



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

**Phase 11**  
**6 Weeks**  
**3/6**  
**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 – 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 successful training is eliminating the various distractions that get in your way. The best way to minimize the rippling effect of distractions is to plan ahead. Think about how stressful it is when you are running around short on time or can't find your calories or fluids for a particular workout. The same thing applies to clean eating, the main reason why athletes fall off clean eating is the proverbial "I don't have time to cook". Plan and designate some time to prep what you have purchased so that you can literally grab and go with high quality, low glycemic food, and snack items. Having fresh bottles of filtered water readily available is instrumental in your overall hydration program.

- **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 and meal.

**Tuesday**

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

- **(Morning Workout) Complete Racing Solutions Functional 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 you the much-needed electrolytes

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

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

**Sets:** 2 (unless it is a timed duration)

**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:** please reference Monday's notes & video links



### Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Evening Workout) Complete Racing Solutions Fragmented Bike: Heart Rate Intervals (80 Minutes)**
  - Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z3 and Z4**; the interval doesn't begin until you get within the indicated HR zone numbers.
  - Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [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: 60 Minutes (HR Zone 3)**
    - Set Notes:** the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.
    - Interval Duration:**
      - 7 Minutes **Low end of HR Z3** – deep belly breathing and mentally focused
      - 3 Minutes **Low end of HR Z4** – be aggressive but in total control
    - Recovery Interval: 5 minutes **HR Z1** (no higher) – you can't go too easy here
    - Repeat 4x for a total of 1 hour of work**
  - Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**
    - Duration:** 5 minutes
    - Cadence:** 85-90
    - Gearing:** the easiest combination that gets you into **HR Z1**
    - Misc.:** don't dismount until your heart rate is within **HR Z1**
- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**
  - Workout notes:** complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.
  - ¾ Sit Up:** [click here for video](#)
  - Open Abdominals:** [click here for video](#)
  - Ab Criss Cross:** [click here for video](#)
  - Ab & Hip Risers:** [click here for video](#)
  - 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 video links

### 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 you the much-needed electrolytes
  - Speed of Lift: Explode off the bottom**
  - Repetitions:** 6-8 Reps (both upper & lower body)
  - Sets:** 2 (unless it is a timed duration)
  - 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:** please reference Monday's notes and video links



## Friday

- **Body Analysis** – please use your **Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Heart Rate Intervals (90 Minutes)**
  - Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**; the interval doesn't begin until you get within the indicated HR zone numbers.
  - Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [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
    - Gearing:** the easiest combination that gets you into **HR Z1**
- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**
  - Workout notes:** complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.
    - ¾ Sit Up:** [click here for video](#)
    - Ab Criss Cross:** [click here for video](#)
    - Open Abdominals:** [click here for video](#)
    - Ab & Hip Risers:** [click here for video](#)
  - Post Workout Protocols**
    - **Flexibility:** 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 video 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 #1**  
[Please refer to the spreadsheet at the bottom of this document]
  - Workout Notes:** This set is going to teach you how much faster you can go when you focus on staying aerobic for 95% of your total ride time. Your last set will feel easy due to fact that you have been aerobic for most of your workout. Pay close attention to your heart rate to ensure that you have the energy stored to drop the hammer during set number five.
  - Post Workout Protocols**
    - **Flexibility:** 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 Power Nap after lunch**
  - Misc. Notes:** the growth hormones released during your nap will be your biggest asset when it comes to overall physical improvement. Try to eat a complete meal prior to your nap to enhance the quality.
- **(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 you the much-needed electrolytes
  - Speed of Lift:** **Explode off the bottom**      **Repetitions:** 6-8 Reps (both upper & lower body)
  - Sets:** 2 (unless it is a timed duration)      **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).



## Sunday

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

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

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

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

### Post Workout Protocols

- **Flexibility:** 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:** 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.

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

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

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [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 (60 Minutes):

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

Interval Duration:

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

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

**Repeat 4x for a total of 60 minutes of work**

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

**Duration:** 5 minutes

**Cadence:** 85-90

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

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

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

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

**¾ Sit Up:** [click here for video](#)

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

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

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

### Post Workout Protocols

- **Flexibility:** 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 video links

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

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

<b>CYCLE SEVEN</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Abs: Knees to Chest</b>			
<a href="#">Instructional Video: Hanging Knees to Chest</a>			
<b>Duration #1 (move slowly: this will strengthen your upper &amp; lower abs)</b>			
<b>Duration #2 (move slowly; this will strengthen your upper &amp; lower abs)</b>			
<b>Abs: Open Rotation</b>			
<a href="#">Instructional Videos: Abs-Open Rotation</a>			
<b>Rep 1 ("feel" for the rotation vs. dropping your elbow)</b>			
<b>Rep 2 ("feel" for the rotation vs. dropping your elbow)</b>			
<b>Abs: Hip Risers</b>			
<a href="#">Instructional Videos: Hip Risers</a>			
<b>Rep 1 (literally drop your hips and then rise them back up)</b>			
<b>Rep 2 (pause briefly at the top &amp; then slowly drop your hips back down)</b>			
<b>15 Minutes - Bike Intervals</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
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			

Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		Total Duration: 2 Hours
	Description	
Warm Up	Set Focus: generate blood flow into all the working muscles	Intensity
Workout Protocol:	<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: Reaction Time & First Turn Aggression	Intensity
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	N/A
Main Set #2	Set Focus: Aerobic Enhancement / Internal Pacing	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes. Note: first fifteen minutes take the optimum lines and maintain optimum momentum last fifteen minutes take the non-optimum lines & focus on belly breathing Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	85-90%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	85-90%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Reaction Time & First Turn Aggression	Intensity
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Focus: Aerobic Enhancement / Internal Pacing	Intensity
Workout Protocol:	Same notes as Set #2 - 30 minute straight moto with consistent lap times beginning to end.	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	85-90%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	85-90%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Sprint Speed	Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	2 Lap Elapsed Time Int. #1: 2 Lap Elapsed Time Int. #2:	95-100%
Elapsed Times:	2 Lap Elapsed Time Int. #3: 2 Lap Elapsed Time Int. #4:	95-100%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	



Complete Racing Solutions MX Speed Workout #1							
Workout Focus: Opening Speed				Total Ride Time: 60 Minutes			
		Description					
Warm Up		Set Focus: Gradual Warm Up				Intensity	
		Instructional Video on how to set up the Concept 2 Rower				Less Than 50%	
		Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo					
		Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel					
Main Set #1		Set Focus: Pre-Race Routine				Intensity	
Workout Protocol:		Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.				Too Short To Evaluate	
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #2		Set Focus: Opening Lap Speed				Intensity	
Workout Protocol:		This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity.				90-95%	
		Moto Specific Heart Rate Zone - Low # High #					
Rest Interval Performance Times:		5 Minutes (no more or less) - Stretch and hydrate as necessary					
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Recap:		Fastest Lap Time:	Average Lap Pace:	Average Heart Rate:			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #3		Set Focus: Hold Consistent Times At An Aerobic Effort				Intensity	
Workout Protocol:		Hold your pace for 30 minutes				80-85% 85-90%	
		Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high quality pacing intervals.					
		Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		Lap 5 Time:
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:		Lap 10 Time:
Performance Recap:		Fastest Lap Time:	Average Lap Pace:	Average Heart Rate:			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #4		Set Focus: Hold Consistent Times At An Aerobic Effort				Intensity	
Workout Protocol:		Hold your pace for 30 minutes				80-85% 85-90%	
		With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate.					
		Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		Lap 5 Time:
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:		Lap 10 Time:
Performance Recap:		Fastest Lap Time:	Average Lap Pace:	Average Heart Rate:			
Warm Down		5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down				< 40%	
		Pre-Riding Weight:		Post-Riding Weight:			
		Total Fluids Consumed:		Loss/Gain			