Table Of Contents

Acknowledgments

What is a Workbench® Book?

Chapter 1:

Before You Begin. . .

Car Line Expansion

Technology Innovation

New Engine Building Process

Engine Longevity

Determining Your Engine Buildup Package

Dynamic Balancing 13 Crate or Kit

Rebuildable Core

Stroke and Compression

Horsepower and Torque

How Power Is Made

Tools and Equipment

Torque Wrenches

Keep a Clean, Organized Workshop

Chapter 2:

Disassembly

Engine Removal

The Noise Factor

Documenting Disassembly

Teardown

Electrical Components

Fuel System

Oiling and Cooling Systems

Valvetrain Components

Two-Piece Truck Induction

Balancer Inspection and Service

Chain Tensioners and Guides



Valley Crud

Chapter 3: Selecting Parts 4.6L Engine Differences **SOHC Block Casting Date Codes** Oiling System Nodular Iron Crankshaft Timing System **Connecting Rods Pistons Timing Cover** Two-Valve Cylinder Head Three-Valve Cylinder Head Composite Camshafts Intake System Oil Filter/Water Neck **DOHC Engines** Chapter 4: Machine Shop Be Environmentally Responsible The Block **Rotating Assembly** Dynamic Balancing

Chapter 5:

Oil System

Cylinder Heads

Engine Assembly

The Block

Final Assembly
Chapter 6:
Break-In and Tuning
Cooling System
Oiling System
Exhaust System
Electronic Engine Control
Ignition System
Dyno Tuning
Chapter 7:
The 5.0L Ti-VCT "Coyote"
The Goal: A Higher Benchmark
The Block
Rotating Assembly
Cylinder Head and Valvetrain
Induction
Exhaust
Lubrication and Cooing
Appendix A:
Engine Math
Appendix B:
Workbench® Reference Charts
Source Guide

Fasteners

Crankshaft and Camshaft Endplay

Cylinder Head Installation

Degreeing Cams