



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
- **(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 tomorrows workouts more productive).

Complete One (1) of the Following for your Afternoon 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 MX Aerobic Workout #1**

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

Workout Notes: as the sets transpire, you will notice an adjustment in the durations per intensity levels - please don't surpass either the HR or durations for optimum results. Remember, today is an aerobic day - if you push the pace too hard, it will only leave you fatigued for your quality/speed day workouts. Also, please adhere to the rest interval - they are short relevant to your work window intentionally (this will build your endurance base).

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 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

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

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

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
- **(Morning Workout) Complete Racing Solutions MX Speed Workout #2**

Workout Notes: Repeat Sets #2 & #3 Twice

This workout is going to push both your sprint speed as well as your muscular endurance. Please pay close attention to your heart rate spreadsheet so that you have both the low & high numbers regarding your heart rate/intensity levels. Remember, the goal in training is familiarize your body with the specific demands of racing - this workout will complete that if you hit the indicated intensity levels. Like all high intensity workouts, your blood sugar levels will drain quickly, so have easily absorbable calories and fluids readily available.

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

Complete One (1) of the Following for your Afternoon 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

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: 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

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: 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 MX Speed Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: if logistically possible, go to the same track as one you did earlier in the week, strive to improve on your lap times by 1% - every second counts. When you produce “faster” lap times, answer the question “how did I get faster”. If you can explain what you did to create faster speeds, the more ingrained your speed will become.
- **(Evening 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
Rep Count: 8-10 reps (unless otherwise noted)
Speed of Lift: smooth off the bottom, slow back to starting point
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
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**

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 - Choice**

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

Workout Notes: duplicate one of your speed workouts from earlier in the week. Strive to be quicker and more consistent than you were the last time you completed the protocols.

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 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			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	Date	Date
Triceps Kickbacks			
Instructional Video: Triceps Kickbacks			
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			
Instructional Video: Lunge Sequence			
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			
Instructional Video: 3/4 Sit Ups			
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			
Instructional Video: Plyometric Push Up			
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			
Instructional Video: Squat - Pike - Push Up - Star Combo Set			
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			
Instructional Video: Single Leg Squats Off The Bench			
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
Chest Flies with Pause			
Instructional Video: Chest Flies with Pause			
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)			
Open Abs			
Instructional Video: Open Ab Rotation			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Calf Raises			
Instructional Video: Calf Raises			
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 FOUR	Date	Date	Date
Hamstring Press with Extension			
Instructional Video: Hamstring Press with Extension			
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)			
Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Inner Thigh			
Instructional Video: Side Skaters			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			



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



CRS MX Speed Workout #1		
Workout Focus: Incremental Intensity / Lactate Tolerance		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
	Instructional Video on how to set up the Concept 2 Rower 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	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.	Relaxed
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	
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 #	90-95%
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:	
	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 #	90-95%
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:	
	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 #	90-95%
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:	
	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	Relaxed
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	
Elapsed Times:	Fastest Interval: Average Interval:	
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly	40%

Complete Racing Solutions MX Speed Workout #2		
Workout Focus: Race Specific Speed		
	Description	
Warm Up	Set Focus: Gradual Warm Up	Intensity
	Instructional Video on how to set up the Concept 2 Rower 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	Less Than 40%
Main Set #1	Set Focus: Skills/Drills (20 Minutes)	Intensity
	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	
Main Set #2	Set Focus: Sprint Intervals (40 Minutes)	Intensity
Int.#1-Perf.Data	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)	90-95%
Int.#2-Perf.Data	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)	90-95%
Int.#3-Perf.Data	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)	90-95%
Int.#4-Perf.Data	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)	90-95%
Main Set #3	Set Focus: Muscular Endurance (20 Minutes)	Intensity
	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)	80-85% 90-95%
	REPEAT SET'S #2 AND #3	40%
Warm Down	Easy riding (5 Minutes) - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		Total Ride Duration: 90 Minutes
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Elapsed Time	10 Minutes of easy riding on the track - watch your heart rate Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	< 50%
Main Set #1	Set Focus: Aerobic Endurance	Intensity
Workout Protocol:	While following your heart rate numbers relevant to the indicated intensity levels, see how smooth and consistent you can be - even with taking the non-optimum lines. Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 10 Minutes - smooth lines/maintain momentum 20 Minutes - non optimum lines/move the bike with your muscles - not momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Main Set #2	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval Capture your elapsed time from when the gate drops to the end of one complete lap	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #3	Set Focus: Aerobic Endurance	Intensity
Workout Protocol:	Similar protocols from Set #1 (adjusted durations) Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 15 Minutes - smooth lines/maintain momentum 15 Minutes - non optimum lines/move the bike with your muscles - not momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Main Set #4	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval Capture your elapsed time from when the gate drops to the end of one complete lap	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #5	Set Focus: Aerobic Endurance	Intensity
Workout Protocol:	Similar protocols from Set #1 (adjusted durations) Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 20 Minutes - smooth lines/maintain momentum 10 Minutes - non optimum lines/move the bike with your muscles - not momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
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 Aerobic Workout #1



Workout Notes: as the sets transpire, you will notice an adjustment in the durations per intensity levels - please don't surpass either the HR or durations for optimum results. Remember, today is an aerobic day - if you push the pace too hard, it will only leave you fatigued for your quality/speed day workouts. Also, please adhere to the rest interval - they are short relevant to your work window intentionally (this will build your endurance base).

Complete Racing Solutions Aerobic MX Workout #2 Workout Focus: Aerobic Enhancement Total Ride Duration: 80 Minutes		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Elapsed Time	10 Minutes of easy riding on the track - watch your heart rate Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	< 50%
Skills Set	Set Focus: Smooth Transitions	Intensity
Workout Protocol:	Both right & left turns-smooth transition with the throttle, brake and clutch-10 min each direction Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #1	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Skills Set	Set Focus: Smooth Transitions	Intensity
Workout Protocol:	Both right & left turns-smooth transition with the throttle, brake and clutch-10 min each direction Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	



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Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain