



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

**Phase 6**  
**6 Weeks**  
**2/6**  
**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:** when it comes to optimum performance, it is imperative that you are working in a mode of being pro-active with every element of your program: eating, hydrating, sleeping, stretching, warming up, cooling down, hitting the appropriate intensity levels within your workouts, etc. When it comes down to race week, your ability to look back and see how your speed and endurance has developed in a measurable way – you know that you are ready to perform up to YOUR ability level. When it comes to race results, you have to keep in mind that you can not control other athletes – only your preparation and implementation of training skills, drills and controlling your intensity relevant to your race will get you across the finish line in the position that you have earned.
- **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 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:** this workout is designed to hold you accountable both mentally and physically. In our sport, late moto fatigue is usually associated with inefficiency and poor fundamentals late in a race. Look up the track and use your core to move the bike around to help save energy. Maintain proper blood sugar levels to ensure that your eye hand coordination is optimized.  
**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
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**  
**Workout Notes:** as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the workout.  
  
**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:** 2  
**Rep Count:** 6-8 reps (unless otherwise noted)  
**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 “**Are Chiropractors Good or Bad**” – [video link](#)

**Wednesday**

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Complete One of the Following) Complete Racing Solutions Row: Heart Rate Pacing Blocks (80 Minutes)**  
**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).  
**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 Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3      Duration: 15 Minutes      Pull Rate: less than 25**  
  
**Main Set (HR Z2): Heart Rate Pacing Blocks: 50 minutes**  
**Load Level: 5      Duration: 60 Minutes      Pull Rate: between 25-35**  
  
**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**

- **Complete Racing Solutions Even Tempo Bike (90 Minutes)**

**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).

**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):**

**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 (HR Zone 2): 1:15**

**Set Notes:** Keep your cadence between 85-95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 minutes.

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

**Duration:** 5 minutes

**Cadence:** 85-90

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

**Misc.:** don't dismount until your heart rate is within **HR Z1**

**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 "[Are Chiropractors Good or Bad](#)" – [video link](#)

#### Thursday

- **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 #2**

[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:** your ability to get progressively faster is to get both your brain and your muscles to work together. Proper implementation of your fundamentals at progressively faster speeds is the brain processing your speed and determining that it is sustainable (thanks to the muscles not getting fatigued). During your rest interval, consume 6-8 ounces of Energy Fuel to maintain your muscle and blood sugar levels along with your electrolytes for optimum muscle contraction.

**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

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**

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

**Workout Notes:** as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the workout.

**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:** 2

**Rep Count:** 6-8 reps (unless otherwise noted)

**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:** 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 "[Are Chiropractors Good or Bad](#)" – [video link](#)

#### Friday

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

- **Complete one of the following: Row or Bike**

- **Complete Racing Solutions Row: 1 Minute Explosive Intervals (50 Minutes)**

**Misc. Notes:** this workout will create high levels of lactic acid, come into this workout mentally focused, fed and hydrated.

**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 Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**

**Duration:** 15 Minutes

**Pull Rate:** less than 25



**Main Set: 1 Minute Sprint Interval (30 minutes total)**

**Load Level: 7**      **Duration:** 30 Minutes      **Pull Rate:** between 25-35

**Work load Protocols:** 1 minute at maximum effort and optimized form (to avoid pulling a muscle)

**Recovery Protocols:** 1 minute easy (refrain from stopping)

**Cool Down (HR Z1):** you can't go too easy here

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

**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

▪ **Complete Racing Solutions Bike: 1 Minute Explosive Intervals (1 Hour)**

**Misc. Notes:** adjust your load levels for the main set to heavy.

**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):**

**Duration:** 9 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: 1 Minute Sprint Interval (46 minutes total)**

**Workload Protocols:** 1 minute at maximum effort and optimized pedal mechanics (avoid pulling a muscle)

**Recovery Protocols:** 1 minute easy (refrain from stopping)

**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**

**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 "[Are Chiropractors Good or Bad](#)" – [video link](#)

**Saturday**

- **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 (Familiar Protocols-stay mentally focused on the workout purpose)**

[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 workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.

**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:** health is the foundation of performance; this nap will yield huge dividends in your body's ability to offset the negative side effects of high intensity training. Failure to rest and recovery adequately from high intensity workloads will lead to symptoms such as delayed recovery, frequent illness and decreased performance results.

▪ **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](#)

**Sunday**

- **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 (Choice)**

[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:** choose from either of this week's speed workouts; if logistically possible, strive to improve on your lap times by 1% - every second counts. When you produce "faster" lap times, answer the question "how I got faster". If you can explain what you did to create faster speeds, the more ingrained your speed will become.

**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**

**Miss. Notes:** the benefit to a nap is the release of HGH (human growth hormone); with this in mind, eat a post run meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver, if it runs out of sugar, you will be woken up!

▪ **(Evening Workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**

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

**Workout Notes:** as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the workout.

**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:** 2

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

**Rep Count:** 6-8 reps (unless otherwise noted)

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

**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 "[Are Chiropractors Good or Bad](#)" – [video link](#)



<b>Complete Racing Solutions MX Speed Workout #1</b> <b>Workout Focus: Top End Speed</b> <b>Total Ride Time: 2 Hours</b>		
	Description	
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b> <a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	<b>Intensity</b> Less Than 50%
<b>Main Set #1</b> <b>Workout Protocol:</b>  <b>Elapsed Times:</b> <b>Elapsed Times:</b> <b>Performance Recap:</b>	<b>Set Focus: Hold Consistent Times At An Aerobic Effort</b> Hold your pace for all 10 laps (maximum time 20 minutes) Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high quality pacing intervals. Moto Specific Heart Rate Zone - Low #                      High # Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time: Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time: Fastest Lap Time:                      Average Lap Pace:                      Average Heart Rate: Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>  80-85% 80-85%
<b>Main Set #2</b> <b>Workout Protocol:</b>  <b>Rest Interval</b> <b>Interval Time:</b> <b>Interval Time:</b> <b>Interval Time:</b> <b>Interval Time:</b>	<b>Set Focus: Opening Lap Speed</b> Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc. Same amount of time it take to complete the 3 lap interval Lap 1 Time:                      Lap 2 Time:                      Max HR: Lap 1 Time:                      Lap 2 Time:                      Max HR: Lap 1 Time:                      Lap 2 Time:                      Max HR: Fastest Lap Time:                      Average Lap Pace:                      Average Heart Rate: Rest for additional 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>  90-95% 90-95% 90-95%
<b>Main Set #3</b> <b>Workout Protocol:</b> <b>Rest Interval</b> <b>Interval Time:</b> <b>Interval Time:</b> <b>Interval Time:</b> <b>Interval Time:</b>	<b>Set Focus: Consistency</b> Your goal is to maintain your lap times from your 2 lapper and move it to your four lapper Strive to maintain your momentum everywhere and land the backsides of all the jumps Lap 1 Time:                      Lap 2 Time:                      Lap 3 Time:                      Lap 4 Time: Lap 1 Time:                      Lap 2 Time:                      Lap 3 Time:                      Lap 4 Time: Lap 1 Time:                      Lap 2 Time:                      Lap 3 Time:                      Lap 4 Time: Fastest Lap Time:                      Average Lap Pace:                      Average Heart Rate:	<b>Intensity</b>  90-95% 90-95% 90-95%
<b>Main Set #4</b> <b>Workout Protocol:</b> <b>Rest Interval</b> <b>Interval Time:</b> <b>Interval Time:</b> <b>Interval Time:</b> <b>Interval Time:</b>	<b>Set Focus: Consistency</b> Your goal is to maintain your lap times from your 2 lapper and move it to your four lapper Strive to maintain your momentum everywhere and land the backsides of all the jumps Lap 1 Time:                      Lap 2 Time:                      Lap 3 Time:                      Lap 4 Time: Lap 1 Time:                      Lap 2 Time:                      Lap 3 Time:                      Lap 4 Time: Lap 1 Time:                      Lap 2 Time:                      Lap 3 Time:                      Lap 4 Time: Fastest Lap Time:                      Average Lap Pace:                      Average Heart Rate:	<b>Intensity</b>  90-95% 90-95% 90-95%
<b>Warm Down</b>	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down	< 40%

▪ **Complete Racing Solutions MX Speed Workout #1**

**Workout Notes:** this workout is designed to hold you accountable both mentally and physically. In our sport, late moto fatigue is usually associated with inefficiency and poor fundamentals late in a race. Look up the track and use your core to move the bike around to help save energy. Maintain proper blood sugar levels to ensure that your eye hand coordination is optimized.



Complete Racing Solutions MX Speed Workout #2			
Workout Focus: Top End Speed		Total Ride Time: 2 Hours	
	Description	Intensity	
Warm Up	Set Focus: Gradual Warm Up <a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	Less Than 50%	
Main Set #1	Set Focus: Pre-Race Routine	Intensity Too Short To Evaluate	
Workout Protocol:	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #2	Set Focus: Hold Consistent Times At An Aerobic Effort	Intensity	
Workout Protocol:	Hold your pace for all 12 laps (maximum time 25 minutes) Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high quality pacing intervals. Moto Specific Heart Rate Zone - Low # High #		
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time:	80-85%	
Interval Time:	Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Lap 11 Time: Lap 12 Time:	80-85%	
Performance Recap:	Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Set Focus: Opening Lap Speed	Intensity	
Workout Protocol:	Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc. Same amount of time it take to complete the 3 lap interval		
Rest Interval			
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:	90-95%	
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:	90-95%	
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:	90-95%	
Interval Time:	Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest for additional 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #4	Set Focus: Opening Lap Speed	Intensity	
Workout Protocol:	Take your fastest interval time from the last set and strive to get faster than this lap time Same amount of time it take to complete the 3 lap interval		
Rest Interval			
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:	90-95%	
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:	90-95%	
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:	90-95%	
Interval Time:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:		
Main Set #5	Set Focus: Opening Lap Speed	Intensity	
Workout Protocol:	Take your fastest interval time from the last set and strive to get faster than this lap time Same amount of time it take to complete the 3 lap interval		
Rest Interval			
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:	90-95%	
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:	90-95%	
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:	90-95%	
Interval Time:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:		
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down	< 40%	

#### Complete Racing Solutions MX Speed Workout #2

**Workout Notes:** your ability to get progressively faster is to get both your brain and your muscles to work together. Proper implementation of your fundamentals at progressively faster speeds is the brain processing your speed and determining that it is sustainable (thanks to the muscles not getting fatigued). During your rest interval, consume 6-8 ounces of Energy Fuel to maintain your muscle and blood sugar levels along with your electrolytes for optimum muscle contraction.





Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Consistent Race Speed		Total Ride Time: 2:15
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	Less Than < 40%
Main Set #1	Set Focus: Consistent Hole shots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
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 #3	Set Focus: Consistent Hole shots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes  Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Main Set #5	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes  Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%

- Complete Racing Solutions MX Aerobic Workout #1 (Familiar Protocols-stay mentally focused on the workout purpose)**  
**Workout Notes:** this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.



Phase 6 - Explosive Power				
Warm Up				
Concept 2 ™ Row or Spin on Bike - 10 minutes Easy				
CYCLE ONE				
		Date	Date	Date
Marching Bridge				
<a href="#">Instructional Video: Marching Bridge</a>				
10 Reps with perfect form (squeeze your gluts at the top)				
10 Reps with perfect form (squeeze your gluts at the top)				
Isolated Leg & Frankenstein's on Bench				
<a href="#">Instructional Video: Isolated Leg &amp; Frankenstein's on Bench</a>				
Weight (Heavy but manageable)				
Rep 1 (As many reps as you can do in 30 seconds-hold good form)				
Weight (Slightly heavier than Set 1)				
Rep 2 (As many reps as you can do in 30 seconds-hold good form)				
CYCLE TWO				
		Date	Date	Date
Single Leg Squats off Bench				
<a href="#">Instructional Video: Single Leg Squats Off Bench</a>				
Weight (Heavy but manageable)				
Rep 1 (As many reps as you can do in 30 seconds-hold good form)				
Weight (Slightly heavier than Set 1)				
Rep 2 (As many reps as you can do in 30 seconds-hold good form)				
Single Leg - Good Mornings (Hamstrings)				
<a href="#">Instructional Video: Good Mornings (Hamstrings)</a>				
Weight (Heavy but manageable)				
Rep 1 (As many reps as you can do in 30 seconds-hold good form)				
Weight (Slightly heavier than Set 1)				
Rep 2 (As many reps as you can do in 30 seconds-hold good form)				
CYCLE THREE				
		Date	Date	Date
Tricep Kick Backs (Pause at the Top)				
<a href="#">Instructional Videos: Tricep Kickbacks</a>				
Weight (Heavy but manageable)				
Rep 1 (Goal 6-8 reps with perfect form-no momentum)				
Weight (Slightly heavier than Set 1)				
Rep 2 (Goal 6-8 reps with perfect form-no momentum)				
Bicep Curls (Pause at top)				
<a href="#">Instructional Video: Bicep Curls</a>				
Weight (Heavy but manageable)				
Rep 1 (Goal 6-8 reps with perfect form-no momentum)				
Weight (Slightly heavier than Set 1)				
Rep 2 (Goal 6-8 reps with perfect form-no momentum)				



<b>CYCLE FOUR</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Lat Drop-Tricep Press on Fit Ball (Slow with Good Form)</b>			
<a href="#">Instructional Video: Lat Pull Over-Tricep Extension</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Diamond Push Ups</b>			
<a href="#">Instructional Video: Diamond Push Ups</a>			
<b>Rep 1 (Goal 6-8 reps with slight pause at the bottom)</b>			
<b>Rep 2 (Goal 6-8 reps with slight pause at the bottom)</b>			
<b>CYCLE FIVE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Incline Press on Fit Ball</b>			
<a href="#">Instructional Video: Incline Press on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Rear Deltoid</b>			
<a href="#">Instructional Videos: Rear Deltoid</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>CYCLE SIX</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Chest Fly with Deep Pause on Fit Ball</b>			
<a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Shoulder Press</b>			
<a href="#">Instructional Videos: Shoulder Press</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (Goal 6-8 reps with perfect form-no momentum)</b>			



CYCLE SEVEN	Date	Date	Date
Abs: Open Rotation			
<a href="#">Instructional Videos: Abs-Open Rotation</a>			
Rep 1 ("feel" for the rotation vs. dropping your elbow)			
Rep 2 ("feel" for the rotation vs. dropping your elbow)			
Abs: Hip Risers			
<a href="#">Instructional Videos: Hip Risers</a>			
Rep 1 (literally drop your hips and then rise them back up)			
Rep 2 (pause briefly at the top & then slowly drop your hips back down)			