



**Training Cycle:**

**Cycle Duration:**

**Work Week**

**Focus:**

**Phase 10**

**5 Weeks**

**5/5**

**Lower Intensity - Active Recovery – Absorb Last Four Weeks of Training**

**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 – 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:** the key to long term improvement in your health, wellness and ultimately your performance is to improve something every day by 1%. We have discussed this together previously, but what makes this concept so powerful now is the fact that you have a foundation that makes your 1% improvement that much more powerful. The bigger the base of accomplishment, the more momentum you will gain – especially when you are void of injury or illness. Remember that the muscles, tendons, ligaments, and blood chemistry are a result of what you eat and drink over the next six months – the amount of time to completely replace your body. With this in mind, plan ahead with your eating: purchasing, prepping and actually consuming the food that is high in vitamins, minerals and clean protein sources.

- **Evening Protocols**

**Diaphragmatic Breathing:** [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

**Shin Stripping:** in addition to your foam roller and TP therapy; take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

**Tuesday**

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

**Note: if you're resting HR is up 5 or more beats, no workout**

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

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

**Workout Notes:** the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smooth, yet efficiently fast. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can actually become faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart not hard!

**Post Workout Protocols**

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

- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo Bike (45 Minutes)**

**Workout Notes:** warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

**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: 30 Minutes (HR Zone 2)**

Stay within the upper range of **HR Zone 2 (no higher)** the entire time; strive to keep your efficiency high (optimized pedal mechanics, changing your pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up.

**Cool Down (HR Zone 1):**

**Duration:** 5 minutes (no shorter)

**Cadence:** 70-80 (no higher/lower)

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

**Post Workout Protocols**

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



- **Evening Protocols** – please reference Monday's notes and links.

#### Wednesday

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

**Note: if you're resting HR is up 5 or more beats, no workout**

- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo Bike (45 Minutes)**

**Workout Notes:** warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

**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: 30 Minutes (HR Zone 2)**

Stay within the upper range of **HR Zone 2 (no higher)** the entire time; strive to keep your efficiency high (optimized pedal mechanics, changing your pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up.

#### **Cool Down (HR Zone 1):**

**Duration:** 5 minutes (no shorter)

**Cadence:** 70-80 (no higher/lower)

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

#### **Post Workout Protocols**

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

- **(Evening Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance (10% Less Weight)**

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

**Workout Notes:** reduce the weight by 10% (minimum); you should feel fresh when finished with this strength session.

**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:** 2

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

- **Evening Protocols** – please reference Monday's notes and links.



## Thursday

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

**Note: if you're resting HR is up 5 or more beats, no workout**

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

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

**Workout Notes:** To get the most out of this workout, make sure that you allow yourself some room to pick up the pace the second half of your main intervals. Wear a HR monitor to keep you from going too hard initially - pay close attention to the indicated intensity levels. Proper hydration will be imperative for you to optimize your time - mental clarity will be important for the last interval of starts.

### Post Workout Protocols

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

- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo Bike (45 Minutes)**

**Workout Notes:** warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

**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: 30 Minutes (HR Zone 2)

Stay within the upper range of **HR Zone 2 (no higher)** the entire time; strive to keep your efficiency high (optimized pedal mechanics, changing your pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up.

### Cool Down (HR Zone 1):

**Duration:** 5 minutes (no shorter)

**Cadence:** 70-80 (no higher/lower)

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

- **Evening Protocols** – please reference Monday's notes and links.

## Friday

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

**Note: if you're resting HR is up 5 or more beats, no workout**

- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (50 Minutes)**

**Misc. Notes:** finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.

**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: Focus on [optimum pedal mechanics](#) right from the beginning

**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 Set: Even Tempo for 35 Minutes in HR Z2 (no higher)

Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

### 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**

- **(Evening Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance (10% Less Weight)**

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

**Workout Notes:** reduce the weight by 10% (minimum); you should feel fresh when finished with this strength session.

**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:** 2

**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

- **Evening Protocols** – please reference Monday's notes and links.



## 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 #3**

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

**Workout Notes:** during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you have to implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.

### Post Workout Protocols

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

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

**Misc. Notes:** plan ahead and time your nap within 30 minutes after a mid-day meal. To increase the quality of your nap, consume something that normally makes you feel sleepy. This will put you to sleep quicker and have you sleeping deeply – this will allow your body to produce the much-needed hGH (the hormone that makes you lean!). Sleep deep, wake up leaner!

- **(Evening Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)**

**Misc. Notes:** similar to your other even tempo rides this week, just slightly longer.

### 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 Set: Even Tempo for 45 Minutes in HR Z2 (no higher)

Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

### 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:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols** – please reference Monday's notes and links.

## Sunday

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

- **(Morning Workout-Before Breakfast Ideally) Complete Racing Solutions MX Workout (Choice)**

**Workout Notes:** take one of this week's aerobic workouts and duplicate at the same time and location if logistically possible. Your goal is to surpass your lap times at the same efforts. By teaching yourself to breathe deeply, relax and flow verses throwing a bundle of effort into your laps is the benefit to this workout.

### Post Workout Protocols

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

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

**Miss. 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 Evening Shower Protocols** – please reference Monday's notes & links.



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Consistent Race Speed		Total Ride Time: 60 Minutes
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Concept 2™ Rower - 10 minutes: low intensity pulling <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe	Less Than 40%
Main Set #1	Set Focus: Consistency Challenge with your start and first turn	Intensity
Workout Protocol:	Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) Keep a close eye on your body position - attack, looking up and using your legs/core combination Take your time from the start to the end of the first straight away	Too Short To Measure
Elapsed Times:	Interval 1:      Interval 2:      Interval 3:      Interval 4:      Interval 5:	
Elapsed Times:	Interval 6:      Interval 7:      Interval 8:      Interval 9:      Interval 10:	
Performance Recap:	Fastest Time:      Average Time:      Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	
Main Set #2	Set Focus: Body Balance - Timing of faster cornering	Intensity
Workout Protocol:	Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	Too Short To Measure
Main Set #3	Set Focus: Aerobic Endurance (15 Minute Moto)	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 15 minutes  Moto Specific Heart Rate Zone - Low #      High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	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 #4	Set Focus: Aerobic Endurance (15 Minute Moto)	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 15 minutes  Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85%
Main Set #5	Set Focus: Aerobic Endurance (15 Minute Moto)	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 15 minutes  Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	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	

CRS Aerobic MX Workout #2							Workout Focus: Aerobic Enhancement / Pacing						
	Description												
Warm Up	Focus: generate blood flow into all the working muscles												
Warm Up	Set 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 <a href="#">Instructional Video - Stretching head to toe</a> Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>											Less Than 40%	
Main Set #1	Set Focus: Reaction Time & Transitions											Intensity	
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel											N/A N/A	
Main Set #2	Set Focus: Aerobic Enhancement / Negative Split											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. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.												
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:						75-80%		
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						75-80%		
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:						90-95%		
	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: Aerobic Enhancement / Negative Split											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. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.												
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:						75-80%		
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						75-80%		
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:						90-95%		
	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 #4	Set Focus: Aerobic Enhancement / Negative Split											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. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.												
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:						75-80%		
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						78-80%		
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:						90-95%		
	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: Reaction Time & Transitions											Intensity	
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel											N/A N/A	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)											40%	
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.												



CRS Aerobic MX Workout #3		Workout Focus: Holding Aerobic Pace as Duration Decreases					
	Description						Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles <a href="#">Instructional Video on how to set up the Concept 2 Rower</a>						Less Than 40%
Workout Protocol:	Concept 2™ Rower - 10 minutes: low intensity pulling <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe						
Main Set #1	Set Focus: Moving the bike with your core						Intensity
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>						Very Relaxed
Main Set #2	Set Focus: Muscular Endurance						Intensity
Protocols:	Note: these protocols are based on lap time of approximately 1 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #						
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:		80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:		80-85%
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:		80-85%
Elapsed Times:	Fastest Lap Time:		Avg. HR#:		Max HR#:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #3	Set Focus: Muscular Endurance						Intensity
	** Strive to maintain the same pace as Set #2 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #						
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:		80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:		80-85%
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:		80-85%
Elapsed Times:	Fastest Lap Time:		Avg. HR#:		Max HR#:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #4	Set Focus: Muscular Endurance & Speed						Intensity
	10 Minute Moto - Negative Split 2nd Half of Moto Moto Specific Heart Rate Zone - Low # High #						
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:		80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:		90-95%
Elapsed Times:	Fastest Lap Time:		Avg. HR#:		Max HR#:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #5	Set Focus: Body Balance						Intensity
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over						Very Relaxed
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)						40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.						

Strength & Plyometric Program - Muscular Endurance			
Warm Up			
<a href="#">Trigger Point Therapy and Foam Rolling</a>			
<b>CYCLE ONE</b>	Date	Date	Date
Triceps Kickbacks			
<a href="#">Instructional Video: Triceps Kickbacks</a>			
Weight (10-15% less weight than last week)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #3 (Goal: 8-10 Reps)			
Lunge Sequence			
<a href="#">Instructional Video: Lunge Sequence</a>			
Reps Set #1 (Goal: 5-8 Reps) - Per direction			
Reps Set #2 (Goal: 5-8 Reps) - Per direction			
Reps Set #3 (Goal: 5-8 Reps) - Per direction			
3/4 Sit Ups			
<a href="#">Instructional Video: 3/4 Sit Ups</a>			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
<b>CYCLE TWO</b>	Date	Date	Date
Plyometric Push Ups			
<a href="#">Instructional Video: Plyometric Push Up</a>			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
Squat - Pike - Push Up - Star Combo Set			
<a href="#">Instructional Video: Squat - Pike - Push Up - Star Combo Set</a>			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
Single Leg Squats Off the Bench			
<a href="#">Instructional Video: Single Leg Squats Off The Bench</a>			
Weight (10-15% less weight than last week)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #3 (Goal: 8-10 Reps)			



<b>CYCLE THREE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Chest Flies with Pause</b>			
<a href="#">Instructional Video: Chest Flies with Pause</a>			
<b>Weight (10-15% less weight than last week)</b>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Weight (Same as Set #1)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Weight (Same as Set #1)</b>			
<b>Open Abs</b>			
<a href="#">Instructional Video: Open Ab Rotation</a>			
<b>Reps Set #1 (Goal: 5-8 Reps)</b>			
<b>Reps Set #2 (Goal: 5-8 Reps)</b>			
<b>Reps Set #3 (Goal: 5-8 Reps)</b>			
<b>Calf Raises</b>			
<a href="#">Instructional Video: Calf Raises</a>			
<b>Weight (10-15% less weight than last week)</b>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Weight (Same as Set #1)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Weight (Same as Set #1)</b>			
<b>Reps Set #3 (Goal: 8-10 Reps)</b>			
<b>CYCLE FOUR</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Hamstring Press with Extension</b>			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
<b>Weight (10-15% less weight than last week)</b>			
<b>Reps Set #1 (Goal: 8-10 Reps)</b>			
<b>Weight (Same as Set #1)</b>			
<b>Reps Set #2 (Goal: 8-10 Reps)</b>			
<b>Weight (Same as Set #1)</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: 5-8 Reps)</b>			
<b>Reps Set #2 (Goal: 5-8 Reps)</b>			
<b>Reps Set #3 (Goal: 5-8 Reps)</b>			
<b>Inner Thigh</b>			
<a href="#">Instructional Video: Side Skaters</a>			
<b>Reps Set #1 (Goal: 5-8 Reps)</b>			
<b>Reps Set #2 (Goal: 5-8 Reps)</b>			
<b>Reps Set #3 (Goal: 5-8 Reps)</b>			



<b>CYCLE FIVE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Superman Exercise</b>			
<a href="#">Instructional Video: Superman Exercise</a>			
<b>Reps Set #1 (Goal: 5-8 Reps)</b>			
<b>Reps Set #2 (Goal: 5-8 Reps)</b>			
<b>Reps Set #3 (Goal: 5-8 Reps)</b>			
<b>Pull Up with a Pause</b>			
<a href="#">Instructional Video: Pull Up with a Pause</a>			
<b>Reps Set #1 (Goal: 5-8 Reps)</b>			
<b>Reps Set #2 (Goal: 5-8 Reps)</b>			
<b>Reps Set #3 (Goal: 5-8 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: 5-8 Reps)</b>			
<b>Reps Set #2 (Goal: 5-8 Reps)</b>			
<b>Reps Set #3 (Goal: 5-8 Reps)</b>			