



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

**Phase 9**  
**6 Weeks**  
**2/6**  
**Race Specific Speed and Endurance**

**Intensity Note:**

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

**Monday**

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete Rest Day**  
**Misc. Notes:** as part of your program, I provide insight into the purpose of each workout as it relates to your progression on a daily, weekly & monthly basis based on your goals and objectives. With this in mind, I want you to take a pro-active approach to this day; what can you do today that will provide you the biggest return for the investment of time you put into it? Keep in mind that it doesn't have to be related only to nutrition and exercise. It could be something like not procrastinating to take out the trash or leaving for an appointment 15 minutes early to avoid the stress of "running late". As you know, your daily goal should be to improve by 1% every day. In this situation, being consistent will add up to significant improvements by the end of a week.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).  
**Psychology:** concept video: "[How to Handle an Acute Injury](#)" – [video link](#)

**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 refer to the spreadsheet at the bottom of this document]**  
**Workout Notes:** This set is going to teach you how much faster you can go when you focus on staying aerobic for 95% of your total ride time. Your last set will be feel easy due to fact that you have been aerobic for the majority of your workout. Pay close attention to your heart rate to ensure that you have the energy stored to drop the hammer during set number five.  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **(Afternoon Workout) Complete Racing Solutions Push-Pull-Sprint Intervals (same protocols – slightly longer duration)**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**  
**Workout Notes:** your goal is to complete 35 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and endurance.  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.  
**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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).  
**Psychology:** concept video – please reference Monday's video link.

**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 day needs to be approached as if it was a national - food, warm up, etc. The mental side of this workout is for you to familiarize your body with what you expect from it on race day: perfect execution of all the homework you have put into your racing. With your focus being on producing the fastest laps possible, your sight lap needs to be focused and productive. Have fluids and calories (exactly what you want to consume on race day) available to maintain your blood sugar levels (to maintain mental clarity and energy) throughout the entire workout.  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **(Evening Workout) Complete Racing Solutions Fragmented Bike: Heart Rate Intervals (80 Minutes)**  
**Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z3 and Z4**



**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

**Warm Up: HR Zone 1**

**Duration:** 15 minutes

**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc.:** stretch and hydrate before moving into your main set

**Main Performance Block: 60 Minutes (HR Zone 3)**

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

**Interval Duration:**

7 Minutes **Low end of HR Z3** – deep belly breathing and mentally focused

3 Minutes **Low end of HR Z4** – be aggressive but in total control

Recovery Interval: 5 minutes **HR Z1** (no higher) – you can't go too easy here

**Repeat 4x for a total of 1 hour of work**

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

**Duration:** 5 minutes

**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**

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

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

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

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

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

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

**Post Workout Protocols**

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

▪ **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).

**Psychology:** concept video – please reference Monday's video link.

**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:** this workout is going to assess your aerobic capacity on the track. Pay close attention to your heart rate levels throughout each 30-minute moto; if your heart rate goes beyond your 85% heart rate number, you need to slow down and smooth out on the track. Keep in mind that if you go beyond 85%, we will not have an accurate evaluation of your aerobic function on the bike. Taking the smooth lines includes smooth throttle, clutch and brake control everywhere on the track. Focus on landing on the backside of all the jumps to keep your momentum as high as possible, with the least amount of energy.

**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 Push-Pull-Sprint Intervals (same protocols – slightly longer duration)**

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

**Workout Notes:** your goal is to complete 35 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and endurance.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

**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).

▪ **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).

**Psychology:** concept video – please reference Monday's video link.

**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 #2**

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



**Workout Notes:** as the workout focus header implies, this workout is going to challenge you on creating opening lap speed and then being able to find the fastest lines and duplicate the speed interval after interval. Remember, it doesn't help you to go fast for one lap and then fall off pace, your goal is to create a consistent speed for as many laps as the moto is long. Due to the high level of intensity, your morning breakfast needs to be loaded with protein and carbs (pancakes, waffles, toast, etc.). Maintaining your blood sugar in between sets will improve the overall quality and outcome of the workout.

**Post Workout Protocols**

- o **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- o **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

▪ **(Evening Workout) Complete Racing Solutions Bike: Heart Rate Intervals (90 Minutes)**

**Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

**Warm Up: HR Zone 1**

**Duration:** 10 minutes

**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc.:** stretch and hydrate before moving into your main set

**Main Performance Block: 75 Minutes (HR Zone 3)**

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

Interval Duration:

10 Minutes **High End of HR Z3** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

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

**Repeat 5x for a total of 75 minutes of work**

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

**Duration:** 5 minutes

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

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

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

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

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

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

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

**Post Workout Protocols**

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

▪ **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).

**Psychology:** concept video – please reference Monday's video link.

**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 - Choice**

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

**Workout Notes:** duplicate one of your speed workouts from earlier in the week. Strive to be quicker and more consistent than you were the last time you completed the protocols.

**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).

▪ **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.

▪ **(Post Nap Workout) Complete Racing Solutions Push-Pull-Sprint Intervals (same protocols – slightly longer duration)**

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

**Workout Notes:** your goal is to complete 35 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and endurance.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

**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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).  
**Psychology:** concept video – please reference Monday’s video link.

## 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 - Choice**  
[Please refer to the spreadsheet at the bottom of this document]  
**Workout Notes:** duplicate one of your speed workouts from earlier in the week. Strive to be quicker and more consistent than you were the last time you completed the protocols.  
**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).
- **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.
- **(Post Nap Workout) Complete Racing Solutions Bike: Heart Rate Intervals (75 Minutes)**  
**Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.  
**Warm Up: HR Zone 1**  
**Duration:** 10 minutes  
**Cadence:** 80-85 (no higher/lower)  
**Gearing:** small chain ring up front, middle rear gearing  
**Misc.:** stretch and hydrate before moving into your main set  
**Main Performance Block (60 Minutes):**  
**Set Notes:** the interval doesn’t begin until you get into **HR Z3**, so be aggressive without going anaerobic.  
**Interval Duration:**  
5 Minutes **High End of HR Z4** – be aggressive but in total control  
10 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary  
**Repeat 4x for a total of 60 minutes of work**  
**Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**  
**Duration:** 5 minutes  
**Cadence:** 85-90  
**Gearing:** the easiest combination that gets you into **HR Z1**  
**Misc.:** don’t dismount until your heart rate is within **HR Z1**
- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**  
**Workout notes:** complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.  
**¾ Sit Up:** [click here for video](#)  
**Open Abdominals:** [click here for video](#)  
**Ab Criss Cross:** [click here for video](#)  
**Ab & Hip Risers:** [click here for video](#)  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).  
**Psychology:** concept video – please reference Monday’s video link.



<b>Phase 9: Push-Pull-Sprint Combo Set</b>	<b>Date</b>	<b>Date</b>
Easy Row - 10 minutes		
Stretch - Head to Toe		
<a href="#">Full Body Stretch - Instructional Video</a>		
<b>Cycle 1: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 2: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 3: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 4: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 5: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		



Time to Complete 500 Meters		
1 Minute Rest before beginning the next cycle		
Cycle 6: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 35 Seconds – 25 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
1 Minute Rest before beginning your Cool Down		
Cool Down		
500 Meter Sprint (Damper Setting at 3)		



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		Total Duration: 2 Hours
	Description	
Warm Up	Set Focus: generate blood flow into all the working muscles	Intensity
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Concept 2™ Rower - 10 minutes: low intensity pulling <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe	Less Than < 40%
Main Set #1	Set Focus: Reaction Time & First Turn Aggression	Intensity
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	N/A
Main Set #2	Set Focus: Aerobic Enhancement / Internal Pacing	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes. Note: first fifteen minutes take the optimum lines and maintain optimum momentum last fifteen minutes take the non-optimum lines & focus on belly breathing Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	85-90%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	85-90%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Reaction Time & First Turn Aggression	Intensity
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Focus: Aerobic Enhancement / Internal Pacing	Intensity
Workout Protocol:	Same notes as Set #2 - 30 minute straight moto with consistent lap times beginning to end.	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	85-90%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	85-90%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Sprint Speed	Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	2 Lap Elapsed Time Int. #1: 2 Lap Elapsed Time Int. #2:	95-100%
Elapsed Times:	2 Lap Elapsed Time Int. #3: 2 Lap Elapsed Time Int. #4:	95-100%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	





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





Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Muscular Endurance and Strength		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Protocols:	Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle Stretch passively (no bouncing) from head to toe	< 50%
Main Set #1	Focus: Moving the bike with your core	Intensity
Protocols:	20 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 - close your eyes for 1 second and "feel" for the bike to deviate (less is better) 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	Incremental
Main Set #2	Focus: First Turn Transitions	Intensity
Protocols:	Your focus needs to be on your transition from on the gas to on the brakes Take your time from the drop of the gate to a point right after the first turn -stay focused!	
Elapsed Times:	Interval 1 Time: Interval 2 Time: Interval 3 Time: Interval 4 Time:	100%
Elapsed Times:	Interval 5 Time: Interval 6 Time: Interval 7 Time: Interval 8 Time:	100%
Elapsed Times:	Interval 9 Time: Interval 10 Time: Interval 11 Time: Interval 12 Time:	100%
Elapsed Times:	Fastest Time: Slowest Time: Average Time:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Focus: Muscular Endurance & Strength	Intensity
Protocols:	30 Minute Moto - Even Paced / Take the smoothest lines every lap 15 Minute Moto - Even Paced (Beginning to End)	
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%
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Focus: Muscular Endurance & Strength	Intensity
Protocols:	20 Minute Moto - Even Paced / Take the roughest lines every lap	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
Protocols:	Rest For 5 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)	< 50%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	



Complete Racing Solutions MX Speed Workout #2							
Workout Focus: Consistent Race Speed				Total Ride Time: 90 Minutes			
		Description					
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 Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>				Less Than 50%	
Main Set #1		Set Focus: Pre-Race Routine				Intensity	
Workout Protocol:		Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>				Too Short To Evaluate	
Main Set #2		Set Focus: Race Day (6 Lap Sprints)				Intensity	
Workout Protocol:		This set is designed to see how both your speed and endurance is developing; your mindset needs to be focused as if it was race day of a big national. Follow your plan and fly! Moto Specific Heart Rate Zone - Low # High #					
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary					
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary					
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary					
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary					
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary					
Performance Recap:		Fastest Lap Time:		Deviation:		Average Heart Rate:	
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>					
Main Set #3		Set Focus: Opening Lap Speed				Intensity	
Workout Protocol:		<b>NOTE: IF YOU ARE EXHAUSTED FROM SET #2, DON'T ATTEMPT THIS SET, YOU ARE DONE FOR DAY</b> Your goal is to be as fast or faster than Set #2 - Volume is down, speed goes up! Moto Specific Heart Rate Zone - Low # High #					
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%
Performance Recap:		Fastest Lap Time:		Deviation:		Average Heart Rate:	
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>					
Warm Down		5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down					< 40%