



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 10
5 Weeks
2/5
Race Specific Speed and Endurance

Intensity Note:

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

Monday

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete Rest Day**

Misc. Notes: as you prepare for this week of training, take a look at your nutritional strategy for each day: what you will eat before each workout, how much food you consume, during workout calories and fluids, recovery food and hydration resources. We are at a point in the season that the specificity of your food and fluid intake needs to be calculated and evaluated against your daily performance (specific to your duration and intensity levels as indicated within your training schedule). Keep in mind that as the intensity levels increase, your food and fluid intake need to be easily digestible. The lower intensity workouts allow your stomach to digest “heavier” foods and fluids (because of the lower heart rate and associated heat generated – both slow down the digestion system). We will be using this information as a blueprint for your upcoming races.

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video “**Why Train with a Heart Rate Monitor**” – [video link](#)

Tuesday

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions Push-Pull-Sprint Intervals**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: your goal is to complete 35 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and endurance.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Wednesday

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions Fragmented Bike: Heart Rate Intervals (80 Minutes)**

Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z3 and Z4**; the interval doesn't begin until you get within the indicated HR zone numbers.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm Up: HR Zone 1

Duration: 15 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Performance Block: 60 Minutes (HR Zone 3)

Set Notes: the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

7 Minutes **Low end of HR Z3** – deep belly breathing and mentally focused

3 Minutes **Low end of HR Z4** – be aggressive but in total control

Recovery Interval: 5 minutes **HR Z1** (no higher) – you can't go too easy here

Repeat 4x for a total of 1 hour of work

Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into **HR Z1**

Misc.: don't dismount until your heart rate is within **HR Z1**



- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

¾ Sit Up: [click here for video](#)

Ab Criss Cross: [click here for video](#)

Open Abdominals: [click here for video](#)

Ab & Hip Risers: [click here for video](#)

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Thursday

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions Push-Pull-Sprint Intervals**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: your goal is to complete 35 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and endurance.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions Bike: Heart Rate Intervals (90 Minutes)**

Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**; the interval doesn't begin until you get within the indicated HR zone numbers.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm Up: HR Zone 1

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Performance Block: 75 Minutes (HR Zone 3)

Set Notes: the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

10 Minutes **High End of HR Z3** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

5 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary

Repeat 5x for a total of 75 minutes of work

Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Gearing: the easiest combination that gets you into **HR Z1**

- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

¾ Sit Up: [click here for video](#)

Ab Criss Cross: [click here for video](#)

Open Abdominals: [click here for video](#)

Ab & Hip Risers: [click here for video](#)

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)



Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: This set is going to teach you how much faster you can go when you focus on staying aerobic for 95% of your total ride time. Your last set will feel easy due to fact that you have been aerobic for the majority of your workout. Pay close attention to your heart rate to ensure that you have the energy stored to drop the hammer during set number five.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **2 Hour Power Nap after lunch**

Misc. Notes: the growth hormones released during your nap will be your biggest asset when it comes to overall physical improvement. Try to eat a complete meal prior to your nap to enhance the quality.

- **(Post Nap Workout) Complete Racing Solutions Push-Pull-Sprint Intervals**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: your goal is to complete 35 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and endurance.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Sunday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: this day needs to be approached as if it was a national - food, warm up, etc. The mental side of this workout is for you to familiarize your body with what you expect from it on race day: perfect execution of all the homework you have put into your racing. With your focus being on producing the fastest laps possible, your sight lap needs to be focused and productive. Have fluids and calories (exactly what you want to consume on race day) available to maintain your blood sugar levels (to maintain mental clarity and energy) throughout the entire workout.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **(Post Nap Workout) Complete Racing Solutions Bike: Heart Rate Intervals (75 Minutes)**

Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**; the interval doesn't begin until you get within the indicated HR zone numbers.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm Up: HR Zone 1

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Performance Block (60 Minutes):

Set Notes: the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

5 Minutes **High End of HR Z4** – be aggressive but in total control

10 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary

Repeat 4x for a total of 60 minutes of work

Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into **HR Z1**

Misc.: don't dismount until your heart rate is within **HR Z1**



Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

▪ **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.



Phase 10: Push-Pull-Sprint Combo Set		Date	Date
Easy Row - 10 minutes			
Stretch - Head to Toe			
Full Body Stretch - Instructional Video			
Cycle 1: Push-Pull-Sprint			
Push Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
Pull Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
500 Meter Sprint (Damper Setting at 8)			
Time to Complete 500 Meters			
1 Minute Rest before beginning the next cycle			
Cycle 2: Push-Pull-Sprint			
Push Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
Pull Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
500 Meter Sprint (Damper Setting at 8)			
Time to Complete 500 Meters			
1 Minute Rest before beginning the next cycle			
Cycle 3: Push-Pull-Sprint			
Push Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
Pull Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
500 Meter Sprint (Damper Setting at 8)			
Time to Complete 500 Meters			
1 Minute Rest before beginning the next cycle			



Cycle 4: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
1 Minute Rest before beginning the next cycle		
Cycle 5: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
1 Minute Rest before beginning the next cycle		
Cycle 6: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
1 Minute Rest before beginning your Cool Down		
Cool Down		
500 Meter Sprint (Damper Setting at 3)		



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		Total Duration: 2 Hours
	Description	
Warm Up	Set Focus: generate blood flow into all the working muscles	Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	Less Than < 40%
Main Set #1	Set Focus: Reaction Time & First Turn Aggression	Intensity
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Aerobic Enhancement / Internal Pacing	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes. Note: first fifteen minutes take the optimum lines and maintain optimum momentum last fifteen minutes take the non-optimum lines & focus on belly breathing Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	85-90%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	85-90%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Reaction Time & First Turn Aggression	Intensity
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Focus: Aerobic Enhancement / Internal Pacing	Intensity
Workout Protocol:	Same notes as Set #2 - 30-minute straight moto with consistent lap times beginning to end.	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	85-90%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	85-90%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Sprint Speed	Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	2 Lap Elapsed Time Int. #1: 2 Lap Elapsed Time Int. #2:	95-100%
Elapsed Times:	2 Lap Elapsed Time Int. #3: 2 Lap Elapsed Time Int. #4:	95-100%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	

Complete Racing Solutions MX Speed Workout #1						
Workout Focus: Opening Speed				Total Ride Time: 60 Minutes		
	Description					
Warm Up	Set Focus: Gradual Warm Up					Intensity
	Instructional Video on how to set up the Concept 2 Rower					Less Than 50%
	Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo					
	Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel					
Main Set #1	Set Focus: Pre-Race Routine					Intensity
Workout Protocol:	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.					Too Short To Evaluate
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #2	Set Focus: Opening Lap Speed					Intensity
Workout Protocol:	This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity.					
	Moto Specific Heart Rate Zone - Low # High #					
Rest Interval Performance Times:	5 Minutes (no more or less) - Stretch and hydrate as necessary					
Performance Times:	Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Times:	Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Times:	Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Times:	Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Times:	Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Recap:	Fastest Lap Time:	Average Lap Pace:	Average Heart Rate:			
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #3	Set Focus: Hold Consistent Times At An Aerobic Effort					Intensity
Workout Protocol:	Hold your pace for 30 minutes					
	Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals.					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Performance Recap:	Fastest Lap Time:	Average Lap Pace:	Average Heart Rate:			
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #4	Set Focus: Hold Consistent Times At An Aerobic Effort					Intensity
Workout Protocol:	Hold your pace for 30 minutes					
	With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate.					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Performance Recap:	Fastest Lap Time:	Average Lap Pace:	Average Heart Rate:			
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down					< 40%
	Pre-Riding Weight:		Post-Riding Weight:			
	Total Fluids Consumed:		Loss/Gain			