



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 11
6 Weeks
2/6
Enhanced Race 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 – 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: Research supports increased salt intake – this was the title of an article written by sports dietician Bob Seebohar where he reviewed eight scientific articles published in a medical research journal in addition to consulting with a world class endurance athlete (Joanna Zeiger). Here is a recap of what he extracted from the articles:

1. Symptoms of low salt levels: dizziness, nausea, vomiting, throbbing headache, swollen hands & a bloated stomach
2. Sodium losses range from 3.0-5.5 grams per hour (depending on intensity, temperature & humidity levels)
3. Steps to offset low sodium levels:
 - a. Increase sodium intake by preloading 3 to 4 grams of sodium 12 to 24 hours before a hard workout or race
 - b. Consume between 800-1500 milligrams of sodium per hour (and follow your thirst levels) of training or racing
 - c. Consume a sports drink that contains 150-200 milligrams of sodium per hour (Note: [Energy Fuel](#) provides 160 mg per serving).

Researchers agree that high sodium diets can blunt or possibly even reverse the expected decrease in sweat sodium during heat acclimatization. The bottom line is that current research supports adding more sodium to the diet in preparation for racing in the heat, and when you add the real life experiences of world class athletes like Joanna it is hard to argue with the results!

- **Evening Protocols**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts
Nutrition: 15 minutes before bed, take your evening supplements with your whey protein smoothie

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Strength Weight Workout**
[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

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 electrolytes for proper muscle contraction.

Speed of Lift: **Explode off the bottom**

Repetitions: 6-8 Reps (both upper & lower body)

Sets: 2

Rest Interval: none in between exercises; 1 minute 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 tomorrows workouts more productive).

- **Evening Protocols**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts
Nutrition: 15 minutes before bed, take your evening supplements with your whey protein smoothie



Wednesday

- **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: during this workout you are going to be applying the overload principle to the track. The idea here is to take the smooth/optimum lines during set #1 when your blood sugar is normal and you are well hydrated - we expect fast times during this set. During set #2 when you are taking the non-optimal lines, you have to find a way to maintain lap times as fast as set #1 without blowing up - this will only happen if you are breathing deeply to maximize your oxygen uptake. During set #3 when you are back to smooth/optimum lines, we are looking for lap times faster than set #1 because your muscles have been "working hard" to handle the non-optimum lines. Stay mentally focused and watch that heart rate monitor to ensure your body hits the goal times without going out of our desired heart rate ranges (too high or too low).

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).

- **(Afternoon Workout) Complete Racing Solutions Bike (65 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 electrolytes for proper muscle contraction.

Warm up (HR Zone 1):

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Main Performance Block: 1 Hour 45 Minutes (HR Zone 2)

Set Notes: keep you cadence between 85-95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 minutes.

Warm down (HR Zone 1):

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Cool Down: 10 Minutes (HR Zone 2 or less)

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc. Notes: stretch your lower back, calves and quads prior to dismounting

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**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts

Nutrition: 15 minutes before bed, take your evening supplements with your whey protein smoothie

Thursday

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

- **(Morning Workout) Complete Racing Solutions Combo Strength Weight Workout**

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

Workout Notes: these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

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 electrolytes for proper muscle contraction.

Speed of Lift: **Explode off the bottom**

Sets: 2

Repetitions: 6-8 Reps (both upper & lower body)

Rest Interval: none in between exercises; 1 minute 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 tomorrows workouts more productive).



- **Evening Protocols**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts
Nutrition: 15 minutes before bed, take your evening supplements with your whey protein smoothie

Friday

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

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

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

Workout Notes: This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful for you to produce the lowest time per set. Keep a close eye on your rest interval - you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, simple stop, stretch and resume - failure to stretch could result in a torn muscle which will take you off of the bike for an extended period of time.

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).

- **(Afternoon Workout) Complete Racing Solutions Bike: Fragmented Pacing Interval Blocks (1 Hour)**

[Note: if you are riding indoors, please cut the volume in half]

Workout notes: this workout is going to require patience and a sharp mental focus; as the time transpires, your speed will increase up to an all out sprint. Begin this workout with the mental mindset that you are going to find your point of fatigue – this is ok. As you begin to experience “fatigue”, focus on optimized pedal mechanics and deep breathing to provide your working muscles the much-needed oxygen. Stretch and hydrate as needed during each even paced cycle.

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 electrolytes for proper muscle contraction.

Warm Up: 10 Minutes (HR Zone 2 or less)

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc. Notes: stretch your lower back, calves and quads prior to dismounting

REPEAT THE FOLLOWING FOR 40 Minutes

Even Paced (5 Minutes) – HR Zone 2

With the tallest gearing that you can hold while keeping your cadence between 80-85

4-Minutess High Speed Effort (HR Zone 3); with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your HR Zone 3. Move right back into your 1 Minute acceleration block.

1 Minute Acceleration up to a sprint – from your HR Zone 3, accelerate out of the saddle up to a sprint effort until you have spun out your tallest gear combination over 1 minute. Your goal is to achieve **HR Zone 4** by the end of your acceleration.

Cool Down: 10 Minutes (HR Zone 2 or less)

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc. Notes: stretch your lower back, calves and quads prior to dismounting

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**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts
Nutrition: 15 minutes before bed, take your evening supplements with your whey protein smoothie



Saturday

- **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: same workout as Wednesday intentionally; if logistically possible complete at a different track. If not logistically possible strive to be as fast or faster than you were earlier in the week (conditions pending).

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: pay close attention to your protein intake; protein (specifically [amino acids](#)) are designed to rebuild the muscles that you have torn down during training. No matter how hard you go, you should not be tender any longer than 2 days, if you are struggling with soreness or overall fatigue levels, bump up your protein and brown bread intake. The B-Vitamins will improve the absorption of your protein for a quicker & more complete recovery.

- **(Afternoon Workout) Complete Racing Solutions Combo Strength Weight Workout**

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

Workout Notes: these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

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 electrolytes for proper muscle contraction.

Speed of Lift: **Explode off the bottom**

Repetitions: 6-8 Reps (both upper & lower body)

Sets: 2

Rest Interval: none in between exercises; 1 minute 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 tomorrows workouts more productive).

- **Evening Protocols**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts

Nutrition: 15 minutes before bed, take your evening supplements with your whey protein smoothie



Sunday

- **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: same workout as Friday intentionally; if logistically possible complete at a different track. If not logistically possible strive to be as fast or faster than you were earlier in the week (conditions pending).

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: chronic dehydration is an easy fix: focus on consuming fruits and vegetables on a regular basis. Fruits and vegetables are loaded with natural electrolytes (sodium, potassium, calcium, magnesium) and contain a high level of water. Additionally, consuming them on a regular basis will not only provide you electrolytes and water, but they will also provide you antioxidants that will offset the negative side effects of free radicals (produced during high intensity training). By viewing fruits and vegetables as a performance enhancer will no doubt increase your consumption!

- **(Afternoon Workout) Complete Racing Solutions Bike: Fragmented Pacing Intervals (75')**

[Note: if you are riding indoors, please cut the volume in half]

Workout notes: similar to Monday's protocols; however, instead of standing during your acceleration, remain seated. Remember to slide to the back of the seat when you begin to generate maximum power; this will protect your lower back and knees. If you feel any straining within the muscles or joints, shut down the interval immediately; stop and stretch; ride easy for 20 minutes before trying again. Err on the side of caution with these intervals.

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 electrolytes for proper muscle contraction.

Warm up for 10 minutes (HR Zone 1)

Choose a gear combination that has your legs turning over very easily; stretch your calves and lower back before starting your main set.

REPEAT THE FOLLOWING 20 MINUTE BLOCK – 3X (Total of 60 Minutes)

Even Paced (15 Minutes) – HR Zone 2

With the tallest gearing that you can hold while keeping your cadence between 80-85

4-Minutes High Speed Effort (HR Zone 3); with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your HR Zone 3. Move right back into your 1 Minute acceleration block.

1 Minute Acceleration up to a sprint – from your HR Zone 3, accelerate out of the saddle up to a sprint effort until you have spun out your tallest gear combination over 1 minute. Your goal is to achieve **HR Zone 4** by the end of your acceleration.

Cool Down (HR Zone 1):

Duration: 5 minutes (no shorter)

Gearing: small chain ring up front, middle rear gearing

Cadence: 70-80 (no higher/lower)

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**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts

Nutrition: 15 minutes before bed, take your evening supplements with your whey protein smoothie



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Muscular Endurance and Strength		
	Description	
Warm Up	<p>Set Focus: Gradual Warm Up</p> <p>Instructional Video on how to set up the Concept 2 Rower</p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo</p> <p>Stretch passively (no bouncing) from head to toe / Rehydrate with Energy Fuel</p>	<p>Intensity</p> <p>Less Than 40%</p>
<p>Main Set #1</p> <p>Protocols:</p>	<p>Set Focus: Starts With First Turns For Time</p> <p>10 Starts with a first turn and timed to a point just out of the corner</p> <p>Clock starts when the gate drops, and ends when you cross your mark point - be smooth!</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p>Intensity</p> <p>N/A</p>
<p>Main Set #2</p> <p>Protocols:</p> <p>Elapsed Times:</p> <p>Average HR:</p> <p>Max HR:</p>	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p>Intensity</p> <p>80-85%</p>
<p>Main Set #3</p> <p>Protocols:</p> <p>Elapsed Times:</p> <p>Average HR:</p> <p>Max HR:</p>	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines</p> <p>Goal: within 2 seconds of your previous set - hold yourself accountable here!</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p>Intensity</p> <p>80-85%</p>
<p>Main Set #4</p> <p>Protocols:</p> <p>Elapsed Times:</p> <p>Average HR:</p> <p>Max HR:</p>	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines</p> <p>Goal: within 2 seconds of your previous set - hold yourself accountable here!</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p>Intensity</p> <p>80-85%</p>
<p>Main Set #5</p> <p>Protocols:</p> <p>Elapsed Times:</p> <p>Average HR:</p> <p>Max HR:</p>	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines</p> <p>Goal: within 2 seconds of your previous set - hold yourself accountable here!</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p>Intensity</p> <p>80-85%</p>
<p>Main Set #6</p> <p>Protocols:</p>	<p>Set Focus: Starts & Transitions</p> <p>10 Starts with a first turn and timed to a point just out of the corner</p> <p>Clock starts when the gate drops, and ends when you cross your mark point - be smooth!</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p>Intensity</p> <p>N/A</p>
Warm Down	<p>10 Minutes of play riding - nothing structured or intense (HR Level Zone 2-No Higher)</p> <p>Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.</p>	<p>40%</p>
<p>Beginning Weight: Ending Weight: Loss Gain (Loss):</p>		



Complete Racing Solutions MX Speed Workout #1		
Workout Focus: Incremental Intensity / Lactate Tolerance		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
	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 / Rehydrate with Energy Fuel	Less Than 40%
Main Set #1- Starts	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 #2-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a fast pace that you can maintain for 20 minutes without falling off pace by more than 2 seconds (ideally). Capture your lap times per lap for the entire 20 minutes. Take the smoothest lines possible throughout 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:	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: Average Heart Rate: Max Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Goal-Maintain same lap speeds WITHOUT taking the smooth/optimum lines; breathe deep!	
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: Average Heart Rate: Max Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Goal-Maintain same times as Set #2 where you took all of the smooth/optimum lines; relax & fly!	
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: Average Heart Rate: Max Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	

Phase 11 - Combo Strength Sets			
Warm Up			
Concept 2 TM Rower or Spin on Bike - 10 minutes Easy			
CYCLE ONE	Date	Date	Date
Pike - Push Up - Pike (40 Seconds)			
Instructional Video: Pike-Push Up-Pike			
Rep 1 (as many as you can complete in 40 seconds)			
Rep 2 (as many as you can complete in 40 seconds)			
Isolated Leg & Frankenstein's on Bench			
Instructional Video: Isolated Leg on Bench			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 40 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 40 seconds-hold good form & strive to match Set #1)			
CYCLE TWO	Date	Date	Date
Air Squats			
Instructional Video: Air Squats (no weight)			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 40 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 40 seconds-hold good form & strive to match Set #1)			
Hamstring Press-Extension on Fit Ball			
Instructional Video: Hamstring Press with Extension			
Rep 1 (as many as you can complete in 40 seconds)			
Rep 2 (As many reps as you can do in 40 seconds-hold good form & strive to match Set #1)			
CYCLE THREE	Date	Date	Date
Overhead Extension-Triceps Press (Not Fast-Good Form)			
Instructional Videos: Overhead Extension-Triceps Press			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Step Up & Calf Raises (no weight)			
Instructional Video: Step up & Calf Raise			
Rep 1 (as many as you can complete in 40 seconds)			
Rep 2 (as many as you can complete in 40 seconds)			

CYCLE FOUR	Date	Date	Date
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
Instructional Video: Lat Pull Over-Triceps Extension			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Individual Chest Press on Fit Ball			
Instructional Video: Individual Chest Press on Fit Ball			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
CYCLE FIVE	Date	Date	Date
Incline Press on Fit Ball			
Instructional Video: Incline Press on Fit Ball			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Rear Deltoid			
Instructional Videos: Rear Deltoid			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
CYCLE SIX	Date	Date	Date
Chest Fly with Deep Pause on Fit Ball			
Instructional Video: Chest Fly with Deep Pause on Fit Ball			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Side Skaters			
Instructional Videos: Side Skaters (Inner Thigh)			
Rep 1 (good form – land lightly)			
Rep 2 (good for – land lightly – strive to surpass Set #1)			



CYCLE SEVEN			
Date			
Date			
Date			
Abs: Knees to Chest			
Instructional Video: Hanging Knees to Chest			
Duration #1 (move slowly: this will strengthen your upper & lower abs)			
Duration #2 (move slowly; this will strengthen your upper & lower abs)			
Abs: Open Rotation			
Instructional Videos: Abs-Open Rotation			
Rep 1 ("feel" for the rotation vs. dropping your elbow)			
Rep 2 ("feel" for the rotation vs. dropping your elbow)			
Abs: Hip Risers			
Instructional Videos: Hip Risers			
Rep 1 (literally drop your hips and then rise them back up)			
Rep 2 (pause briefly at the top & then slowly drop your hips back down)			
15 Minutes - Bike Intervals			
Date			
Date			
Date			
Warm up for 2 Minutes - Low Intensity (Light Load Levels)			
Note: increase the load levels to MODERATE			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			