



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 6
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: your rest day is where your body has the opportunity to “catch up” and absorb the last six days of training volume and intensity. During your rest day, continue to consume the same volume of food and fluids as if you were training. This will allow your body the opportunity to top off on electrolytes, vitamins, minerals and water – naturally. Dedicate a minimum of 20 minutes to [trigger point therapy](#) and isolated muscle stretches.

- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video “[Why Train by Heart Rate?](#)” – [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. Note: cold fluids absorb better than warm fluids helping hydration.

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:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video “[Why Train by Heart Rate?](#)” – [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: Heart Rate Ladders (90 Minutes)**

Misc. Notes: for this workout you will need to know your **HR Z3 numbers** (high and low specific number).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of 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.

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: 20 Minutes

Pull Rate: less than 25

Main Set (HR Z3): Heart Rate Ladder Blocks: 65 minutes

Load Level: 5

Duration: 65 Minutes

Pull Rate: between 25-35

Set Notes: increase your effort until you hit your top number at the top of HR Z3; once you hit this number slow down your effort until your HR hits the lowest number in Z3; re-accelerate back up to the top of HR Z3. Repeat this cycle for 65 minutes with good form. Stop to stretch and hydrate as necessary to maintain proper form, intensity and range of motion.

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 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.

Warm up (HR Zone 1):

Duration: 20 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 Ladder Blocks (HR Zone 3): 1:05

Set Notes: increase your effort until you hit your top number at the top of HR Z3; once you hit this number slow down your effort until your HR hits the lowest number in Z3; re-accelerate back up to the top of HR Z3. Repeat this cycle for 65 minutes with good form. Keep your cadences between 85-95 focusing with 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**

- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Why Train by Heart Rate?](#)" – [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 & 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. Note: cold fluids absorb better than warm fluids helping hydration.

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:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Why Train by Heart Rate?](#)" – [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) – same as last week intentionally

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

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

- **Complete Racing Solutions Bike: 1 Minute Explosive Intervals (1 Hour) – same as last week intentionally**

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

Warm up (HR Zone 1):

Duration: 20 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 (30 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: 10 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:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk



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

Workout Notes: This workout is going to fun as well as challenging by changing up your intensity and duration levels throughout the each set. As we discuss regularly, teaching your body to change "gears" specific to your heart rate is the quickest way to find new levels of speed. How many times have we discussed that sometimes you actually go faster when you "slow down". Due to the nature of physics, the smoother your ride the faster your lap times; however, it is not a mindset that is widely accepted within the moto world. Stay focused on smooth lines, good technique and deep belly breathing to keep your overall heart rate under control.

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

Misc. Notes: focus on eating high quality fats (avocadoes, extra virgin olive oil, coconut, raw nuts and fish oil) to provide your body the much-needed high quality fat to offset the load levels of intensity. Remember, if you are hungry within 2 hours of eating, you are not eating enough high-quality fats and protein – the only things that suppress appetite.

- **No Nap – No Workout (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. Note: cold fluids absorb better than warm fluids helping hydration.

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 between each cycle

Post Workout Protocols

- **Flexibility:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Why Train by Heart Rate?](#)" – [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.

Workout Notes: the fun part of this workout is when you realize that when you take the non-optimum lines, you appreciate the optimum lines. This will interpret into higher levels of momentum and speed will be the by-product. Like the notes indicate, don't worry about lap times but instead focus on the physics of the motorcycle and how to move it around with the brake, throttle and clutch. Focus on using your strength & balance to move the bike around - put the bike where you want/need it to be.

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
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: focus on eating high quality fats (avocadoes, extra virgin olive oil, coconut, raw nuts and fish oil) to provide your body the much-needed high quality fat to offset the load levels of intensity. Remember, if you are hungry within 2 hours of eating, you are not eating enough high-quality fats and protein – the only things that suppress appetite.

Complete One (1) of the Following for your Afternoon Workout:

- **Complete Racing Solutions Row: 1 Minute Explosive Intervals (50 Minutes) – same as last week intentionally**

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. Note: cold fluids absorb better than warm fluids helping hydration.

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

▪ **Complete Racing Solutions Bike: 1 Minute Explosive Intervals (1 Hour) – same as last week intentionally**

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. Note: cold fluids absorb better than warm fluids helping hydration.

Warm up (HR Zone 1):

Duration: 20 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 (30 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: 10 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:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk

▪ **Mental Protocols:** watch this video in a place where you have zero distractions over 4 minutes (the length of the video)

Psychology: concept video "[Why Train by Heart Rate?](#)" – [video link](#)



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|---|-------------|-------------|-------------|
| Combo Weight Workout – Explosive Power | | | |
| Warm Up | | | |
| Concept 2™ Row or Spin on Bike - 10 minutes Easy | | | |
| CYCLE ONE | Date | Date | Date |
| Marching Bridge | | | |
| Instructional Video: Marching Bridge | | | |
| 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 | | | |
| Instructional Video: Isolated Leg & Frankenstein's on Bench | | | |
| 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 | | | |
| Instructional Video: Single Leg Squats Off Bench | | | |
| 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) | | | |
| Instructional Video: Good Mornings (Hamstrings) | | | |
| 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 |
| Triceps Kick Backs (Pause at the Top) | | | |
| Instructional Videos: Triceps Kickbacks | | | |
| 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) | | | |
| Instructional Video: Bicep Curls | | | |
| 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 FOUR | Date | Date | Date |
|--|------|------|------|
| Lat Drop-Tricep Press on Fit Ball (Slow with Good Form) | | | |
| Instructional Video: Lat Pull Over-Tricep Extension | | | |
| 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 | | | |
| Instructional Video: Diamond Push Ups | | | |
| 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 | | | |
| Instructional Video: Incline Press on Fit Ball | | | |
| 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 | | | |
| Instructional Videos: Rear Deltoid | | | |
| 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 | | | |
| Instructional Video: Chest Fly with Deep Pause on Fit Ball | | | |
| 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 | | | |
| Instructional Videos: Shoulder Press | | | |
| 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 |
|--|------|------|------|
| Abs: Open Rotation | | | |
| Instructional Videos: Abs-Open Rotation | | | |
| Rep 1 ("feel" for the rotation vs. dropping your elbow) | | | |
| Rep 2 ("feel" for the rotation vs. dropping your elbow) | | | |
| | | | |
| Abs: Hip Risers | | | |
| Instructional Videos: Hip Risers | | | |
| 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) | | | |
| | | | |



| Complete Racing Solutions Aerobic MX Workout #1 | | Workout Focus: Aerobic Enhancement Minutes | | Total Ride Duration: 120 | |
|---|--|--|----------------------------------|--------------------------|------------------|
| | Description | | | | |
| Warm Up | Focus: Gradual Warm Up | | | | Intensity |
| Elapsed Time | 10 Minutes of easy riding on the track - increase the intensity slightly every 5 min - very easy! Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe | | | | 40% |
| Main Set #1 | Set Focus: Aerobic Endurance/Warm The Body Up | | | | Intensity |
| Workout Protocol: | While following your heart rate numbers relevant to the indicated intensity levels, see how smooth and consistent you can be - even with taking the non-optimum lines. Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 10 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum 10 Minutes at 80-85% - smooth lines/maintain momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | | | 75-80% 80-85% |
| Main Set #2 | Set Focus: Opening Lap Intensity - Consistency Challenge | | | | Intensity |
| Workout Protocol: | Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval Keep a close eye on your body position - attack, looking up and using your legs/core combination | | | | |
| Elapsed Times: | Interval 1: | Interval 2: | Interval 3: | Interval 4: | Interval 5: |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | | | 90-95% |
| Main Set #3 | Set Focus: Intensive Endurance | | | | Intensity |
| Workout Protocol: | Similar to Set #1 with edited durations; however, your focus is to be smooth Moto Specific Heart Rate Zone - Low # High # 5 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum 15 Minutes at 80-85% - smooth lines/maintain momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | | | 75-80% 80-85% |
| Main Set #4 | Set Focus: Opening Lap Intensity - Consistency Challenge | | | | Intensity |
| Workout Protocol: | Complete 5 starts plus two laps (be aggressive yet smooth) - 1 Minute Rest Interval Keep a close eye on your body position - attack, looking up and using your legs/core combination | | | | |
| Elapsed Times: | Interval 1: | Interval 2: | Interval 3: | Interval 4: | Interval 5: |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | | | 90-95% |
| Main Set #5 | Set Focus: Body Balance - Timing of faster cornering | | | | Intensity |
| Workout Protocol: | Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | | | 75% |
| Warm Down | 10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) | | | | 40% |
| | Pre-Riding Weight: Total Fluids Consumed: | | Post-Riding Weight: Loss/Gain | | |



| Complete Racing Solutions Speed MX Workout #1 Workout Focus: Consistent Race Speed Total Ride Time: 60 Minutes | | |
|---|--|-----------------------------|
| | Description | |
| Warm Up | Focus: Gradual Warm Up | Intensity |
| Workout Protocol: | Instructional Video on how to set up the Concept 2 Rower Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe | Less Than 40% |
| Main Set #1 | Set Focus: Consistency Challenge with your start and first turn | Intensity |
| Workout Protocol: | Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) Keep a close eye on your body position - attack, looking up and using your legs/core combination Take your time from the start to the end of the first straight away | Too Short To Measure |
| Elapsed Times: | Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: | |
| Elapsed Times: | Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: | |
| Performance Recap: | Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | |
| Main Set #2 | Set Focus: Body Balance - Timing of faster cornering | Intensity |
| Workout Protocol: | Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | Too Short To Measure |
| Main Set #3 | Set Focus: Aerobic Endurance (15 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 15 minutes Moto Specific Heart Rate Zone - Low # High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - 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 #4 | Set Focus: Aerobic Endurance (15 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 15 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 (15 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 15 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% |
| | Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain | |