



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

**Phase 6**  
**6 Weeks**  
**1/6**  
**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:** to help improve your strength & endurance, spend a minimum of 10 minutes every day using a lacrosse ball and or a foam roller in between your shoulder blades, glutes (butt muscles), legs (front and back) along with your calves and feet. When you find a “hot spot” known as a trigger point, keep direct pressure on that hot spot until the knot lets go. When you are using the lacrosse ball, find a trigger point and then add movement. For example, when you find a hot spot in your shoulder, keep the ball in place and then move your arm up and across your body, over your head and back down. You will be surprised how movement will deepen the pressure on that trigger point and eventually remove the hot spot. [Here is a link](#) to a complete foam rolling and trigger point series of videos.
- **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 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.  
**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
- **(Immediately after Combo Workout) Complete Racing Solutions Even Tempo Bike (30 Minutes)**  
**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).  
**Main Block (HR Zone 2): 25 Minutes**  
**Set Notes:** immediately get into HR Z2 and settle in; mentally focus on your breathing, pedal mechanics and positioning on the seat. Prior to getting off the bike, stretch out your calves and lower back; straight to the foam rolling to loosen up any tight muscles from the strength workout.  
**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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **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 for your Morning Workout:**
  - **Complete Racing Solutions Row: Even Tempo (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 cold [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:** 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 Bike: Even Tempo (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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**Warm up (HR Zone 1):**  
**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 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      **Gearing:** the easiest combination that gets you into **HR Z1**  
**Cadence:** 85-90      **Misc.:** don't dismount until your heart rate is within **HR Z1**

**Post Workout Protocols**

  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **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 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**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
- **(Immediately after Combo Workout) Complete Racing Solutions Even Tempo Bike (30 Minutes)**

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

**Main Block (HR Zone 2): 25 Minutes**  
**Set Notes:** immediately get into HR Z2 and settle in; mentally focus on your breathing, pedal mechanics and positioning on the seat. Prior to getting off the bike, stretch out your calves and lower back; straight to the foam rolling to loosen up any tight muscles from the strength workout.

**Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**  
**Duration:** 5 minutes      **Gearing:** the easiest combination that gets you into **HR Z1**  
**Cadence:** 85-90      **Misc.:** don't dismount until your heart rate is within **HR Z1**
- **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 for your Morning Workout:**
- **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 cold [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: 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  
**Workload 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
    - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue
- **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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
  - Warm up (HR Zone 1):**  
**Duration:** 9 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: 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      **Gearing:** the easiest combination that gets you into **HR Z1**  
**Cadence:** 85-90      **Misc.:** don't dismount until your heart rate is within **HR Z1**
  - Post Workout Protocols**
    - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
    - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **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**  
[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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.  
**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!
- **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.
- **(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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.  
**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
- **(Immediately after Combo Workout) Complete Racing Solutions Even Tempo Bike (30 Minutes)**  
**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).  
**Main Block (HR Zone 2): 25 Minutes**  
**Set Notes:** immediately get into HR Z2 and settle in; mentally focus on your breathing, pedal mechanics and positioning on the seat. Prior to getting off the bike, stretch out your calves and lower back; straight to the foam rolling to loosen up any tight muscles from the strength workout.  
**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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **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 #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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.  
**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 works 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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!

**Complete one of the following for your Evening Workout: Note: No Nap No Second Workout Today**

▪ **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 cold [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: 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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue

▪ **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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue

▪ **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>Phase 6 - Combo Weight Workout – Explosive Power</b>			
<b>Warm Up</b>			
<b>Concept 2™ Row or Spin on Bike - 10 minutes Easy</b>			
<b>CYCLE ONE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Marching Bridge</b>			
<a href="#">Instructional Video: Marching Bridge</a>			
<b>10 Reps with perfect form (squeeze your gluts at the top)</b>			
<b>10 Reps with perfect form (squeeze your gluts at the top)</b>			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
<a href="#">Instructional Video: Isolated Leg &amp; Frankenstein's on Bench</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (As many reps as you can do in 30 seconds-hold good form)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (As many reps as you can do in 30 seconds-hold good form)</b>			
<b>CYCLE TWO</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Single Leg Squats off Bench</b>			
<a href="#">Instructional Video: Single Leg Squats Off Bench</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (As many reps as you can do in 30 seconds-hold good form)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (As many reps as you can do in 30 seconds-hold good form)</b>			
<b>Single Leg - Good Mornings (Hamstrings)</b>			
<a href="#">Instructional Video: Good Mornings (Hamstrings)</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (As many reps as you can do in 30 seconds-hold good form)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (As many reps as you can do in 30 seconds-hold good form)</b>			
<b>CYCLE THREE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Tricep Kick Backs (Pause at the Top)</b>			
<a href="#">Instructional Videos: Tricep Kickbacks</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>Bicep Curls (Pause at top)</b>			
<a href="#">Instructional Video: Bicep Curls</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 FOUR	Date	Date	Date
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</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)			
Diamond Push Ups			
<a href="#">Instructional Video: Diamond Push Ups</a>			
Rep 1 (Goal 6-8 reps with slight pause at the bottom)			
Rep 2 (Goal 6-8 reps with slight pause at the bottom)			
CYCLE FIVE	Date	Date	Date
Incline Press on Fit Ball			
<a href="#">Instructional Video: Incline Press on Fit Ball</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)			
Rear Deltoid			
<a href="#">Instructional Videos: Rear Deltoid</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)			
CYCLE SIX	Date	Date	Date
Chest Fly with Deep Pause on Fit Ball			
<a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</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)			
Shoulder Press			
<a href="#">Instructional Videos: Shoulder Press</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)			





CYCLE SEVEN	Date	Date	Date
<b>Abs: Open Rotation</b>			
<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)			
<b>Abs: Hip Risers</b>			
<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)			





CRS 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: Set Recap	Interval 6: Fastest Lap Time:	Interval 7:	Interval 8: Average Lap Pace:	Interval 9:	Interval 10: 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: Total Fluids Consumed:		Post-Riding Weight: Loss/Gain				

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

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

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