



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

**Phase 11**  
**6 Weeks**  
**5/6**  
**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:** If possible, sleep in and begin your day with a dense breakfast consisting of fresh fruits and clean proteins (a vegetable omelet would be ideal) and 20 ounces of filtered, cold fluids (for maximum absorption). Keep a close eye on your food & fluid intake; the leaner you are the more sensitive you are to blood sugar levels. By utilizing your Coach Robb Food & Performance Log and evaluating the quality of your workout & post workout soreness will provide you immediate feedback regarding your quality and quantity of food you are taking in daily. When you begin to realize that each meal and snack is designed to “fuel” your next workout, you will begin to focus on how much you eat along with the quality and then evaluate if what you consumed improved or detracted from your performance. This constant evaluation will help you develop your nutritional profile as it relates to your health and ultimately your performance.
- **Evening Protocols**  
**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts  
**Nutrition:** 15 minutes before bed, take your evening supplements with your whey protein smoothie

**Tuesday**

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) MX: Aerobic Workout #1**  
**[Please refer to the spreadsheet at the bottom of this document]**  
**Workout Notes:** the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smooth, yet efficiently fast. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can become faster by lowering your effort down thanks to the momentum you will create. Remember, stay focused and Ride Smart Not Hard!  
**Post Workout Protocols**
  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **(Afternoon Workout) 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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols:** please reference Monday's notes & video links



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## Wednesday

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

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

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

**Workout Notes:** pay extra attention to your heart rate for the first 15 minutes of each block - HR Z2 or less. At the 15 minute mark, bump up the pace slightly (into HR Z3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).

### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **(Complete One of the Following) Complete Racing Solutions (CRS) Row: Pacing Intervals (70 Minutes)**

**Workout notes:** to maximize your productivity for this workout, you will need to have your display set to pace & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain good form & optimum 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.

**Warm Up: HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**      **Duration:** 3000 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**

**REPEAT THE FOLLOWING FOR 50 Minutes**

**Load Levels: 5**

**REPEAT THE FOLLOWING FOR 50 Minutes**

Each minute you will *increase your pull rate and/or you pace by 5-10 seconds*. For example: Minute 1-2:00 pace, Minute 2-1:55 pace, etc.

Hit your goal pace of each minute after being established by interval #1(hold yourself accountable here).

### 5 Minute Recovery Block

5 minutes of easy pulling; you can't pull too easy here.

**Misc. Notes:** Hydrate with Energy Fuel every 10 minutes to maintain your blood sugar levels

**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**      **Duration:** 1000 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**

- **(Evening Workout) Complete Racing Solutions (CRS) Bike: Pacing Intervals (70 Minutes)**

**Workout notes:** to maximize your productivity for this workout, you will need to have your bike computer set to speed & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain optimum 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.

**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

**REPEAT THE FOLLOWING FOR 50 Minutes**

### 5 Minute Pacing Block

Each minute you will *increase your speed by 1 mph*. For example: Minute 1-15 mph, Minute 2-16 mph, etc.

Adjust your gearing so that your cadence stays within 75-85 but still hit your goal pace of each minute after being established by interval #1(hold yourself accountable here).

### 5 Minute Recovery Block

5 minutes of easy spinning; you can't spin too easy here.

**Misc. Notes:** Hydrate with Energy Fuel every 10 minutes to maintain 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 Pacing Intervals) Complete Racing Solutions (CRS) Core 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.

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

**Push Ups & Knee to Chest:** [click here for video](#)

**Hanging Leg Lifts:** [click here for video](#)

**Pike-Side to Side Steps:** [click here for the video link](#)

## Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) MX: Aerobic Workout #2**  
[Please reference the spreadsheet at the bottom of this document]  
**Workout Notes:** this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Premium Muscle Builder](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **(Afternoon Workout) 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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols:** please reference Monday's notes & video links

## Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
  - **(Morning Workout) Complete Racing Solutions (CRS) MX: Speed Workout #2**  
[Please refer to the spreadsheet at the bottom of this document]  
**Workout Notes:** we are going to change the format around; sprint early and then settle into a comfortable pace. To maximize your efforts, when back down your intensity, strive to maintain consistent fundamentals. Many are not aware that what makes riding and racing so fatiguing is bouncing off of the faces and deviating from fundamentals. Capture your lap times and compare your heart rate data to see how much "faster" you were riding during your opening laps along with what "effort" did it take to obtain these lap times.  
**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).
- Complete one of the following for your evening workout:**
- **Complete Racing Solutions (CRS) Bike: Even Tempo/ Aerobic Enhancement (70 Minutes)**  
**Workout Notes:** the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).  
**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: 55 minutes (HR Zone 2)**  
**Set Notes:** with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 5 minutes stand up and stretch your hamstrings, quads, calves and lower back.  
**Warm down: 5 Minutes (HR Zone 1)**  
**Duration:** 5 minutes (no shorter)      **Gearing:** small chain ring up front, middle rear gearing  
**Cadence:** 70-80 (no higher/lower)      **Misc. Notes:** stretch your lower back, calves and quads prior to dismounting
  - **Complete Racing Solutions (CRS) Row: Incremental Pacing Intervals (70 Minutes)**



**Misc. Notes:** the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

**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 a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Display:** Time      **Load Level:** 3      **Duration:** 10 Minutes      **Pull Rate:** less than 25      **Stretch from head to toe**

**Main Set: 55 Minutes within HR Z2 (no higher or lower):** Form is more important than pace to avoid injury  
**Display:** Time      **Load Level:** 5      **Duration:** 45 Minutes      **Pull Rate:** 25-30      **Hydrate:** every 10 minutes

**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level:** 3      **Duration:** 5 Minutes      **Pull Rate:** less than 25

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols:** please reference Monday's notes & video links

**Saturday**

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) MX: Aerobic Workout: Choice**  
**Workout Notes:** choose one of your aerobic workouts from earlier in the week. If logistically possible, ride at the same track and strive to be as fast or faster at the same heart rate (track and weather conditions pending).  
**Post Workout Protocols**
  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **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:** prior to your nap, consume a meal that is high in MCT's (medium chain triglycerides) - extra virgin olive oil, avocados, raw coconut, raw nuts and cold water fish (salmon). This quality fat will be used to recharge your body from the inside out while satisfying your appetite so that you can sleep soundly for 2-3 hours. When you wake up, consume 8-10 ounces of cold water and 2 scoops of Energy Fuel.
- **(Afternoon Workout) 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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols**  
**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts  
**Nutrition:** 15 minutes before bed, take your evening supplements with your whey protein smoothie



## Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) MX: Speed Workout: Choice**  
[Please refer to the spreadsheet at the bottom of this document]
  - Workout Notes:** choose one of your aerobic workouts from earlier in the week. If logistically possible, ride at the same track and strive to be as fast or faster at the same heart rate (track and weather conditions pending).
  - Post Workout Protocols**
    - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
    - **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:** pay close attention to your protein intake; protein (specifically amino acids) are designed to rebuild the muscles that you have torn down during training. No matter how hard you go, you should not be tender any longer than 2 days, if you are struggling with soreness or overall fatigue levels, bump up your protein and brown bread intake. The B-Vitamins will improve the absorption of your protein for a quicker and more complete recovery.
- **Evening Protocols**
  - Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts
  - Nutrition:** 15 minutes before bed, take your evening supplements with your whey protein smoothie



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<b>Phase 11 -Functional Strength Sets</b>			
Warm Up			
Concept 2™ Rower or Spin on Bike - 10 minutes Easy			
<b>CYCLE ONE</b>			<b>Date</b>
Pike - Push Up - Pike (40 Seconds)			
<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)			
Isolated Leg & Frankenstein's on Bench			
<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>
Air Squats			
<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)			
Hamstring Press-Extension on Fit Ball			
<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>
Overhead Extension-Triceps Press (Not Fast-Good Form)			
<a href="#">Instructional Videos: Overhead Extension-Triceps 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)			
Step Up & Calf Raises (no weight)			
<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)			



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CYCLE FOUR	Date	Date	Date
<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>			
CYCLE FIVE	Date	Date	Date
<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>			
CYCLE SIX	Date	Date	Date
<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>			



# COMPLETE RACING SOLUTIONS

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CYCLE SEVEN	Date	Date	Date
<b>Abs: Knees to Chest</b>			
<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)			
<b>Abs: Open Rotation</b>			
<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)			
<b>Abs: Hip Risers</b>			
<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)			
<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			



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Complete Racing Solutions (CRS) MX Speed Workout #1		Workout Focus: Aerobic Enhancement/Burn Fat	Total Ride Time: 2 Hours
		Description	
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>		Intensity Less Than 50%
Main Set #1	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15 minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. 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: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 80-85% 80-85% 80-85% 85-90%
Main Set #2	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. 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: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 80-85% 80-85% 80-85% 85-90%
Main Set #3	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. 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: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 80-85% 80-85% 80-85% 85-90%
Main Set #4	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. 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: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 80-85% 80-85% 80-85% 85-90%
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down		< 40%

### Complete Racing Solutions (CRS) MX Speed Workout #1

**Workout Notes:** pay extra attention to your heart rate for the first 15 minutes of each block - HR Z2 or less. At the 15 minute mark, bump up the pace slightly (into HR Z3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).

#### Post Workout Protocols

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



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Complete Racing Solutions (CRS) Aerobic MX Workout #1		Workout Focus: Consistent Race Speed	Total Ride Time: 60 Minutes
		Description	
Warm Up	Focus: Gradual Warm Up		Intensity
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> 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 40%
Main Set #1	Set Focus: Consistency Challenge with your start and first turn		Intensity
Workout Protocol:	Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) Keep a close eye on your body position - attack, looking up and using your legs/core combination Take your time from the start to the end of the first straight away		
Elapsed Times:	Interval 1:	Interval 2:	Interval 3:
Elapsed Times:	Interval 4:	Interval 5:	Interval 6:
Performance Recap:	Interval 7:	Interval 8:	Interval 9:
	Interval 10:		
	Fastest Time:	Average Time:	Average Heart Rate:
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #2	Set Focus: Body Balance - Timing of faster cornering		Intensity
Workout Protocol:	Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner.		N/A
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		N/A
Main Set #3	Set Focus: Aerobic Endurance (30 Minute Moto)		Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes		
	Moto Specific Heart Rate Zone - Low # High #		
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized.		75-80%
	Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number		
Performance Recap:	Fastest Time:	Average Time:	Average Heart Rate:
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #4	Set Focus: Aerobic Endurance (30 Minute Moto)		Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes		
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized.		75-80%
	Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #5	Set Focus: Aerobic Endurance (30 Minute Moto)		Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes		
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized.		75-80%
	Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)		< 40%



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Pre-Riding Weight:  
Total Fluids Consumed:

Post-Riding Weight:  
Loss/Gain

Complete Racing Solutions (CRS) MX Speed Workout #2		Workout Focus: Aerobic Enhancement/Burn Fat	Total Ride Time: 2 Hours
		Description	
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>		Intensity Less Than 50%
Main Set #1	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible. 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: 80-85% Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: 80-85% Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: 80-85% Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity
Main Set #2	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible. 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: 80-85% Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: 80-85% Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: 80-85% Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity
Main Set #3	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible. 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: 80-85% Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: 80-85% Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: 80-85% Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity
Main Set #4	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible. 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: 80-85% Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: 80-85% Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: 80-85% Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down		< 40%

**Complete Racing Solutions (CRS) MX Speed Workout #2**

**Workout Notes:** we are going to change the format around; sprint early and then settle into a comfortable pace. To maximize your efforts, when back down your intensity, strive to maintain consistent fundamentals. Many are not aware that what makes riding and racing so fatiguing is bouncing off the faces and deviating from fundamentals. Capture your lap times and compare your heart rate data to see how much "faster" you were riding during your opening laps along with what "effort" did it take to obtain these lap times.



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Complete Racing Solutions (CRS) Aerobic MX Workout #2 <b>Workout Focus: Consistent Race Speed</b> <b>Total Ride Time: 2:15</b>		
	Description	
<b>Warm Up</b>	<b>Focus: Gradual Warm Up</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	<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 < 40%
<b>Main Set #1</b>	<b>Set Focus: Consistent Holeshots</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	N/A
<b>Main Set #2</b>	<b>Set Focus: Aerobic Endurance (30 Minute Moto)</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	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 Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
<b>Performance Recap:</b>	<b>Fastest Time:</b> <b>Average Time:</b> <b>Average Heart Rate:</b> Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	
<b>Main Set #3</b>	<b>Set Focus: Consistent Holeshots</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	N/A
<b>Main Set #4</b>	<b>Set Focus: Aerobic Endurance (30 Minute Moto)</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	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 Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	75-80%
<b>Warm Down</b>	<b>10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)</b>	< 40%

**Complete Racing Solutions (CRS) MX Aerobic Workout #2**

**Workout Notes:** this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate, and stretch the tissue passively until it releases.

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue