



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

*Phase 11*  
*6 Weeks*  
*4/6*  
*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 or above (Builds your strength & speed – burns fat 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 complement your dedication to your workouts, go out of your way to avoid simple sugars and white starchy foods (white potatoes, spaghetti, bread, boxed cereals, chips, etc.) and replace them complex carbohydrates in the form of fruits and vegetables. Though we discuss this frequently, think about your fruits and vegetables as the key to fresh antioxidants to offset the negative side effects of aerobic exercise. Free radicals are released during respiration – the longer and harder you train, the greater the number of free radicals is produced. Free radicals harm the health of the cells resulting in disease, premature aging, and declines in athletic performance. The next time you sit down to a plate of brightly colored fruits and vegetables, keep in mind that you are offsetting the negative side effects of free radicals and improving your healthy and ultimately performance from the inside out.
- **Evening Protocols**
  - **Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
  - **Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)
  - **Diaphragmic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.

**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 electrolytes for proper muscle contraction.  
**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:** 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** – please reference Monday's notes & links.



### Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Even Tempo Bike (90 Minutes)**

**Workout Notes:** 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: 1:15 Hour (HR Zone 2)**

**Set Notes:** Keep your 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.

**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

- **(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:** 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** – please reference Monday's notes & links.

### Thursday

- **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 electrolytes for proper muscle contraction.

**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:** 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** – please reference Monday's notes & links.



## Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (2 Hours)**

**Workout Notes:** warm up slowly and settle into your **HR Zone 2** (no lower or higher). Focus on staying relaxed during the entire time by breathing deeply through your stomach and completely exhaling. Watch for pedal jamming and smashing – you should be able to wiggle your toes at all times.

**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):**

<b>Duration:</b> 10 minutes	<b>Gearing:</b> small chain ring up front, middle rear gearing
<b>Cadence:</b> 80-85 (no higher/lower)	<b>Misc.:</b> stretch and hydrate before moving into your main set

**Main Performance Block: 1 Hour & 40 Minutes (HR Zone 2)**

**Set Notes:** with a close eye on your heart rate monitor, settle into an even tempo ride focusing on pedal cadence (85-95). If you encounter any significant hills, adjust your gearing to keep you within your **HR Zone 2** heart rate range & desired cadence zone.

**Warm down (HR zone 1):**

<b>Duration:</b> 10 minutes	<b>Gearing:</b> small chain ring up front, middle rear gearing
<b>Cadence:</b> 80-85 (no higher/lower)	<b>Misc.:</b> stretch and hydrate before moving into your main set
- **(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.

<b>¾ Sit Up:</b> <a href="#">click here for video</a>	<b>Ab Criss Cross:</b> <a href="#">click here for video</a>
<b>Open Abdominals:</b> <a href="#">click here for video</a>	<b>Ab &amp; Hip Risers:</b> <a href="#">click here for video</a>

## 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 reference the spreadsheet at the bottom of this document]**

**Workout Notes:** Familiar protocols - strive to be consistent for all three main sets. If you have more than a two second deviation, then your average speed needs to increase slightly, or you need to slow down your initial pace. Remember, the idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. If possible, try to wear your HR monitor to help keep you honest throughout this workout.

**Post Workout Protocols**

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

<b>Speed of Lift:</b> <b>Explode off the bottom</b>	<b>Repetitions:</b> 6-8 Reps (both upper & lower body)
<b>Sets:</b> 2 (unless it is a timed duration)	<b>Rest Interval:</b> none in between exercises; 1 minute 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 – please reference Monday's notes & links.**



## Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX Speed Workout #1**

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

**Workout Notes:** this workout will yield high results if you pay close attention to your heart rate during the first 15 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

### 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:** if you would like to improve your VO2 Max numbers, take a nap! When calculating your VO2 max (the volume of oxygen you are able to take in) number, your percentage of body fat is factored into the calculation. As you know, when you nap, your body releases HGH naturally (human growth hormone) which is the hormone necessary to decrease your percentage of body fat. On the flip side of this equation, if you push your body too hard (mentally or physically), your body produces excessive amounts of free radicals along with elevated levels of cortisol (aka – fat magnet). So do yourself a favor and do all that you can to get this two-hour nap in – your health and performance will thank you later!

- **(Evening Workout) Complete Racing Solutions Bike: Heart Rate Ladders (90 Minutes)**

**Misc. Notes:** for this workout you will need your **HR Z2 & HR Z4** numbers. During your main set you will begin at your low end of **HR Z2** and increase your intensity/effort until you hit the upper range of **HR Z4** (no higher). After you reach the high end of **HR Z4**, then lower your effort/intensity until you hit the lower end of **HR Z2** – Repeat for 70 minutes.

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

**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 Set: Heart Rate Ladder: 70 Minutes

**Set Notes:** you will begin at your low end of **HR Z2** and increase your intensity/effort until you hit the upper range of **HR Z4** (no higher). After you reach the high end of **HR Z4**, then lower your effort/intensity until you hit the lower end of **HR Z2** – Repeat for 70 minutes

**\*\* Warning: very fatiguing duration & intensity, so pay attention to your blood sugar 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**

- **(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](#)

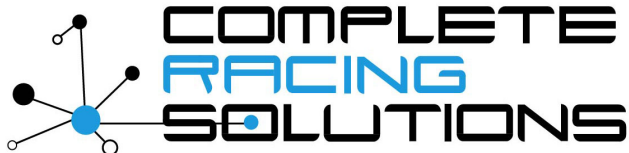
**Open Abdominals:** [click here for video](#)

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

### Post Workout Protocols

- **Flexibility:** 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** – please reference Monday's notes & links.



THE SCIENCE OF PERFORMANCE

<b>Phase 11 - Functional Strength Weight Workout</b>			
<b>Warm Up</b>			
Concept 2 <sup>TM</sup> Rower or Spin on Bike - 10 minutes Easy			
<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>			
Rep 1 (as many as you can complete in 40 seconds)			
Rep 2 (as many as you can complete in 40 seconds)			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
<a href="#">Instructional Video: Isolated Leg on Bench</a>			
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)			
<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>			
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)			
<b>Hamstring Press-Extension on Fit Ball</b>			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
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)			
<b>CYCLE THREE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Overhead Extension-Tricep Press (Not Fast-Good Form)</b>			
<a href="#">Instructional Videos: Overhead Extension-Tricep Press</a>			
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)			
<b>Step Up &amp; Calf Raises (no weight)</b>			
<a href="#">Instructional Video: Step up &amp; Calf Raise</a>			
Rep 1 (as many as you can complete in 40 seconds)			
Rep 2 (as many as you can complete in 40 seconds)			

<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>			



THE SCIENCE OF PERFORMANCE

CYCLE SEVEN	Date	Date	Date
Abs: Knees to Chest			
<a href="#">Instructional Video: Hanging Knees to Chest</a>			
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			
<a href="#">Instructional Videos: Abs-Open Rotation</a>			
Rep 1 ("feel" for the rotation vs. dropping your elbow)			
Rep 2 ("feel" for the rotation vs. dropping your elbow)			
Abs: Hip Risers			
<a href="#">Instructional Videos: Hip Risers</a>			
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			



Complete Racing Solutions Aerobic MX Workout #1							Workout Focus: Muscular Endurance and Strength						
		Description						Intensity					
Warm Up - 10 Minutes		Focus: Gradual Warm Up											
Protocols:		Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle Stretch for 5 minutes - head to toe; hydrate if needed						40%					
Main Set #1		Focus: Starts & Transitions						Intensity					
Protocols:		10 Minutes of starts - use your core; keep your upper body relaxed 10 Minutes of first turn transition - push with the outer knee and keep the inner knee pressed up  Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>						N/A N/A					
Main Set #2		Focus: Intensive Endurance						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											
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:		Fastest Lap Time:		Average Lap Pace:									
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel											
Main Set #3		Focus: Intensive Endurance						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											
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:		Fastest Lap Time:		Average Lap Pace:									
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel											
Main Set #4		Focus: Intensive Endurance						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											
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:		Fastest Lap Time:		Average Lap Pace:									
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with SPORTS DRINK											
Elapsed Times:		Fastest Time:		Slowest Time:		Average Time:							
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with SPORTS DRINK											
Main Set #5		Focus: Starts & Transitions						Intensity					
Protocols:		10 Minutes of starts - use your core; keep your upper body relaxed 10 Minutes of first turn transition - push with the outer knee and keep the inner knee pressed up  Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with SPORTS DRINK						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.											
		Beginning Weight:		Ending Weight:		Loss Gain (Loss):							



Complete Racing Solutions MX Speed Workout #1	Workout Focus: Aerobic Enhancement & Speed					Total Duration: 90 Minutes	
	Description						Intensity
Warm Up	Set Focus: Gradual Warm Up						
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>						Less Than 50%
Main Set #1	Set Focus: Perfect Execution of Pre-Race Routine and Starts						Intensity
Workout Protocol:	Complete 10 starts with your emphasis being on transitioning from over the gate to shifting up and pulling back on the bars for a deeper hook up of the rear wheel.						Too Short To Evaluate
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 Lap Time:		Average Lap Pace:		Average Heart Rate:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #2	Set Focus: Aerobic Enhancement						Intensity
Workout Protocol:	Your goal is to stay aerobic (based on your actual heart rate) for the first 10 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 5 minutes						
Performance Recap:	Moto Specific Heart Rate Zone - Low #		High #				
Performance Recap:	15 Minutes Aerobic:	Fastest Lap Time:	Average Lap Time:	Avg. HR:		80-85%	
Performance Recap:	5 Minutes at Sprint Effort:	Fastest Lap Time:	Average Lap Time:	Avg. HR:		90-95%	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #3	Set Focus: Aerobic Enhancement						Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing						
Performance Recap:	Moto Specific Heart Rate Zone - Low #		High #				
Performance Recap:	15 Minutes Aerobic:	Fastest Lap Time:	Average Lap Time:	Avg. HR:		80-85%	
Performance Recap:	5 Minutes at Sprint Effort:	Fastest Lap Time:	Average Lap Time:	Avg. HR:		90-95%	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #4	Set Focus: Aerobic Enhancement						Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing						
Performance Recap:	Moto Specific Heart Rate Zone - Low #		High #				
Performance Recap:	15 Minutes Aerobic:	Fastest Lap Time:	Average Lap Time:	Avg. HR:		80-85%	
Performance Recap:	5 Minutes at Sprint Effort:	Fastest Lap Time:	Average Lap Time:	Avg. HR:		90-95%	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
	Pre-Riding Weight:		Post-Riding Weight:				
	Total Fluids Consumed:		Loss/Gain				