

# Improving your Biological Power

Hacking into your brain and body to maximize your results

What is Endurance?

Endurance is NOT Cardio  
Training

# Endurance is specific to the sport and event

Sprinters vs. Marathon Runners/  
Olympic Weightlifter vs. CrossFit Athlete/  
Enduro vs. XC vs. DH

To accomplish this your body  
has to create Biological Power

BioPower = Interplay between the 4 systems your body uses to create  
and utilize energy

# System #1 – Cardiovascular System

Heart, lungs and veins ability to deliver oxygen and fuel to the muscles  
and take away metabolic byproducts

# System #2 – Metabolic System

Chemical reactions used to create energy

# System #3 – Hormonal System

Signals the cells in the body on how to act

# System #4 – Neuromuscular System

Controls the muscles through the nervous system

Everything is related to  
everything else and you cannot  
separate them

#1 reason people don't see results from their program

The reason for this is that  
the BRAIN CONTROLS ALL

Your Brain is constantly  
monitoring and learning from  
the internal and external  
environment

Your Brain wants to predict  
what is going to happen and  
how to react

The difference between what your Brain *expects* and what actually happens will negatively impact performance.

This means that setting up your training with the internal and external environment in mind is very important.

# Biological Power Hacks

Ways to maximize your training program

#1 - Use strength training to learn how efficient movement *feels* – Feet, Hips and Shoulders

#2 – Use you MTB for on-bike cardio training and train Standing Pedaling separately

#3 - Do 1-2 Hard/ Race Pace  
Rides + 1-3 Skills Focused  
Rides each week

#4 - Focus on breathing and posture during cardio training and riding

#5 - Learn to control your  
arousal levels

Learn more at  
[www.BikeJames.com](http://www.BikeJames.com)

Thank you!