



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 9
6 Weeks
3/6
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 your email notes reference, learning how to fill your lungs by breathing deeply through your diaphragm is one of the most powerful resources relevant to your ability to go “hard” and still stay within your aerobic intensity zones. The ability to train in your aerobic intensity zones teaches your body to spare glycogen (stored sugar in your liver and your muscles which is limited to 60-90 minutes of high intensity activity) and utilize stored fat (providing hours and hours of energy). During your workouts throughout the week, the blue/aerobic workouts need to be taken as seriously as your red/high intensity workouts. During the blue/aerobic workouts, keeping your intensity (monitored with your heart rate monitor) below your HR Z2 will maximize your fat burning capabilities, reduce the residual fatigue on the body and increase the number of capillary beds within the muscles (channels necessary to deliver oxygen and dissipate lactic acid).
- **Evening Protocols**
Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)
Nutrition: 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Push-Pull-Sprint Intervals (same duration as last week)**
[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 [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the 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 [Energy Fuel](#) to replace lost electrolytes
- **Evening Protocols**
Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)
Nutrition: 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.

Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete One of the Following for your Morning Workout:**
- **Complete Racing Solutions Bike: Load Level Intervals (55 Minutes)**
Misc. Notes: throughout these 5-minute blocks, focus on the generation of power (not speed or pace). Focus on your belly breathing to help stay within the desired intensity levels. The principles that you are applying here is called the Overload & Familiarity Principles. By overloading the tendons, ligaments and muscles they will literally “adapt” to the load at a neuromuscular level. The outcome will be a higher level of power with less effort. By repeating the load levels over the course of **50 minutes** will result in your nerves and muscles becoming “familiar” with the workload without creating mental noise.
Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.
Warm up: HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 10 minutes
Cadence: 80-90 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: stretch and hydrate before moving into your main set
Main Set: Intensity Based Intervals: 8 x 5 Minutes
In a seated position – push the tallest gear combination at 50-60 RPM’s while staying in **HR Z2** (no higher) for 3 minutes
Lighten the load levels and spin easy for 2 minutes – stretch and hydrate as necessary
Repeat the 5 Minute blocks 8 times for a total of 40 minutes
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**



- **Complete Racing Solutions Row: Fragmented Intervals (55 Minutes)**

Misc. Notes: please reference the workout notes from above.

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

Warm up (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Duration: 10 Minutes **Pull Rate:** less than 25 [Stretch your lower body](#)

Main Set: Intensity Based Intervals: 8 x 5 Minutes

Load Level: 7 Duration: 5 Minutes **Pull Rate:** less than 20-25

Settle into the upper end of **HR Z2** and maintain for **3 minutes**

After 3 minutes; decrease the **load levels to 3** and pull easy for **2 minutes** – stretch and hydrate as necessary

Increase your intensity up to upper end of **HR Z3** & maintain for 5 minutes (focus on your breathing to stay within **HRZ3**)

Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2 Distance: 5 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

- **(Immediately following your bike or row 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:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds

- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **Evening Protocols**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)

Nutrition: 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.

Thursday

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

- **(Morning Workout) Complete Racing Solutions Push-Pull-Sprint Intervals (same duration as last week)**

[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 [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the 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 [Energy Fuel](#) to replace lost electrolytes

- **Evening Protocols**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)

Nutrition: 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.

Friday

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

Choose one of the Following for your Morning Workout:

- **Complete Racing Solutions Bike: Even Tempo - Aerobic Enhancement (70')**

Misc. Notes: relaxed ride with no agenda but to head outdoors and work on optimized pedal mechanics; as the elevation changes or as the head winds pick up think about pedaling in full circles before adjusting your gearing to an easier load level. As you are seated, slide back when the ground goes up or the head winds pick up. Set your watch to ensure that you stay hydrated and stretched out.

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

Warm Up: HR Zone 1

Duration: 5 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Main Performance Block: 1 Hour (HR Zone 2)



Set Notes: with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. Hydrate with [Energy Fuel](#) to maintain your blood sugar & energy 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**

- **Complete Racing Solutions Row: Even Tempo – Aerobic Enhancement (60 Minutes)**

Misc. Notes: this workout is designed to enhance your aerobic capacity so pay close attention to your HR monitor to ensure that you don't elevate your intensity **above HR Z2**. Pay close attention to good form to ensure that you don't strain your back.

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: 5 Minutes Pull Rate: less than 25 Stretch from head to toe

Main Performance Block: 1 Hour (HR Zone 2)

Display: Time Load Level: 5 Pull Rate: 25-30 staying within HR Z2 (no higher or lower)

Set Notes: with your pull rate between 25-30, settle into a consistent rhythm. Focus on good biomechanics: leading with your legs, tall upper body position and keeping the chain tight in both directions. Hydrate with [Energy Fuel](#) to maintain your blood sugar & energy levels.

Cool Down-HR Zone 1

Load Level: 3 Duration: 5 minutes

Pull Rate: less than 25

Stretch from head to toe

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

Saturday

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

[Please 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 [Energy Fuel](#) to replace lost electrolytes

- **2 Hour Power Nap after lunch**

Misc. Notes: you have put in all of the work necessary to elevate your program by 1% (and more than likely by more than 1%) so this nap is going to help your body absorb all of the volume & intensity that you have submitted it to. To optimize your nap, eat a high-quality mid-day meal (loaded with fruits and vegetables, lean protein) as quickly after your morning workout logistically possible. When you wake up, consume a high-quality smoothie with two scoops of [Energy Fuel](#) for additional electrolytes.

- **(Post Nap Workout) Complete Racing Solutions Push-Pull-Sprint Intervals (same duration as last week)**

[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 [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the 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 [Energy Fuel](#) to replace lost electrolytes

- **Evening Protocols**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)

Nutrition: 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.



Sunday

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

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

Misc. 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

- **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 [Energy Fuel](#) to replace lost electrolytes

Choose one of the following for your Post Nap Workout:

- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (60 Minutes)**

Misc. Notes: for this workout you will need to know your HR Z3 numbers (high and low specific number).

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

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

Duration: 5 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 Z3** and maintain for **6 minutes**

After 6 minutes increase your intensity to the high end of **HR Z3** and maintain for **4 minutes**.

After 4 minutes, lower your effort back to the lower end of **HR Z3** – **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**

- **Complete Racing Solutions Row: Heart Rate Blocks (60 Minutes)**

Misc. Notes: for this workout you will need to know your HR Z3 numbers (high and low specific number).

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

Warm up (HR Z1): 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

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 50 Minutes

Settle into the low end of **HR Z3** and maintain for **6 minutes**

After 6 minutes increase your intensity to the high end of **HR Z3** and maintain for **4 minutes**.

After 4 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2

Distance: 5 Minutes

Pull Rate: less than 25

[Stretch from head to toe](#)

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

- **Evening Protocols**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)

Nutrition: 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.



Phase 9: Push-Pull-Sprint Combo Set		Date	Date
Easy Row - 10 minutes			
Stretch - Head to Toe			
Full Body Stretch - Instructional Video			
Cycle 1: 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 the next cycle			
Cycle 2: 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 the next cycle			
Cycle 3: 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 the next cycle			
Cycle 4: 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 the next cycle			
Cycle 5: 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 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: Holding Aerobic Pace as Duration Decreases									
		Description								Intensity									
Warm Up		Set Focus: generate blood flow into all the working muscles								Less Than 40%									
Workout Protocol:		Instructional Video on how to set up the Concept 2 Rower Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel																	
Main Set #1		Set Focus: Moving the bike with your core																	
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 Energy Fuel								Intensity Very Relaxed									
Main Set #2		Set Focus: Muscular Endurance								Intensity									
Protocols:		Note: these protocols are based on lap time of approximately 2 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 20 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #								80-85% 80-85%									
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:		Fastest Lap Time:		Avg. HR#:		Max HR#:													
		Rest For 5 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 20 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #								80-85% 80-85%									
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:		Fastest Lap Time:		Avg. HR#:		Max HR#:													
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																	
Main Set #4		Set Focus: Muscular Endurance & Speed								Intensity									
		20 Minute Moto - Negative Split 2nd Half of Moto Moto Specific Heart Rate Zone - Low # High #								80-85% 90-95%									
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:		Fastest Lap Time:		Avg. HR#:		Max HR#:													
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																	
Main Set #5		Set Focus: Body Balance								Intensity									
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								Very Relaxed									



Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

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											
												Instructional Video on how to set up the Concept 2 Rower												Less Than											
												Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo												50%											
												Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel																							
Main Set #1												Set Focus: Pre-Race Routine												Intensity											
																								Too Short											
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.												To Evaluate											
												Rest For 10 Minutes - Stretch from head to toe / Re-hydrate																							
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 #																							
Rest Interval												5 Minutes (no more or less) - Stretch and hydrate as necessary																							
Performance Times:												Lap 1 Time:		Lap 2 Time:		Avg. Time:		Avg. HR:		90-95%															
Performance Times:												Lap 1 Time:		Lap 2 Time:		Avg. Time:		Avg. HR:		90-95%															
Performance Times:												Lap 1 Time:		Lap 2 Time:		Avg. Time:		Avg. HR:		90-95%															
Performance Times:												Lap 1 Time:		Lap 2 Time:		Avg. Time:		Avg. HR:		90-95%															
Performance Times:												Lap 1 Time:		Lap 2 Time:		Avg. Time:		Avg. HR:		90-95%															
Performance Times:												Lap 1 Time:		Lap 2 Time:		Avg. Time:		Avg. HR:		90-95%															
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 all 10 laps (maximum time 20 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:		Lap 5 Time:		80-85%													
Elapsed Times:												Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:		80-85%													
Performance 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 all 10 laps (maximum time 20 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:		Lap 5 Time:		80-85%													
Elapsed Times:												Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:		80-85%													
Performance 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:				Post-Riding Weight:																			
												Total Fluids Consumed:				Loss/Gain																			

