



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 9
6 Weeks
4/6
Race Specific Speed and Endurance

Intensity Note:

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (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: there isn't anything more powerful than recognizing that you are training smart and providing your body the elements it needs to improve on a daily, weekly & monthly basis: speed & strength training, flexibility & trigger point soft tissue maintenance, food & hydration strategies, etc. When you accompany these elements with evaluation tools to ensure that you are maximizing your training efforts: sweat rate calculators, body analysis evaluation spreadsheet, heart rate calculators, etc., you have all the information needed to ensure that your body is in a constant mode of improvement, verses breaking down. When we discuss the fact that there is NO END to your true potential, now you understand why.

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: 1 Minute Blast Challenge**
[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout notes: complete each exercise for 1 minute; the key is about maintaining good form for 1 minute – not how many reps you can complete. Allow 30" to 1-minute rest in between each set; stretch as needed to avoid a muscle pull. This workout will present a different kind of fatigue, so stay positive and embrace the challenge.

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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)

Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Explosive Power Intervals (1 Hour)**

Misc. Notes: when it comes to creating speed, you have to pay attention to how you create it. Think about this, you can add more power in your thighs when pushing a taller gear or you can increase your leg turnover - either way, there is a strategy to creating this speed. During this workout, focus on sitting back on the seat and "pushing" in complete circles during the initial phase of each interval to generate power from your legs, hips and lower back. Focus on your breathing early to help maintain an optimal level of oxygen in your blood; your quads are the largest consumer of the body, if you add more effort with your legs, you will deplete your blood oxygen levels and you will begin to suffer.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Warm up (HR Zone 1):

Duration: 10 minutes

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

Misc.: dismount and [stretch your lower body](#); tight muscles in these areas will reduce the quality of work

Main Performance Block #1: 20 Minutes (HR Zone 2)

In a hard/heavy gear combination, accelerate aggressively for 20 seconds; keep your feet flat and focus on pedaling in full circles; strive for no chain slack; if available, notice your top speed obtained during the 20 second interval
Recover for 40 seconds; bring your HR down with deep breathing & get mentally focused
Repeat for 20x intervals – 20 minutes

Transition Set: 5 minutes even tempo

Set Notes: keep your gear load light and your pedal cadence above 75; focus on your breathing to ensure that you are completely recovered before starting Set #2

Main Set #2: 20 minutes of Explosive Power Intervals (Note: increase your gear load by one if possible)

Set Notes: duplicate the 20" on - 40" off protocols one gear taller than you did during set #1. Strive to obtain a higher rate of speed than you did during set #1 (if you are one gear taller, this will be relatively easy).



- **(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

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)

Thursday

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

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: 1 Minute Blast Challenge**

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

Workout notes: complete each exercise for 1 minute; the key is about maintaining good form for 1 minute – not how many reps you can complete. Allow 30" to 1-minute rest in between each set; stretch as needed to avoid a muscle pull. This workout will present a different kind of fatigue, so stay positive and embrace the challenge.

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

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)

Friday

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

- **(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 ice cold [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

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**

- **(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

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

Psychology: concept video "[Should I Train When I Am Sick](#)" – [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 #1 (Same as last week intentionally)**
[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: 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.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video "[Should I Train When I Am Sick](#)" – [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 #1**

Misc. Notes: like all of your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. As we have discussed previously, the more times you work smart NOT hard on the track (i.e. bouncing off of the faces of everything) the faster and more consistent your lap times will become. Though you may not realize this, workouts like this are intended to create a "memory" within your body and muscles what it "feels" to be fast, smooth and in total control. If you feel like you are not in control - do NOT slow down. Instead focus on breathing deep FIRST to bring the heart rate down (which will make the speed feel easy).

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 Nap After Mid-Day Meal**
Misc. Notes: at this point in the week, your body should be eager to catch a few extra hours of sleep. With this in mind, strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child does off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.
- **(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 ice cold [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

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**

- **(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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)



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	
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	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 Energy Fuel	
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 #	
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:	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 #	
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:	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 #	
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 5 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.	



Complete Racing Solutions MX Speed Workout #1		Workout Focus: Late Moto 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 Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel							Less Than 50%
Main Set #1	Set Focus: Pre-Race Routine							Intensity
Workout Protocol:	Complete 10 starts where you can charge the first turn and time yourself over an obstacle for time. The goal is to transition from the gas to brakes and back as consistently as possible.							Too Short To Evaluate
Elapsed Times:	Interval 1:	Interval 2:	Interval 3:	Interval 4:	Interval 5:			
Elapsed Times:	Interval 6:	Interval 7:	Interval 8:	Interval 9:	Interval 10:			
Set Recap	Fastest Time:	Average Time:						
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel							
Main Set #2	Set Focus: Negative Split Moto - 20 Minutes in Duration Max							Intensity
Workout Protocol:	Hold your pace for the first five laps and then pick up the pace for the last five laps During the first five laps, if you fall off the pace by more than 2 seconds (minus a mistake) then stop, re-group and re-start the interval							80-85% 90-95%
	Moto Specific Heart Rate Zone - Low # High #							
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:			
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:			
Set Recap	Fastest Lap Time:	Average Lap Pace:				Average Heart Rate:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel							
Main Set #3	Set Focus: Negative Split Moto - 20 Minutes in Duration Max							Intensity
Workout Protocol:	Strive to maintain the same heart rate average, but be 2 seconds faster during the last five laps. The only way you can make this happen is to breathe through your belly and be smooth everywhere!							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:			
Set Recap	Fastest Lap Time:	Average Lap Pace:				Average Heart Rate:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel							
Main Set #4	Set Focus: Negative Split Moto - 20 Minutes in Duration Max							Intensity
Workout Protocol:	This set is about riding as fast as you can while staying within the indicated HR zone AND not falling off pace by more than 1 second. This set is what your body will relate to on race day so be mentally focused!							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:			
Set Recap	Fastest Lap Time:	Average Lap Pace:				Average Heart Rate:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel							
Warm Down	5 Minutes of easy riding - nothing structured or intense; allow the HR to come down slowly							40%
	Pre-Riding Weight: Total Fluids Consumed:			Post-Riding Weight: Loss/Gain				

Complete Racing Solutions MX Speed Workout #1

Workout Notes: Like all of your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. As we have discussed previously, the more times you work smart NOT hard on the track (i.e. bouncing off of the faces of everything) the faster and more consistent your lap times will become. Though you may not realize this, workouts like this are intended to create a "memory" within your body and muscles what it "feels" to be fast, smooth and in total control. If you feel like you are not in control - do NOT slow down. Instead focus on breathing deep FIRST to bring the heart rate down (which will make the speed feel easy).



Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Muscular Endurance / Mental Focus / Internal Pacing		
	Description	
Warm Up	Set Focus: Gradual Warm Up	Intensity
Protocols:	Easy Riding - very low intensity; keep a close eye on your HR throughout Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	40%
Main Set #1	Set Focus: Moving the bike with your core	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 - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	Relaxed
Main Set #2	Set Focus: Muscular Endurance	Intensity
Protocols:	Note: these protocols are based on lap time of approximately 2 minutes - 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 sports drink	
Main Set #3	Set Focus: Muscular Endurance	Intensity
Protocols:	** Strive to maintain the same pace as Set #2 20 Minute Moto - Even Paced (Beginning to End)	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 sports drink	
Main Set #4	Set Focus: Muscular Endurance	Intensity
Protocols:	** Strive to maintain the same pace as Set #2 20 Minute Moto - Even Paced (Beginning to End)	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 sports drink	
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 - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better)	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	< 40%
	Beginning Weight: Ending Weight: Loss Gain (Loss):	

Complete Racing Solutions MX Aerobic Workout #2

Workout Notes: to maximize the productivity of this workout (i.e. keep you from going too hard), have your heart rate monitor where you can easily see it. By staying below 80% throughout the moto (based on heart rate), you will notice that you body will become relaxed and progressively get faster at the same effort (80%). Though the intensity level is moderate, don't overlook your hydration and calories to ensure that your blood sugar levels remain constant throughout the workout.



Complete Racing Solutions MX Speed Workout #2 Overall Focus: Speed, Speed, Speed! Total Ride Time: 90 Minutes		
	Description	
Warm Up	Set Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Intensity Less Than 50%
Main Set #1 Workout Protocol: Set Recap	Focus: Warm the muscles up/Break a Sweat (15 Minute Moto) 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 within your HR zones 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-watch your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 75-80%
Main Set #2 Workout Protocol: Elapsed Times: Elapsed Times: Set Recap	Set Focus: Opening lap speed Complete 10 starts plus 1 lap sprint. On race day, your body will emulate what you practice so stay mentally focused & specific. Moto Specific Heart Rate Zone - Low # High # Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95% 90-95%
Main Set #3 Misc. Thoughts Workout Protocol: Elapsed Times: Set Recap	Set Focus: High Intensity/Lactate Tolerance These intervals need to be aggressive; you should hit your 95% number by the end of the one lap 1 Lap Sprint (2 Minute Lap Time Max) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95%
Main Set #4 Misc. Thoughts Workout Protocol: Elapsed Times: Set Recap	Set Focus: High Intensity/Lactate Tolerance These intervals need to be aggressive; you should hit your 95% number by the end of lap two 2 Lap Sprints (4 Minutes Max Time) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95%
Main Set #5 Workout Protocol: Elapsed Times: Set Recap	Set Focus: High Intensity/Lactate Tolerance 3 Lap Sprints (6 Minutes Max Time) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95%
Warm Down	5 Minutes of Easy riding - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain

Workout Notes: to keep you mentally focused, you will need to focus on maintaining your speed and consistency from set to set. This workout is going to break the problem that most racers experience - getting slower as the race transpires. This set is going to hold you accountable on three levels: lap times, average heart rate and a tight rest interval. Due to the intensity levels and duration of this set, it is imperative that you come to this workout well hydrated and fed.

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



Combo Weight Workout: 1 Minute Blast Challenge		
Warm Up		
(15 Minutes) Trigger Point Therapy and Foam Rolling		
CYCLE ONE	Date	Date
Shoulder Press		
Instructional Video: Shoulder Press		
Weight (Heavy)		
As many reps as you can complete in 1 minute with PERFECT form		
Weight (Slightly heavier than Set 1)		
As many reps as you can complete in 1 minute with PERFECT form		
Sit Ups on Fit Ball		
Instructional Video: Abdominal Crunch on Fit Ball		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Air Squats		
Instructional Video: Air Squats		
Weight (Heavy)		
As many reps as you can complete in 1 minute with PERFECT form		
Weight (Slightly heavier than Set 1)		
As many reps as you can complete in 1 minute with PERFECT form		
CYCLE TWO	Date	Date
Front and Side Deltoids		
Instructional Video: Front & Middle Deltoids		
Weight (Light)		
As many reps as you can complete in 1 minute with PERFECT form		
Weight (Slightly heavier than Set 1)		
As many reps as you can complete in 1 minute with PERFECT form		
Pike - Push Up - Pike		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Hamstring Press on Fit Ball		
Instructional Video: Hamstring Press with Extension		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		



CYCLE THREE		Date	Date
Bicep Curls			
Instructional Video: Bicep Curls			
Weight (Heavy)			
As many reps as you can complete in 1 minute with PERFECT form			
Weight (Slightly heavier than Set 1)			
As many reps as you can complete in 1 minute with PERFECT form			
Open Abs			
Instructional Video: Open Ab Rotation			
Rep 1 (as many as you can complete in 60 seconds)			
Rep 2 (as many as you can complete in 60 seconds)			
Calf Raises			
Instructional Video: Calf Raises			
Weight (Heavy)			
As many reps as you can complete in 1 minute with PERFECT form			
Weight (Slightly heavier than Set 1)			
As many reps as you can complete in 1 minute with PERFECT form			
CYCLE FOUR		Date	Date
Tricep Kickbacks			
Instructional Video: Tricep Kickbacks			
Weight (Light)			
As many reps as you can complete in 1 minute with PERFECT form			
Weight (Slightly heavier than Set 1)			
As many reps as you can complete in 1 minute with PERFECT form			
Hip Risers			
Instructional Video: Hip Risers			
Rep 1 (as many as you can complete in 60 seconds)			
Rep 2 (as many as you can complete in 60 seconds)			
Inner Thigh			
Instructional Video: Side Skaters			
Rep 1 (as many as you can complete in 60 seconds)			
Rep 2 (as many as you can complete in 60 seconds)			



CYCLE FIVE	Date	Date
Diamond Push Up		
Instructional Video: Diamond Push Ups		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Pull Up with a Pause		
Instructional Video: Pull Up with a Pause		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Abs: Pike - Push Up - Pike on Fit Ball		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
CYCLE SIX	Date	Date
Push Up-Knee to Chest on Fit Ball		
Instructional Video: Knee to Chest on Fit Ball		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Stars		
Instructional Video: Stars		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		