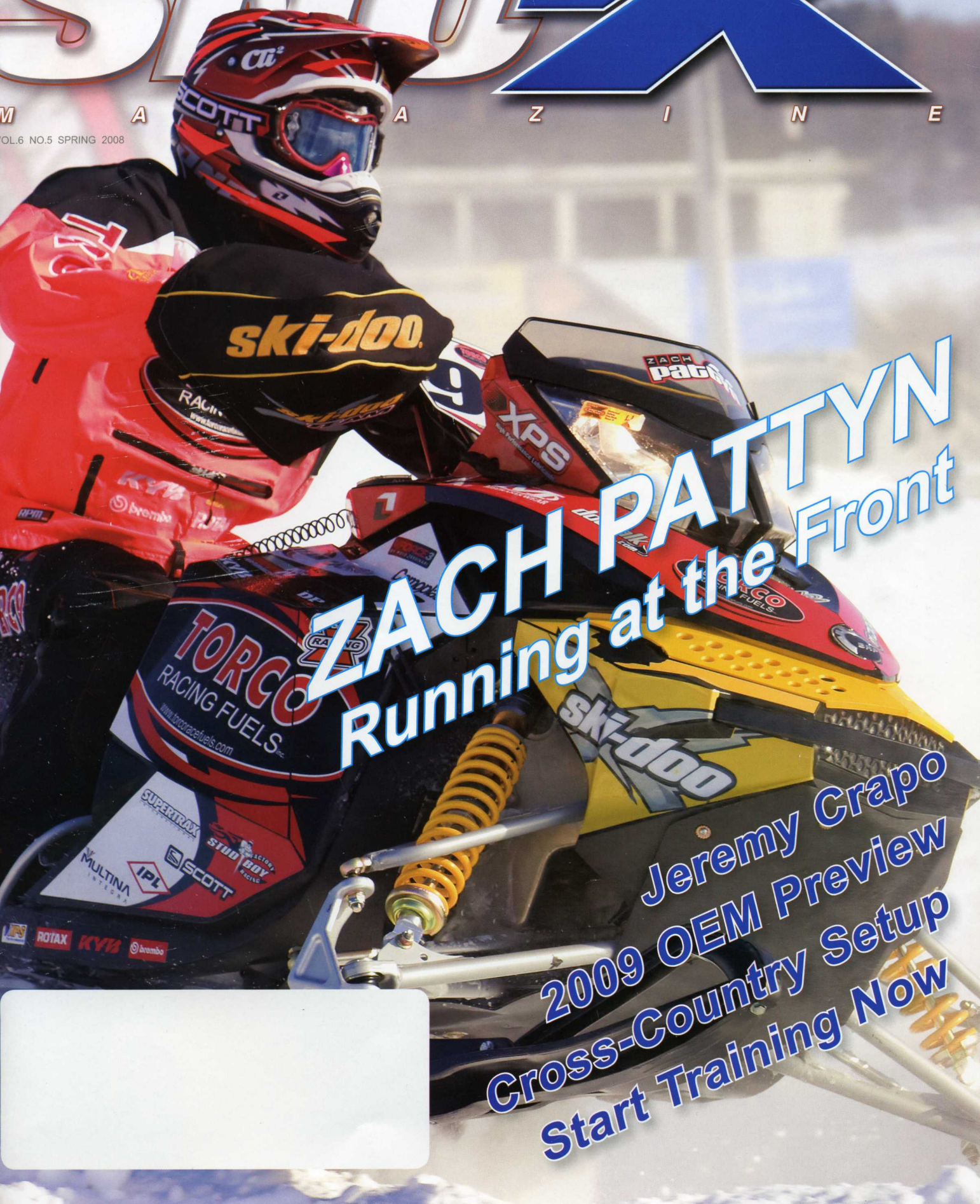


# SNOW X

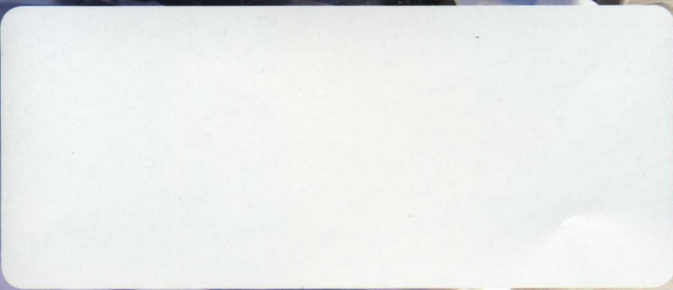
M A A Z I N E

VOL.6 NO.5 SPRING 2008



## ZACH PATTYN Running at the Front

Jeremy Crapo  
2009 OEM Preview  
Cross-Country Setup  
Start Training Now



# Train to Win

by Greg Hammond

Races are won or lost in the off-season - it's time to think of next season!

What? Next season?

I know what you are thinking, the snow is still melting and the smell of race fuel is still in the cold air. Right now you just want to kick back, play some X Box 360 and eat Fruity Pebbles, right? Well, by taking the time to set up a plan of attack for your fitness going into next fall you could very well be laying the ground work for the best season ever.

So what makes one rider better than the other? More times than not it is their fitness level and how hard they train in the off season that prepares them for the abuse of the sport. Blair Morgan set the trend when he broke on the scene. There were some guys who could run with him for a lap or two but no one could outride him for an entire race. It was his talent combined with his superior fitness that made him so good. You can't make talent, but you can make yourself more fit and that's where I come in. The goal of my next few articles will be to improve both your fitness and performance and, believe me, with very little time and expense, you will see some great results.

One of the first questions that you have to ask yourself is, "How did last season go?" Were you completely wasted at the end of the race? Did your arms and shoulders feel like you were breaking concrete with a jack hammer? If so, chances are your fitness wasn't what it should be.

When starting to look at setting up a program to help with racing many make the mistake of training like bodybuilders. This will give you good strength and power but will probably add too much weight and not enough endurance. If you train just for endurance you will probably not have enough strength to throw the sled around and not be able to take the punishment that weekend after weekend of racing brings.

Motorsports, whether it is Snocross or Motocross, is all about strength to weight ratios. You want to be as strong and as lean as you can be and still have the ability to muscle the sled or bike around the track for 20 laps. In short, you want to be less like an NFL lineman and more like a Navy SEAL. I get a kick out of all my buddies who tell me how much money they spent to make their sleds or dirt bikes lighter while they're holding a cheese steak in one hand and a Budweiser in the other.

Ok, so now what? Well, look at how much time we have until next season. For most of us there is plenty of time as long as you don't wait until a couple months before the season kicks off to start your training. You have to start now and you have to start with laying down a strong cardiovascular base. Think of it as the foundation from which to build the rest of your fitness.

There are many ways to build a cardiovascular base. Running, mountain biking, and road cycling are all good, familiar ways to increase cardiovascular endurance, although they should not be your first choice. Whenever possible you should choose an exercise that incorporates both upper and lower body. Upper body endurance is a big part of the sport and if you can't hold on to the machine in the later stages of a race you could be one hurtin' buckaroo!

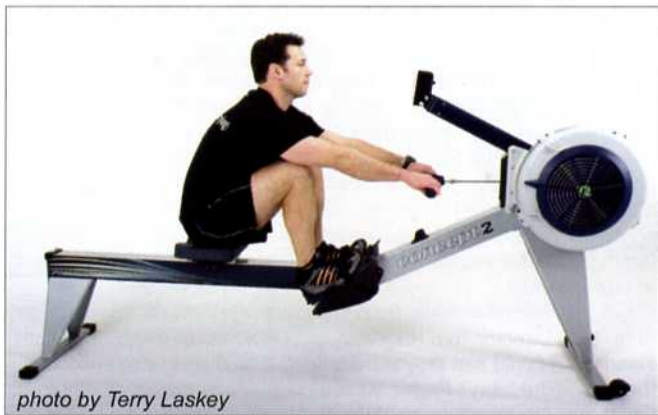


photo by Terry Laskey

One of the best ways to train the upper and lower body together is by using the Concept2 Indoor Rower (Concept2.com). This machine is used by everyone from Pro Supercross and Motocross riders to Indy and NASCAR drivers, because of the way it leans you out and builds the legs, core and shoulders along with its cardiovascular benefits (it is also much less expensive than a treadmill or a spinning bike). Swimming is another superb way to train the total body but may not be the most convenient and it may also be hard to keep a consistent heart rate over time.

The next component will be the strength and power. You want to incorporate this into the program after a couple of weeks of straight cardio to give your body a chance to recover from last season. You should start with standard body weight type exercises such as the push up, pull up, hanging leg raises, air squats and lunges. Just hammering on the basic exercises like these will make you a new person by next season.

What you need to do right now is to set the goals that will be the framework of your off-season training. Be realistic with your goals. Don't get so excited that you think you are going to work out every day and then find yourself burning out in two weeks. You will be better off doing fewer days a week with better quality and higher intensity.

Try to set up a support group that will push you to be more consistent. Get a group of buddies to train together so if you feel like sitting on your butt watching Family Guy they will kick you in the pants and get you moving. You can do this, you can be a better racer and I am here to help. Future articles will cover a wide range of information from specific exercises to nutrition and pre-race hydration. Until then here are some helpful free training websites where you can get more info:

Training information on the Indoor Rower: [Concept2.com](http://Concept2.com)

Strength / cardio training: [www.racerxvt.com](http://www.racerxvt.com)

Training Info: [www.manandmachine.com](http://www.manandmachine.com)

-Sport specific training equipment



*Greg Hammond has a Bachelor of Science degree in Health Science and trains with TJ Gulla in Vermont. He has worked for Concept2 for 11 years, most recently as a liaison to the Moto/Action sports community as well as Military, Police and Fire groups.*