

Misfit Athletics Gears Matrix

	Gear	Workouts	Row	Run	Ski	Bike Erg	Echo Bike
Aerobic Stimulus Higher Volume Sustain Pacing	1	Working Windows: 10:00-15:00 Rest Periods: :30-:60					
	2	Working Windows: 6:00-10:00 Rest Periods: 1:30					
	3	Working Windows: 3:00-6:00 Rest Periods: 2:00-2:30					
Anaerobic Stimulus Moderate Volume Reach Pacing	4	Working Windows: 4:30-8:00 Rest Periods: 2:00-2:30					
	5	Working Windows: 4:00-5:00 Rest Periods: 3:00					
	6	Working Windows: 3:00-4:00 Rest Periods: 3:30					
	7	Working Windows: 2:00-3:00 Rest Periods: 3:30					
	8	Working Windows: 1:30-2:00 Rest Periods: 4:00					

Gears Matrix Sample Workouts

	Gear	Workouts
Aerobic Stimulus Higher Volume Sustain Pacing	1	Aerobic Row - 1st Gear 3 Rounds 200/180 Calorie Row Rest 1:00
	2	Aerobic Run - 2nd Gear 4 Rounds Run 1600m Rest 1:30
	3	Aerobic Ski - 3rd Gear AMRAP 3:30 x 6 Ski for Meters Rest 2:30
Anaerobic Stimulus Moderate Volume Reach Pacing	4	Build Air - 4th Gear AMRAP 5:00x3 Air Bike Calories Rest 2:30
	5	Build C2 Bike - 5th Gear 3 Rounds 2,700/2,400m Rest 3:00
	6	Build Row - 6th Gear 4 Rounds Row 1,000/900m Rest 3:30
	7	Build Ski - 7th Gear 5 Rounds Ski 800/700m Rest 3:30
	8	Build Run - 8th Gear 8 Rounds Run 500m Rest 4:00