



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

**Phase 8**  
**6 Weeks**  
**4/6**  
**Explosive Power and Sprint Speed**

**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 Body Analysis Spreadsheet to log this information for evaluation purposes**
- **Complete Rest Day**

**Misc. Notes:** by far the most important aspect of performance training is developing the entire aerobic system. This includes good circulation, slow twitch muscle fiber development and the ability to burn large amounts of fat for energy. Diminishing performance, injury and ill health consistently stem from a lack of aerobic function. With this in mind, stay mentally focused on your blue/aerobic enhancement workouts – they yield just as much benefit to your overall speed and endurance as your lactate tolerance workouts. Additionally, plan ahead and have recovery calories ready to consume immediately following both your blue and your red workouts to ensure that you recover quickly and properly – this will improve your overall productivity and cumulative.

- **Evening Protocols**

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

**Shin Stripping:** in addition to your foam [Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

**Tuesday**

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

**Workout Notes:** this is your last week of these protocols before we pull back the amount of weight next week, so don't be afraid to push the load levels slightly by set number three.

**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 you the much-needed electrolytes

**Sets:** 3

**Rep Count:** 6-12 reps (varies by exercise)

**Speed of Lift:** explosive off the bottom, slow back to starting point

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

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols**

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.



## Wednesday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes  
**Complete One (1) of the Following Workout for your Morning Workout**
- **Complete Racing Solutions Bike: Intensity Distance Intervals (65 Minutes)**

**Misc. Notes:** take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 3**. Once you are finished with your warm up, your goal is to settle into your HR Z3 (no higher or lower) and complete a 10 minute "interval". Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your HR Z3. During your 5-minute rest interval, spin easy and allow your HR to get back into HR Z1.

**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 you the much-needed electrolytes

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

**Duration:** 10 minutes      **Gearing:** small chain ring up front, middle rear gearing  
**Cadence:** 80-85 (no higher/lower)      **Misc.:** stretch and hydrate before moving into your main set

**Main Set: Heart Rate Pyramids: 5 x 10 Minutes**  
Settle into HR Z3 and maintain for 10 minutes (Note: the interval doesn't begin until you hit HR Z3, so get there quickly)  
Recover by spinning easy for 5 minutes in HR Z1 (no higher for optimum recovery)

**Warm 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 allows for 85-90 cadence & HR Z1  
**Cadence:** 85-90      **Misc.:** don't dismount until your heart rate is within HR Z1
- **Complete Racing Solutions Row: Incremental Pacing Intervals (10,000 Meters)**

**Misc. Notes:** complete your 500-meter intervals at an incremental effort after your warmup. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

**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 you the much-needed electrolytes

**Warm up-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3      Distance:** 1000 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**

**Baseline 500 Meter Interval: complete a 500-meter interval at 90-95% effort; 1 Minute Rest Interval**  
Display 500 Meters – 1 Minute Rest Interval  
Load Level: 5      Pull Rate: 25 plus      Elapsed Time:

**Main Set: Pacing Pyramids**  
**Load Level: 5      Pull Rate: 25 plus**  
500 Meter Baseline plus 10 seconds – Rest 1 Minute  
500 Meter Baseline plus 5 seconds – Rest 1 Minute  
500 Meters at Baseline Pace – Rest 1 Minute  
Repeat 5 Times – Strive to hold goal pace for all three intervals; hold yourself accountable here!

**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3      Distance:** 1000 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**

**Post Workout Protocols**

  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols**

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.



## Thursday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes  
**(Morning Workout) Complete Racing Solutions Combo Weight Workout – Power Phase 1**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]  
**Workout Notes:** this is your last week of these protocols before we pull back the amount of weight next week, so don't be afraid to push the load levels slightly by set number three.  
**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 you the much-needed electrolytes  
**Sets:** 3  
**Rep Count:** 6-12 reps (varies by exercise)  
**Post Workout Protocols**
  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols**
  - Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
  - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
  - Shin Stripping:** in addition to your foam [Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

## Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**(Morning Workout) Choose one of the following for your morning workout:**
- **Complete Racing Solutions Row: Incremental Pacing Intervals (6000 Meters)**  
**Misc. Notes:** pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z2 and Z3 easily visible for quick reference and maximum productivity.  
**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 you the much-needed electrolytes  
**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: Distance Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe**  
**Main Set: Pacing Pyramids**
  - Load Level: 5 Pull Rate: 25 plus**
  - 1000 Meter at low end of HR Z2 (no rest right into the next 1000 meters)
  - 1000 Meter at high end of HR Z2 (no rest right into the next 1000 meters)
  - 1000 Meter at high end of HR Z3 (no rest right into the next 1000 meters)
  - 1000 Meter at low end of HR Z4 (no rest right into your cool down)**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe**
- **Complete Racing Solutions Bike: Heart Rate Pyramid Workout (80 Minutes)**  
**Misc. Notes:** you will need your HR numbers for Zone 3 and Zone 4. During your main set you will begin at your low end of HR Z3 and every 3 minutes you will increase your intensity/effort by 5 beats and then hold for 3 minutes; continue going up the pyramid until you hit the upper range of HR Z3 (no higher). After you reach the high end of HR Z3, then walk back down the pyramid 5 beats at a time for 3-minute durations (the exact opposite you did walking up the pyramid).  
**WARNING:** IF YOU PUSH TOO HARD TOO SOON, YOU WILL NOT BE ABLE TO COME BACK DOWN THE PYRAMID CORRECTLY.  
**Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning
  - Duration:** 10 minutes
  - Cadence:** 80-85 (no higher/lower)
  - Gearing:** small chain ring up front, middle rear gearing
  - Misc.:** stretch and hydrate before moving into your main set**Main Set: Heart Rate Pyramids: 65 Minutes**  
**Notes:** beginning at the lower end of HR Z3 hold for 3 minutes; then bump up your intensity by 5 beats & hold for 3 minutes. Repeat until you hit the upper end of HR Zone 4. Once you hit the upper end of HR Z4, come down by 5 beats every 3 minutes until you hit your lower end of HR Z3. Continue going up and down the ladder until  
**Warm 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 allows for 85-90 cadence & HR Z1
  - Misc.:** don't dismount until your heart rate is within HR Z1



## Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** 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]

**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 you the much-needed electrolytes

**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).

### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high quality protein & fat (they only thing that satisfies your appetite).

- **(Evening Workout) Complete Racing Solutions Combo Weight Workout – Power Phase 1**

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

**Workout Notes:** this is your last week of these protocols before we pull back the amount of weight next week, so don't be afraid to push the load levels slightly by set number three.

**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 you the much-needed electrolytes

**Sets:** 3

**Rep Count:** 6-12 reps (varies by exercise)

**Speed of Lift:** explosive off the bottom, slow back to starting point

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

### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols**

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

**Shin Stripping:** in addition to your foam [Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



## Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** 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]

**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 you the much-needed electrolytes

**Workout Notes:** This set will challenge the balance component of your program. If you can't transition from on the gas to the brakes quickly - this set will frustrate you. Relax and stay mentally focused on each set's main focus. Keep in mind that there are two races: to the first turn and then from the first turn to the finish line. Practice balanced starts so that you don't have to think, just simply perform!

### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** growth hormones are your biggest by product of napping so set yourself up to get the most out of your nap by eating a clean and dense meal prior to lying down in a cool, dark room. When you wake up, start your day off with 8-10 ounces of cold water to facilitate your re-hydration.
- **(Note: No Nap, No Row Workout) Complete Racing Solutions Row: 5 Minute Distance Challenge (50-60 Minutes)**

**Misc. Notes:** pull your up to date heart rate zones specific to the rower; you will need your specific numbers for HR Z3 easily visible for quick reference and maximum productivity.

**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 you the much-needed electrolytes

**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: Distance    Load Level: 3    Distance: 1000 Meters    Pull Rate: less than 25    Stretch from head to toe**

### Main Set: Distance Challenge

**Load Level: 5    Pull Rate: 25 plus**

5 Minutes – Distance Covered at the upper end of HR Z3

Rest 5 Minutes – HR Z1 (no higher for maximum productivity)

Repeat 4 Times

Distance Covered Interval #1:

Distance Covered Interval #2:

Distance Covered Interval #3:

Distance Covered Interval #4:

**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3    Distance: 1000 Meters    Pull Rate: less than 25    Stretch from head to toe**

### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols**

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

**Shin Stripping:** in addition to your foam [Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



<b>Strength &amp; Plyometric Program - Power Phase 1</b>			
<b>Warm Up</b>			
<a href="#">Trigger Point Therapy and Foam Rolling</a>			
<b>CYCLE ONE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Shoulder Press</b>			
<a href="#">Instructional Video: Shoulder Press</a>			
<b>Weight (Light)</b>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Sit Ups on Fit Ball</b>			
<a href="#">Instructional Video: Abdominal Crunch on Fit Ball</a>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Air Squats</b>			
<a href="#">Instructional Video: Air Squats</a>			
<b>Weight (Light)</b>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>CYCLE TWO</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Front and Side Deltoids</b>			
<a href="#">Instructional Video: Front &amp; Middle Deltoids</a>			
<b>Weight (Light)</b>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Pike - Push Up - Pike (30 Seconds)</b>			
<a href="#">Instructional Video: Pike-Push Up-Pike</a>			
<b>Rep 1 (as many as you can complete in 30 seconds)</b>			
<b>Rep 2 (as many as you can complete in 30 seconds)</b>			
<b>Rep 3 (as many as you can complete in 30 seconds)</b>			
<b>Hamstring Press on Fit Ball</b>			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			

CYCLE THREE	Date	Date	Date
<b>Bicep Curls</b>			
<a href="#">Instructional Video: Bicep Curls</a>			
<b>Weight (Light)</b>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Open Abs</b>			
<a href="#">Instructional Video: Open Ab Rotation</a>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Calf Raises</b>			
<a href="#">Instructional Video: Calf Raises</a>			
<b>Weight (Light)</b>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
CYCLE FOUR	Date	Date	Date
<b>Tricep Kickbacks</b>			
<a href="#">Instructional Video: Tricep Kickbacks</a>			
<b>Weight (Light)</b>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Hip Risers</b>			
<a href="#">Instructional Video: Hip Risers</a>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Inner Thigh</b>			
<a href="#">Instructional Video: Side Skaters</a>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			



CYCLE FIVE	Date	Date	Date
<b>Diamond Push Up</b>			
<a href="#">Instructional Video: Diamond Push Ups</a>			
<b>Weight (Light)</b>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Weight (Slightly heavier than Set 2)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Pull Up with a Pause</b>			
<a href="#">Instructional Video: Pull Up with a Pause</a>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Abs: Pike - Push Up - Pike on Fit Ball</b>			
<a href="#">Instructional Video: Pike-Push Up-Pike</a>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
CYCLE SIX	Date	Date	Date
<b>Push Up-Knee to Chest on Fit Ball</b>			
<a href="#">Instructional Video: Knee to Chest on Fit Ball</a>			
<b>Reps Set #1 (Goal: 10-12 Reps)</b>			
<b>Reps Set #2 (Goal: 10-12 Reps)</b>			
<b>Reps Set #3 (Goal: 6-8 Reps)</b>			
<b>Stars</b>			
<a href="#">Instructional Video: Stars</a>			
<b>Set #1 - as many as you can do in 30 seconds</b>			
<b>Set #2 - as many as you can do in 30 seconds</b>			
<b>Set #3 - as many as you can do in 30 seconds</b>			
<b>Single Armed Swim Drills with Stretch Cord</b>			
<a href="#">Instructional Video: Swim Strokes with Stretch Cords</a>			
<b>Set #1 - as many as you can do in 30 seconds</b>			
<b>Set #2 - as many as you can do in 30 seconds</b>			
<b>Set #3 - as many as you can do in 30 seconds</b>			





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	
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a> as needed					Less Than 50%	
Main Set #1	Set Focus: Pre-Race Routine					Intensity	
Workout Protocol:	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.					Too Short To Evaluate	
	This will eliminate race day confusion-what you want from your start & what you have practiced.						
	Moto Specific Heart Rate Zone - Low # High #						
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 Lap Time:		Average Lap Pace:		Average Heart Rate:		
	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					75-80% 85-90%	
	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!					75-80% 85-90%	
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!					85-90% 85-90%	
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:		Post-Riding Weight:				
	Total Fluids Consumed:		Loss/Gain				

**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 #1			Workout Focus: Muscular Endurance and Strength		
	Description				
<b>Warm Up</b>	<b>Focus: Gradual Warm Up</b>				<b>Intensity</b>
<b>Protocols:</b>	Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle 1 minute stretch - head to toe; hydrate if needed				<b>40%</b>
<b>Main Set #1</b>	<b>Focus: First Turn Transitions</b>				<b>Intensity</b>
<b>Protocols:</b>	Your focus needs to be on your transition from on the gas to on the brakes Take your time from the drop of the gate to a point right after the first turn -stay focused!				
<b>Elapsed Times:</b>	<b>Interval 1 Time:</b>	<b>Interval 2 Time:</b>	<b>Interval 3 Time:</b>	<b>Interval 4 Time:</b>	<b>50-60%</b>
<b>Elapsed Times:</b>	<b>Interval 5 Time:</b>	<b>Interval 6 Time:</b>	<b>Interval 7 Time:</b>	<b>Interval 8 Time:</b>	<b>50-60%</b>
<b>Elapsed Times:</b>	<b>Interval 9 Time:</b>	<b>Interval 10 Time:</b>	<b>Interval 11 Time:</b>	<b>Interval 12 Time:</b>	<b>50-60%</b>
<b>Elapsed Times:</b>	<b>Fastest Time:</b>	<b>Slowest Time:</b>	<b>Average Time:</b>		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a> as needed				
<b>Main Set #2</b>	<b>Focus: Muscular Endurance</b>				<b>Intensity</b>
<b>Protocols:</b>	20 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better) 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink				
					<b>75-80%</b>
					<b>75-80%</b>
					<b>75-80%</b>
<b>Main Set #3</b>	<b>Focus: Muscular Endurance &amp; Strength</b>				<b>Intensity</b>
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the smoothest lines every lap 15 Minute Moto - Even Paced (Beginning to End)				
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b>	<b>Lap 2 Time:</b>	<b>Lap 3 Time:</b>	<b>Lap 4 Time:</b>	<b>75-80%</b>
<b>Elapsed Times:</b>	<b>Lap 6 Time:</b>	<b>Lap 7 Time:</b>	<b>Lap 8 Time:</b>	<b>Lap 9 Time:</b>	<b>75-80%</b>
<b>Elapsed Times:</b>	<b>Lap 11 Time:</b>	<b>Lap 12 Time:</b>	<b>Lap 13 Time:</b>	<b>Lap 14 Time:</b>	<b>75-80%</b>
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b>	<b>Slowest Lap Time:</b>	<b>Average Lap Pace:</b>		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink				
<b>Main Set #4</b>	<b>Focus: Muscular Endurance &amp; Strength</b>				<b>Intensity</b>
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the roughest lines every lap 15 Minute Moto - Even Paced (Beginning to End)				
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b>	<b>Lap 2 Time:</b>	<b>Lap 3 Time:</b>	<b>Lap 4 Time:</b>	<b>75-80%</b>
<b>Elapsed Times:</b>	<b>Lap 6 Time:</b>	<b>Lap 7 Time:</b>	<b>Lap 8 Time:</b>	<b>Lap 9 Time:</b>	<b>75-80%</b>
<b>Elapsed Times:</b>	<b>Lap 11 Time:</b>	<b>Lap 12 Time:</b>	<b>Lap 13 Time:</b>	<b>Lap 14 Time:</b>	<b>75-80%</b>
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b>	<b>Slowest Lap Time:</b>	<b>Average Lap Pace:</b>		
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the smoothest lines every lap				
<b>Main Set #5</b>	<b>Focus: Muscular Endurance &amp; Strength</b>				<b>Intensity</b>
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the smoothest lines every lap				
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b>	<b>Lap 2 Time:</b>	<b>Lap 3 Time:</b>	<b>Lap 4 Time:</b>	<b>75-80%</b>
<b>Elapsed Times:</b>	<b>Lap 6 Time:</b>	<b>Lap 7 Time:</b>	<b>Lap 8 Time:</b>	<b>Lap 9 Time:</b>	<b>75-80%</b>
<b>Elapsed Times:</b>	<b>Lap 11 Time:</b>	<b>Lap 12 Time:</b>	<b>Lap 13 Time:</b>	<b>Lap 14 Time:</b>	<b>75-80%</b>
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b>	<b>Slowest Lap Time:</b>	<b>Average Lap Pace:</b>		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink				
<b>Warm Down</b>	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)				<b>&lt; 40%</b>
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.				