



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 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 tomorrows workouts more productive).
- **(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.
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 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
- **(Evening 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](#)

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

Ab Criss Cross: [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 MX Aerobic Workout #2**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: During this workout you will work on your ability to increase your effort as needed - a very important asset when it comes to breaking through speed ruts. Don't worry with pace per lap - use your HR monitor to determine your perceived effort verses actual effort (hint, you pace will reflect if you are smooth and maintaining your momentum). Stay hydrated and nourished for stable energy.
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
- **(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.
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 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:** head to toe [foam rolling exercises](#) for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **(Evening 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):
 - Duration:** 10 minutes **Gearing:** small chain ring up front, middle rear gearing
 - Cadence:** 80-85 (no higher/lower) **Misc.:** 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):
 - Duration:** 10 minutes **Gearing:** small chain ring up front, middle rear gearing
 - Cadence:** 80-85 (no higher/lower) **Misc.:** 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.
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](#)



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: This workout will seem easy initially, but by the second set you will have to strive to maintain your lap times by not throwing more effort into your laps, but rather by staying relaxed and focusing on your breathing. You will find that if you begin to tighten up and shallow breathe through your chest (verses your belly), you will begin to miss your lines more frequently and have a difficult time holding your lap times. Work smart, not hard during this workout. You should finish this workout feeling fresh - not chewed up.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Power Nap after lunch**
Misc. Notes: 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.
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.



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](#)

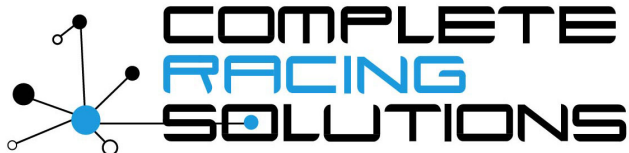
Ab & Hip Risers: [click here for video](#)

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.

Phase 11 - Functional Strength Weight Workout			
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-Tricep Press (Not Fast-Good Form)			
Instructional Videos: Overhead Extension-Tricep 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)			



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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)			



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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			



Complete Racing Solutions Aerobic MX Workout #1 <div>Workout Focus: Muscular Endurance and Strength</div>		
	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 Energy Fuel	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:	80-85% 80-85%
Elapsed Times:	Lap 2 Time:	
Elapsed Times:	Lap 3 Time:	
Elapsed Times:	Lap 4 Time:	
Elapsed Times:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	
Elapsed Times:	Lap 7 Time:	
Elapsed Times:	Lap 8 Time:	
Elapsed Times:	Lap 9 Time:	
Elapsed Times:	Lap 10 Time:	
Elapsed Times:	Fastest Lap Time:	
Elapsed Times:	Average Lap Pace:	
Elapsed Times:	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:	80-85% 80-85%
Elapsed Times:	Lap 2 Time:	
Elapsed Times:	Lap 3 Time:	
Elapsed Times:	Lap 4 Time:	
Elapsed Times:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	
Elapsed Times:	Lap 7 Time:	
Elapsed Times:	Lap 8 Time:	
Elapsed Times:	Lap 9 Time:	
Elapsed Times:	Lap 10 Time:	
Elapsed Times:	Fastest Lap Time:	
Elapsed Times:	Average Lap Pace:	
Elapsed Times:	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:	80-85% 80-85%
Elapsed Times:	Lap 2 Time:	
Elapsed Times:	Lap 3 Time:	
Elapsed Times:	Lap 4 Time:	
Elapsed Times:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	
Elapsed Times:	Lap 7 Time:	
Elapsed Times:	Lap 8 Time:	
Elapsed Times:	Lap 9 Time:	
Elapsed Times:	Lap 10 Time:	
Elapsed Times:	Fastest Lap Time:	
Elapsed Times:	Average Lap Pace:	
Elapsed Times:	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with SPORTS DRINK	
Elapsed Times:	Fastest Time:	
Elapsed Times:	Slowest Time:	
Elapsed Times:	Average Time:	
Elapsed Times:	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):



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 need 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.

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						
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel						Less Than 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						80-85%
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #						
Performance Recap:	15 Minutes Aerobic:	Fastest Lap Time:	Average Lap Time:		Avg. HR:		
Performance Recap:	5 Minutes at Sprint Effort:	Fastest Lap Time:	Average Lap Time:		Avg. HR:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						90-95%
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						80-85%
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #						
Performance Recap:	15 Minutes Aerobic:	Fastest Lap Time:	Average Lap Time:		Avg. HR:		
Performance Recap:	5 Minutes at Sprint Effort:	Fastest Lap Time:	Average Lap Time:		Avg. HR:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						90-95%
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						80-85%
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #						
Performance Recap:	15 Minutes Aerobic:	Fastest Lap Time:	Average Lap Time:		Avg. HR:		
Performance Recap:	5 Minutes at Sprint Effort:	Fastest Lap Time:	Average Lap Time:		Avg. HR:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						90-95%
	Pre-Riding Weight:			Post-Riding Weight:			
	Total Fluids Consumed:			Loss/Gain			

Complete Racing Solutions Aerobic MX Workout #2							Workout Focus: Aerobic Enhancement						
		Description					Intensity						
Warm Up		Focus: Gradual Warm Up											
Elapsed Time		15 Minutes of easy riding on the track - increase the intensity slightly every 5 min - very easy! Stretch passively (no bouncing) from head to toe					< 40%						
Main Set #1-Starts		Set Focus: Opening Lap Intensity - Consistency Challenge					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											
Elapsed Times:		Interval 1:	Interval 2:	Interval 3:	Interval 4:	Interval 5:	70-75%						
Elapsed Times:		Interval 6:	Interval 7:	Interval 8:	Interval 9:	Interval 10:	70-75%						
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel											
Main Set #2-20 Min. Moto		Set Focus: Intensive Endurance					Intensity						
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can easily maintain for 20 minutes. You will increase the pace every 5 minutes by one second, so don't go out too fast! Keep track of your HR to determine if you are actually increasing your effort. 5 Minutes at 75% - smooth lines/maintain momentum 5 Minutes at 80% - non optimum lines/move the bike with your muscles - not momentum 5 Minutes at 85% - smooth lines/maintain momentum 5 Minutes at 90% - non optimum lines/work the bike verses the bike moving you around Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					75% 80% 85% 90%						
Main Set #3-Starts		Set Focus: Opening Lap Intensity - Consistency Challenge					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											
Elapsed Times:		Interval 1:	Interval 2:	Interval 3:	Interval 4:	Interval 5:	70-75%						
Elapsed Times:		Interval 6:	Interval 7:	Interval 8:	Interval 9:	Interval 10:	70-75%						
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel											
Main Set #4-20 Min. Moto		Set Focus: Intensive Endurance					Intensity						
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can easily maintain for 20 minutes. You will increase the pace every 5 minutes by one second, so don't go out too fast! Keep track of your HR to determine if you are actually increasing your effort. 5 Minutes at 75% - smooth lines/maintain momentum 5 Minutes at 80% - non optimum lines/move the bike with your muscles - not momentum 5 Minutes at 85% - smooth lines/maintain momentum 5 Minutes at 90% - non optimum lines/work the bike verses the bike moving you around Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					75% 80% 85% 90%						
Main Set #5-Turns for 15 minutes		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 with Energy Fuel					70-75%						
		REPEAT THE STARTS/15 MIN MOTO/15 MIN MOTO/TURNS											
Warm Down		10 Minutes of easv ridina - nothing structured or intense (watch the HR monitor to ensure)					40%						

▪ **Complete Racing Solutions MX Aerobic Workout #2**

Workout Notes: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

Complete Racing Solutions Aerobic MX Workout #3		
Workout Focus: Aerobic Enhancement		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Protocols:	Complete 15 minutes of bicycling or rowing-even for 10 minutes / 30" on/off for last 5 minutes Stretch your calves, hamstrings and lower back prior to moving onto Main Set #1	40-50%
Main Set #1	Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest 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 (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest 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 (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%
	Post Workout: stretch passively from head to toe; put extra attention on your overly tight areas. This will avoid future injury sites from developing. Eat a complete meal within 20 minutes of completing this workout. Please don't underestimate the power of a proper recovery meal. You will feel the results in your future workouts.	