



**Training Cycle:**  
**Cycle Duration:**  
**Work Week**  
**Focus:**

**Phase 10**  
**5 Weeks**  
**4/5**  
**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:** to help improve your strength & endurance, spend a minimum of 10 minutes every day using a lacrosse ball and or a foam roller in between your shoulder blades, glutes (butt muscles), legs (front and back) along with your calves and feet. When you find a “hot spot” known as a trigger point, keep direct pressure on that hot spot until the knot lets go. When you are using the lacrosse ball, find a trigger point and then add movement. For example, when you find a hot spot in your shoulder, keep the ball in place and then move your arm up and across your body, over your head and back down. You will be surprised how movement will deepen the pressure on that trigger point and eventually remove the hot spot. [Here is a link](#) to a complete foam rolling and trigger point series of videos.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).  
**Psychology:** concept video “[The Difference Between Warm and Warmed Up](#)” – [video link](#)

**Tuesday**

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes  
**Complete One (1) of the Following for your Morning Workouts**
- **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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes  
**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  
**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**
- **Complete Racing Solutions Row: Fragmented Intervals (60 Minutes)**  
**Misc. Notes:** please reference the workout notes from above.  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes  
**Warm up (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3**      **Duration:** 10 Minutes      **Pull Rate:** less than 25      Video: [Stretch your lower body](#)  
**Main Performance Block: 45 Minutes (HR Zone 3)**  
**Set Notes:** the interval doesn’t begin until you get into **HR Z3**, so be aggressive without going anaerobic.  
**Load Level: 7**  
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 3x for a total of 45 minutes of work**



Increase your intensity up to upper end of **HR Z3** & maintain for 5 minutes (focus on your breathing to stay within **HRZ3**)

**Cool Down (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 2**      **Distance:** 5 Minutes      **Pull Rate:** less than 25      **Stretch from head to toe Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).

**Post Workout Protocols**

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **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 Combo Weight Workout – Muscular Endurance**

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

**Workout Notes:** this is the last week of these strength protocols, so mentally challenge yourself to bump up your load levels by 1-2%.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

**Sets:** 3

**Speed of Lift:** smooth off the bottom, slow back to starting point

**Rep Count:** 8-10 reps (unless otherwise noted)

**Rest Interval:** none in between exercises; 1:00 in between cycles

**Post Workout Protocols**

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **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

**Complete One (1) of the Following for your Morning Workout:**

- **Complete Racing Solutions Bike: Hill Accelerations (1 Hour)**

**Misc. Notes:** this workout is all about power! In rolling hills, you will stay seated during the first half of the hill and then transition to a standing position this will load the legs up and provide all the muscles the opportunity to share in the workload.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

**Warm Up: HR Zone 1**

**Duration:** 15 minutes

**Gearing:** small chain ring up front, middle rear gearing

**Cadence:** 80-85 (no higher/lower)

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

**Main Performance Block: 40 minutes (HR Zone 2 and 3)**

**Set Notes:** on the flats (HR Z2), maintain a cadence level between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; as you begin your climb (HR Z3), change your gear by one when your cadence falls below 70, strive to get the cadence levels back up to 80-90 with good pedal mechanics (to avoid pulling a muscle or tendon). Once you get to the half-way point of the hill, transition to standing and maintain a smooth pedal stroke up and over the crest of the hill.

Hydrate with Energy Fuel to maintain your blood sugar & energy levels.

**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**

**Cadence:** 85-90

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

- **Complete Racing Solutions Row: Accelerations (46 Minutes)**

**Misc. Notes:** for this workout you will need to know your HR Z2 & Z3 numbers.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

**Warm up (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**      **Duration:** 5 Minutes

**Pull Rate:** less than 25

[Stretch your lower body](#)

**Main Set: Heart Rate Pacing Blocks: 36 Minutes**



### Load Level: 7

From a near stop, accelerate aggressively over the course of 1 minute and then maintain your pull rate achieved by the end of the 1-minute acceleration. Be careful NOT to go out too hard too early over the first minute; you want to generate power and then strive to maintain the power output over the next minute.

**Rest interval is 2 minutes (complete recovery)**

**Cool Down (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 2**      **Distance:** 5 Minutes

**Pull Rate:** less than 25

**Stretch from head to toe**

#### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

#### ▪ 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 Combo Weight Workout – Muscular Endurance**

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

**Workout Notes:** this is the last week of these strength protocols, so mentally challenge yourself to bump up your load levels by 1-2%.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

**Sets:** 3

**Speed of Lift:** smooth off the bottom, slow back to starting point

**Rep Count:** 8-10 reps (unless otherwise noted)

**Rest Interval:** none in between exercises; 1:00 in between cycles

#### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

#### ▪ 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 #2**

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

**Workout Notes:** this workout is 4 x 20-minute straight motos, entirely aerobic (wear and pay attention to your heart rate monitor). As the track deteriorates, focus on staying consistent through good mechanics, deep breathing and smooth transitions into and out of the corners (hence the reason for two sets of turning transitions). Though the intensity is moderate, the need for consistent fluid replacement will be high for optimum performance.

#### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

#### ▪ 2 Hour Power Nap after lunch

**Misc. Notes:** research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high quality protein & fat (they only thing that satisfies your appetite).

- **(Post Nap 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

**Warm Up: HR Zone 1**

**Duration:** 10 minutes

**Gearing:** small chain ring up front, middle rear gearing

**Cadence:** 80-85 (no higher/lower)

**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

**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**

- **Complete Racing Solutions Row: Fragmented Intervals (60 Minutes)**

**Misc. Notes:** please reference the workout notes from above.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

**Warm up (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**

**Duration:** 10 Minutes

**Pull Rate:** less than 25

**Video:** Stretch your lower body

**Main Performance Block: 45 Minutes (HR Zone 3)**

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

**Load Level: 7**

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 3x for a total of 45 minutes of work**

Increase your intensity up to upper end of **HR Z3** & maintain for 5 minutes (focus on your breathing to stay within **HRZ3**)

**Cool Down (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 2**

**Distance:** 5 Minutes

**Pull Rate:** less than 25

**Stretch from head to toe**

**Post Workout Protocols**

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **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 workout is going to test your hydration and fluid intake to ensure that you know what your perspiration rate is specific to race pace. Please weight yourself prior to gearing up and then capture your body weight in the exact same clothes that you did prior to the ride (minus your socks). Also, keep good documentation of your fluid intake (of any type - sports drink or water) and note that at the bottom of your spreadsheet so that we can determine your gain/loss and the percentage of gain/loss. This information is what we will be utilizing to fine tune your race day nutritional strategy.

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

- **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.



Strength & Plyometric Program - Muscular Endurance			
Warm Up			
<a href="#">Trigger Point Therapy and Foam Rolling</a>			
CYCLE ONE	Date	Date	Date
Triceps Kickbacks			
<a href="#">Instructional Video: Triceps Kickbacks</a>			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Lunge Sequence			
<a href="#">Instructional Video: Lunge Sequence</a>			
Reps Set #1 (Goal: 8-10 Reps) - Per direction			
Reps Set #2 (Goal: 8-10 Reps) - Per direction			
Reps Set #3 (Goal: 8-10 Reps) - Per direction			
3/4 Sit Ups			
<a href="#">Instructional Video: 3/4 Sit Ups</a>			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
CYCLE TWO	Date	Date	Date
Plyometric Push Ups			
<a href="#">Instructional Video: Plyometric Push Up</a>			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Squat - Pike - Push Up - Star Combo Set			
<a href="#">Instructional Video: Squat - Pike - Push Up - Star Combo Set</a>			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Single Leg Squats Off the Bench			
<a href="#">Instructional Video: Single Leg Squats Off The Bench</a>			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			



CYCLE THREE	Date	Date	Date
<b>Chest Flies with Pause</b>			
<a href="#">Instructional Video: Chest Flies with Pause</a>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 8-10 Reps)</b>			
<b>Open Abs</b>			
<a href="#">Instructional Video: Open Ab Rotation</a>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Reps Set #3 (Goal: 8-10 Reps)</b>			
<b>Calf Raises</b>			
<a href="#">Instructional Video: Calf Raises</a>			
<b>Weight (Light)</b>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 8-10 Reps)</b>			
CYCLE FOUR	Date	Date	Date
<b>Hamstring Press with Extension</b>			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
<b>Weight (Light)</b>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 8-10 Reps)</b>			
<b>Hip Risers</b>			
<a href="#">Instructional Video: Hip Risers</a>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Reps Set #3 (Goal: 8-10 Reps)</b>			
<b>Inner Thigh</b>			
<a href="#">Instructional Video: Side Skaters</a>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Reps Set #3 (Goal: 8-10 Reps)</b>			



CYCLE FIVE	Date	Date	Date
<b>Superman Exercise</b>			
<a href="#">Instructional Video: Superman Exercise</a>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Pull Up with a Pause</b>			
<a href="#">Instructional Video: Pull Up with a Pause</a>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Reps Set #3 (Goal: 8-10 Reps)</b>			
<b>Abs: Pike - Push Up - Pike on Fit Ball</b>			
<a href="#">Instructional Video: Pike-Push Up-Pike</a>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Reps Set #3 (Goal: 8-10 Reps)</b>			





CRS MX Speed Workout #1		
Workout Focus: Incremental Intensity / Lactate Tolerance		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> 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 <a href="#">Energy Fuel</a>	Less Than 40%
Main Set #1	Set Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off your breathing.	
Elapsed Times:	Interval 1:      Interval 2:      Interval 3:      Interval 4:      Interval 5:	Relaxed
Elapsed Times:	Fastest Interval:      Average Interval: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low #      High #	
Elapsed Times:	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	90-95%
	Fastest Lap Time:      Average Lap Pace:      Avg. HR:      Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	
Main Set #3	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low #      High #	
Elapsed Times:	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	90-95%
	Fastest Lap Time:      Average Lap Pace:      Avg. HR:      Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	
Main Set #4	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low #      High #	
Elapsed Times:	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	90-95%
	Fastest Lap Time:      Average Lap Pace:      Avg. HR:      Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio) Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Repeat Set #1 - Compare times for evaluation purposes	
Elapsed Times:	Interval 1:      Interval 2:      Interval 3:      Interval 4:      Interval 5:	Relaxed
Elapsed Times:	Fastest Interval:      Average Interval:	





<b>Warm Down</b>	<b>Easy riding - nothing structured or intense; allow the HR to come down slowly</b>	<b>40%</b>
	<b>Pre-Riding Weight:</b> <b>Total Fluids Consumed:</b>	<b>Post-Riding Weight:</b> <b>Loss/Gain</b>

<b>Complete Racing Solutions MX Speed Workout #2</b> <b>Workout Focus: Race Specific Speed</b>		
	<b>Description</b>	
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b> <a href="#">Instructional Video on how to set up the Concept 2 Rower</a> 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 <a href="#">Energy Fuel</a>	<b>Intensity</b> <b>Less Than 40%</b>
<b>Main Set #1</b>	<b>Set Focus: Skills/Drills (20 Minutes)</b> Set Notes: choose a skill/drill that you feel would produce the biggest return on the time you dedicate (20 minutes). Prior to beginning the skills/drills work walk through everything that needs to be in place for you to execute the skill/drill properly. Remember, perfect practice makes perfect. Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>
<b>Main Set #2</b>	<b>Set Focus: Sprint Intervals (40 Minutes)</b> Set Notes: if logistically possible, start each interval with a gate drop and an aggressive first turn attack; complete 5 laps at the fastest speed possible while maintaining maximum momentum in each turn. Mentally focus on using your core to move the bike around and breathing deep. Note: lap count is based on 1 minute lap times (5 minutes total) Moto Specific Heart Rate Zone - Low # High # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR: Rest Interval = 5 Minutes (1:1 Work/Rest Ratio) Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR: Rest Interval = 5 Minutes (1:1 Work/Rest Ratio) Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR: Rest Interval = 5 Minutes (1:1 Work/Rest Ratio) Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR: Rest Interval = 5 Minutes (1:1 Work/Rest Ratio)	<b>Intensity</b> <b>90-95%</b> <b>90-95%</b> <b>90-95%</b> <b>90-95%</b>
<b>Main Set #3</b>	<b>Set Focus: Muscular Endurance (20 Minutes)</b> Set Notes: during this set strive to maintain smooth lines and a relaxed breathing tempo; you will need as much oxygen as possible to provide the muscles what it needs to maintain a fast pace with little effort. With the drop of the gate and an aggressive first turn; complete the following moto: 15 minutes - smooth lines; maintain momentum 5 minutes - race pace effort; non-Optimum lines (work the bike to where you need it to be!) Rest Interval = 10 Minutes (2:1 Work/Rest Ratio)	<b>Intensity</b> <b>80-85%</b> <b>90-95%</b>
	<b>REPEAT SET'S #2 AND #3</b>	<b>40%</b>
<b>Warm Down</b>	<b>Easy riding (5 Minutes) - nothing structured or intense; allow the HR to come down slowly</b>	<b>40%</b>



**Pre-Riding Weight:**  
**Total Fluids Consumed:**

**Post-Riding Weight:**  
**Loss/Gain**