



Training Cycle:

Cycle Duration:

Work Week

Focus:

Phase 9

6 Weeks

5/6

Race Specific Speed and Endurance

Intensity Note:

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (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: when you lay down at night, please set your room temperature in the mid to low 70's. Remember that your body needs a break from heat related stress. Throughout each day, your body goes through a series of priorities: digest food, process and absorb your fluid intake and during exercise, regulate your core body temperature. This is accomplished through sweating, as you sweat, the water on your skin "pulls" the heat from within the working muscles to the surface to rid itself of heat. When you lay down at night and you have something pressing against your skin (bed below, sheets above), this retains your heat and your core body temperature rises. With this in mind, sleep has to be a release from the heat so a cold (and dark) room is an ideal environment to recover from a full day of training. Additionally, going to bed with a high-quality snack in your stomach will feed your brain while you sleep and satisfy the hunger mechanism in your brain. This reduces the overall stress on the body which allows the body to become more relaxed and absorb the sleep you are providing it. This results in a more rested and resilient mind and body.

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video "[Are Chiropractors Good or Bad?](#)" – [video link](#)

Tuesday

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Afternoon Workout) Complete Racing Solutions MX: Speed Workout #1**
[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: this workout is going to test your hydration and fluid intake to ensure that you know what your perspiration rate is specific to race pace. Please weight yourself prior to gearing up and then capture your body weight in the exact same clothes that you did prior to the ride (minus your socks). Also, keep good documentation of your fluid intake (of any type - sports drink or water) and note that at the bottom of your spreadsheet so that we can determine your gain/loss and the percentage of gain/loss. This information is what we will be utilizing to fine tune your race day nutritional strategy.

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
- **(Evening Workout) Complete Racing Solutions Combo Weight Workout: 1 Minute Blast Challenge (Last Week of these Exercise Protocols)**

[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:** 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
- **Mental Protocols:** watch this video in a place where you have zero distractions.
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**
- **(Afternoon Workout) Complete Racing Solutions MX: Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: as the sets transpire, you will notice an adjustment in the durations per intensity levels - please don't surpass either the HR or durations for optimum results. Remember, today is an aerobic day - if you push the pace too hard, it will only leave you fatigued for your quality/speed day workouts. Also, please adhere to the rest interval - they are short relevant to your work window intentionally (this will build your endurance base).

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
- **(Evening 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**; the interval doesn't begin until you get within the indicated HR zone numbers.



Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm Up: HR Zone 1

Duration: 10 minutes

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:

15 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 3x 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**

▪ **Complete Racing Solutions Row: Fragmented Intervals (75 Minutes)**

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

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

Video: [Stretch your lower body](#)

Main Performance Block: 45 Minutes (HR Zone 3)

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

Load Level: 7

Interval Duration:

15 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 3x for a total of 60 minutes of work

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](#)

Thursday

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

▪ **(Afternoon Workout) Complete Racing Solutions MX: Speed Workout #2**

Workout Notes: Repeat Sets #2 & #3 Twice

This workout is going to push both your sprint speed as well as your muscular endurance. Please pay close attention to your heart rate spreadsheet so that you have both the low & high numbers regarding your heart rate/intensity levels. Remember, the goal in training is familiarize your body with the specific demands of racing - this workout will complete that if you hit the indicated intensity levels. Like all high intensity workouts, your blood sugar levels will drain quickly, so have easily absorbable calories and fluids readily available.

Post Workout Protocols

▪ **Flexibility:** 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

▪ **(Evening Workout) Complete Racing Solutions Combo Weight Workout: 1 Minute Blast Challenge (Last Week of these Exercise Protocols)**

[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:** 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
- Mental Protocols:** watch this video in a place where you have zero distractions.
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: Aerobic Workout #2**

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

Workout Notes: this workout is 4 x 20-minute straight motos, entirely aerobic (wear and pay attention to your heart rate monitor). As the track deteriorates, focus on staying consistent through good mechanics, deep breathing and smooth transitions into and out of the corners (hence the reason for two sets of turning transitions). Though the intensity is moderate, the need for consistent fluid replacement will be high for optimum performance.

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

- **(Choose one of the Following for your Evening Workout Complete Racing Solutions Hill Accelerations (1 Hour))**

Misc. Notes: this workout is all about power! In rolling hills, you will stay seated during the first half of the hill and then transition to a standing position this will load the legs up and provide all the muscles the opportunity to share in the work load.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm Up: HR Zone 1

Duration: 15 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Main Performance Block: 40 minutes (HR Zone 2 and 3)

Set Notes: on the flats (HR Z2), maintain a cadence level between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; as you begin your climb (HR Z3), change your gear by one when your cadence falls below 70, strive to get the cadence levels back up to 80-90 with good pedal mechanics (to avoid pulling a muscle or tendon). Once you get to the half-way point of the hill, transition to standing and maintain a smooth pedal stroke up and over the crest of the hill.

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: Accelerations (1 Hour)**

Misc. Notes: for this workout you will need to know your HR Z2 & Z3 numbers.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up (HR 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: 3 minutes "on" – 2 minutes "off" (50 Minutes Total)

Load Level: 7

From a near stop, accelerate aggressively over the course of 1 minute and then maintain your pull rate achieved by the end of the 1-minute acceleration for 2 minutes. Be careful NOT to go out too hard too early over the first minute; you want to generate power and then strive to maintain the power output over the next two minutes.

Rest interval is 2 minutes (complete recovery)

Repeat 10x for a total of 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 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:** 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

- **Mental Protocols:** watch this video in a place where you have zero distractions.

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

- **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 Combo Weight Workout: 1 Minute Blast Challenge (Last Week of these Exercise Protocols)**

[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.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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

- **Mental Protocols:** watch this video in a place where you have zero distractions.

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 #1**

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

Workout Notes: if logistically possible, go to the same track as one you did earlier in the week, strive to improve on your lap times by 1% - every second counts. When you produce "faster" lap times, answer the question "how did I get faster". If you can explain what you did to create faster speeds, the more ingrained your speed will become.

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

- **2 Hour Nap After Mid-Day Meal – please reference yesterday's notes**

- **(Choose one of the following for your 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**; the interval doesn't begin until you get within the indicated HR zone numbers.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm Up: HR Zone 1

Duration: 10 minutes

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 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**

▪ **Complete Racing Solutions Row: Fragmented HR Intervals (60 Minutes)**

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

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

Video: [Stretch your lower body](#)

Main Performance Block: 45 Minutes (HR Zone 3)

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

Load Level: 7

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 3x for a total of 45 minutes of work

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](#)

1 Minute 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
Triceps Kickbacks		
Instructional Video: Triceps 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)		

Complete Racing Solutions MX Speed Workout #1 Workout Focus: Incremental Intensity / Lactate Tolerance		
	Description	
Warm Up	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 Stretch passively (no bouncing) from head to toe / re-hydrate as needed	Less Than 40%
Main Set #1	Set Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off your breathing.	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	Relaxed
Elapsed Times:	Fastest Interval: Average Interval: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #	
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: Average Lap Pace: Avg. HR: Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	
Main Set #3	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #	
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: Average Lap Pace: Avg. HR: Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	
Main Set #4	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #	
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: Average Lap Pace: Avg. HR: Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio) Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Repeat Set #1 - Compare times for evaluation purposes	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	Relaxed
Elapsed Times:	Fastest Interval: Average Interval:	
Warm Down	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 #2		
Workout Focus: Race Specific Speed		
	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 Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Skills/Drills (20 Minutes)	Intensity
	Set Notes: choose a skill/drill that you feel would produce the biggest return on the time you dedicate (20 minutes). Prior to beginning the skills/drills work walk through everything that needs to be in place for you to execute the skill/drill properly. Remember, perfect practice makes perfect. Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Sprint Intervals (40 Minutes)	Intensity
	Set Notes: if logistically possible, start each interval with a gate drop and an aggressive first turn attack; complete 5 laps at the fastest speed possible while maintaining maximum momentum in each turn. Mentally focus on using your core to move the bike around and breathing deep. Note: lap count is based on 1 minute lap times (5 minutes total) Moto Specific Heart Rate Zone - Low # High #	
Int.#1-Perf.Data	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR:	90-95%
	Rest Interval = 5 Minutes (1:1 Work/Rest Ratio)	
Int.#2-Perf.Data	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR:	90-95%
	Rest Interval = 5 Minutes (1:1 Work/Rest Ratio)	
Int.#3-Perf.Data	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR:	90-95%
	Rest Interval = 5 Minutes (1:1 Work/Rest Ratio)	
Int.#4-Perf.Data	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR:	90-95%
	Rest Interval = 5 Minutes (1:1 Work/Rest Ratio)	
Main Set #3	Set Focus: Muscular Endurance (20 Minutes)	Intensity
	Set Notes: during this set strive to maintain smooth lines and a relaxed breathing tempo; you will need as much oxygen as possible to provide the muscles what it needs to maintain a fast pace with little effort. With the drop of the gate and an aggressive first turn; complete the following moto: 15 minutes - smooth lines; maintain momentum 5 minutes - race pace effort; Non-Optimum lines (work the bike to where you need it to be!) Rest Interval = 10 Minutes (2:1 Work/Rest Ratio)	80-85% 90-95%
	REPEAT SET'S #2 AND #3	40%
Warm Down	Easy riding (5 Minutes) - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	



Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Ride Duration: 90 Minutes		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Elapsed Time	10 Minutes of easy riding on the track - watch your heart rate Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	< 50%
Main Set #1	Set Focus: Aerobic Endurance	Intensity
Workout Protocol:	While following your heart rate numbers relevant to the indicated intensity levels, see how smooth and consistent you can be - even with taking the non-optimum lines. Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 10 Minutes - smooth lines/maintain momentum 20 Minutes - non optimum lines/move the bike with your muscles - not momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Main Set #2	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval Capture your elapsed time from when the gate drops to the end of one complete lap Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #3	Set Focus: Aerobic Endurance	Intensity
Workout Protocol:	Similar protocols from Set #1 (adjusted durations) Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 15 Minutes - smooth lines/maintain momentum 15 Minutes - non optimum lines/move the bike with your muscles - not momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Main Set #4	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval Capture your elapsed time from when the gate drops to the end of one complete lap Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #5	Set Focus: Aerobic Endurance	Intensity
Workout Protocol:	Similar protocols from Set #1 (adjusted durations) Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 20 Minutes - smooth lines/maintain momentum 10 Minutes - non optimum lines/move the bike with your muscles - not momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain



Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Aerobic Enhancement		Total Ride Duration: 80 Minutes
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Elapsed Time	10 Minutes of easy riding on the track - watch your heart rate Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	< 50%
Skills Set	Set Focus: Smooth Transitions	Intensity
Workout Protocol:	Both right & left turns-smooth transition with the throttle, brake and clutch-10 min each direction Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #1	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate:	
Main Set #2	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Skills Set	Set Focus: Smooth Transitions	Intensity
Workout Protocol:	Both right & left turns-smooth transition with the throttle, brake and clutch-10 min each direction Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	