



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

**Phase 11**  
**6 Weeks**  
**6/6**  
**Lower Intensity - Active Recovery – Absorb Last Five Weeks of Training**

**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:** as stated in your email body; take the time and review the specific notes associated with each workout for the entire week and into the weekend. The goal during training is ALWAYS understand what the purpose of each workout. When you are 100% focused on the improvement (or glass ceiling of performance) or eliminate of a physical limiter, you are on track to improving by 1% every day. Also, when you have your weekly schedule dialed in and you are where you planned on being at precisely that time, you enhance your productivity that much more. At the end of the week, compare your projected schedule with your actual and see if there is anything that you need to adjust to improve your percentage of completion for next week.
- **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  
**Note: if you're resting HR is up 5 or more beats, no workout**
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (60 Minutes)**  
**Misc. Notes:** finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.  
**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 Set: Even Tempo for 45 Minutes in HR Z2 (no higher)**  
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2  
**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**  
**Post Workout Protocols**
  - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
  - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **(Afternoon 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 actually become faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart not hard!  
**Post Workout Protocols**
  - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
  - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **Evening Protocols** – please reference Monday's notes and links.



## Wednesday

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

**Note: if you're resting HR is up 5 or more beats, no workout**

- **(Morning Workout) Complete Racing Solutions (CRS) Combo Weight Workout (10% Less Weight)**

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

**Workout Notes:** reduce the weight by 10% (minimum); you should feel fresh when finished with this strength session.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Sets:** 2

**Speed of Lift:** slow both up and down

**Rep Count:** 6-8 reps (unless otherwise noted)

**Rest Interval:** none in between exercises; 1:00 in between cycles

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

- **(Afternoon Workout) Complete Racing Solutions (CRS) Bike: HR Pacing Blocks (65 Minutes)**

**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning

**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 Set: Heart Rate Pacing Blocks: 50 Minutes

Settle into the low end of **HR Z2** and maintain for **7 minutes**

After 7 minutes increase your intensity to the high end of **HR Z2** and maintain for **7 minutes**.

After 3 minutes, lower your effort back to the lower end of **HR Z2** – **Repeat for 50 minutes**.

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

**Duration:** 5 minutes

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

**Cadence:** 85-90

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

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

- **Evening Protocols** – please reference Monday's notes and links.

## Thursday

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

**Note: if you're resting HR is up 5 or more beats, no workout**

- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (60 Minutes)**

**Misc. Notes:** finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

### 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 Set: Even Tempo for 45 Minutes in HR Z2 (no higher)

Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

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

**Duration:** 5 minutes

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

**Cadence:** 85-90

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

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

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

**Workout Notes:** To get the most out of this workout, make sure that you allow yourself some room to pick up the pace the second half of your main intervals. Wear a HR monitor to keep you from going too hard initially - pay close attention to the indicated intensity levels. Proper hydration will be imperative for you to optimize your time - mental clarity will be important for the last interval of starts.

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds



## Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**  
**Note: if you're resting HR is up 5 or more beats, no workout**
  - **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (60 Minutes)**

**Misc. Notes:** finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning

**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 Set: Even Tempo for 45 Minutes in HR Z2 (no higher)**  
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

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

**Duration:** 5 minutes      **Gearing:** the easiest combination that gets you into **HR Z1**  
**Cadence:** 85-90      **Misc.:** don't dismount until your heart rate is within **HR Z1**

**Post Workout Protocols**

    - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
    - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
  - **(Evening Workout) Complete Racing Solutions (CRS) Combo Weight Workout (10% Less Weight)**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**

**Workout Notes:** reduce the weight by 10% (minimum); you should feel fresh when finished with this strength session.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Sets:** 2      **Speed of Lift:** slow both up and down  
**Rep Count:** 6-8 reps (unless otherwise noted)      **Rest Interval:** none in between exercises; 1:00 in between cycles

**Post Workout Protocols**

    - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
    - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- Evening Protocols – please reference Monday's notes and 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 #3**  
[Please refer to the spreadsheet at the bottom of this document]

**Workout Notes:** during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you have to implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **2 Hour Nap After Mid-Day Meal**  
**Misc. Notes:** plan ahead and time your nap within 30 minutes after a mid-day meal. To increase the quality of your nap, consume something that normally makes you feel sleepy. This will put you to sleep quicker and have you sleeping deeply – this will allow your body to produce the much-needed hGH (the hormone that makes you lean!). Sleep deep, wake up leaner!
- **(Evening Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (75 Minutes)**  
**Misc. Notes:** similar to your other even tempo rides this week, just slightly longer.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning

**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 Set: Even Tempo for 60 Minutes in HR Z2 (no higher)**

Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

**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**

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **Evening Protocols** – please reference Monday's notes and links.

## Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout-Before Breakfast Ideally) Complete Racing Solutions (CRS) MX: Aerobic Workout (Choice)**

**Workout Notes:** take one of this week's aerobic workouts and duplicate at the same time and location if logistically possible. Your goal is to surpass your lap times at the same efforts. By teaching yourself to breathe deeply, relax and flow verses throwing a bundle of effort into your laps is the benefit to this workout.

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **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** – please reference Monday's notes and links.



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>					Less Than 40%	
	Concept 2™ Rower - 10 minutes: low intensity pulling <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe						
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:	Interval 4:	Interval 5:	Too Short To Measure	
Elapsed Times:	Interval 6:	Interval 7:	Interval 8:	Interval 9:	Interval 10:		
Performance							
Recap:	Fastest Time:		Average Time:		Average Heart Rate:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>						
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.					Too Short To Measure	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate						
Main Set #3	Set Focus: Aerobic Endurance (15 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 15 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. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number						
Performance						80-85%	
Recap:	Fastest Time:		Average Time:		Average Heart Rate:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>						
Main Set #4	Set Focus: Aerobic Endurance (15 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 15 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>						
Main Set #5	Set Focus: Aerobic Endurance (15 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 15 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>						
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)					< 40%	
	Pre-Riding Weight: Total Fluids Consumed:		Post-Riding Weight: Loss/Gain				

CRS Aerobic MX Workout #2						
Workout Focus: Aerobic Enhancement / Pacing						
	Description					
Warm Up	Focus: generate blood flow into all the working muscles					
Warm Up	Set Focus: Gradual Warm Up					Intensity
	<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 <a href="#">Instructional Video - Stretching head to toe</a> Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>					Less Than 40%
Main Set #1	Set Focus: Reaction Time & Transitions					Intensity
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					N/A N/A
Main Set #2	Set Focus: Aerobic Enhancement / Negative Split					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. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	75-80%
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	90-95%
	Fastest Lap Time:		Average Lap Pace:		Avg. Heart Rate:	Max HR:
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #3	Set Focus: Aerobic Enhancement / Negative Split					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. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	75-80%
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	90-95%
	Fastest Lap Time:		Average Lap Pace:		Avg. Heart Rate:	Max HR:
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #4	Set Focus: Aerobic Enhancement / Negative Split					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. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	78-80%
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	90-95%
	Fastest Lap Time:		Average Lap Pace:		Avg. Heart Rate:	Max HR:
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #5	Set Focus: Reaction Time & Transitions					Intensity
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					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):

CRS Aerobic MX Workout #3		
Workout Focus: Holding Aerobic Pace as Duration Decreases		
	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Concept 2™ Rower - 10 minutes: low intensity pulling <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe	Less Than 40%
Main Set #1	Set Focus: Moving the bike with your core	Intensity Very Relaxed
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	
Main Set #2	Set Focus: Muscular Endurance	Intensity
Protocols:	Note: these protocols are based on lap time of approximately 1 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	
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:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Muscular Endurance	Intensity
	** Strive to maintain the same pace as Set #2 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	
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:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Muscular Endurance & Speed	Intensity
	10 Minute Moto - Negative Split 2nd Half of Moto	
	Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Body Balance	Intensity Very Relaxed
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over	

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):	

Phase 11 - Combo Strength Workout			
Warm Up			
Concept 2 <sup>TM</sup> Rower or Spin on Bike - 10 minutes Easy			
CYCLE ONE			
Pike - Push Up - Pike (20 Seconds)			
<a href="#">Instructional Video: Pike-Push Up-Pike</a>			
Set 1 (as many as you can complete in 20 seconds)			
Set 2 (as many as you can complete in 20 seconds)			
Isolated Leg & Frankenstein's on Bench			
<a href="#">Instructional Video: Isolated Leg on Bench</a>			
Set #1 <b>Weight (10% Less Than Last Week)</b>			
Rep 1 (As many reps as you can do in 20 seconds-hold good form)			
Set #2 Weight (Same as Set 1)			
Rep 2 (As many reps as you can do in 20 seconds-hold good form & strive to match Set #1)			
CYCLE TWO			
Air Squats			
<a href="#">Instructional Video: Air Squats (no weight)</a>			
Set #1 <b>Weight (10% Less Than Last Week)</b>			
Rep 1 (As many reps as you can do in 20 seconds-hold good form)			
Set #2 Weight (Same as Set 1)			
Rep 2 (As many reps as you can do in 20 seconds-hold good form & strive to match Set #1)			
Hamstring Press-Extension on Fit Ball			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
Set #1 (as many as you can complete in 20 seconds)			
Set #2 (As many reps as you can do in 20 seconds-hold good form & strive to match Set #1)			
CYCLE THREE			
Overhead Extension-Tricep Press (Not Fast-Good Form)			
<a href="#">Instructional Videos: Overhead Extension-Triceps Press</a>			
Set #1 <b>Weight (10% Less Than Last Week)</b>			
Rep 1 (As many reps as you can do in 20 seconds-hold good form)			
Set #2 Weight (Same as Set 1)			
Rep 2 (As many reps as you can do in 20 seconds-hold good form & strive to match Set #1)			
Step Up & Calf Raises (no weight)			
<a href="#">Instructional Video: Step up &amp; Calf Raise</a>			
Set #1 (as many as you can complete in 20 seconds)			



Set #2 (as many as you can complete in 20 seconds)			
<b>CYCLE FOUR</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>			
Set #1 <b>Weight (10% Less Than Last Week)</b>			
Rep 1 (As many reps as you can do in 20 seconds-hold good form)			
Set #2 Weight (Same as Set 1)			
Rep 2 (As many reps as you can do in 20 seconds-hold good form & strive to match Set #1)			
<b>Individual Chest Press on Fit Ball</b>			
<a href="#">Instructional Video: Individual Chest Press on Fit Ball</a>			
Set #1 <b>Weight (10% Less Than Last Week)</b>			
Rep 1 (As many reps as you can do in 20 seconds-hold good form)			
Set #2 Weight (Same as Set 1)			
Rep 2 (As many reps as you can do in 20 seconds-hold good form & strive to match Set #1)			
<b>CYCLE FIVE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
Incline Press on Fit Ball			
<a href="#">Instructional Video: Incline Press on Fit Ball</a>			
Set #1 <b>Weight (10% Less Than Last Week)</b>			
Rep 1 (As many reps as you can do in 20 seconds-hold good form)			
Set #2 Weight (Same as Set 1)			
Rep 2 (As many reps as you can do in 20 seconds-hold good form & strive to match Set #1)			
<b>Rear Deltoid</b>			
<a href="#">Instructional Videos: Rear Deltoid</a>			
Set #1 <b>Weight (10% Less Than Last Week)</b>			
Rep 1 (As many reps as you can do in 20 seconds-hold good form)			
Set #2 Weight (Same as Set 1)			
Rep 2 (As many reps as you can do in 20 seconds-hold good form & strive to match Set #1)			
<b>CYCLE SIX</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
Chest Fly with Deep Pause on Fit Ball			
<a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
Set #1 <b>Weight (10% Less Than Last Week)</b>			
Rep 1 (As many reps as you can do in 20 seconds-hold good form)			
Set #2 Weight (Same as Set 1)			
Rep 2 (As many reps as you can do in 20 seconds-hold good form & strive to match Set #1)			
<b>Side Skaters</b>			
<a href="#">Instructional Videos: Side Skaters (Inner Thigh)</a>			
Set #1 (as many as you can complete in 20 seconds)			
Set #2 (as many as you can complete in 20 seconds)			