



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 6
6 Weeks
5/6
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: during each workout remember that each workout is designed to push you mentally and physically by 1% - no more or less. There will come a time during a race where you will have to dig deep – you will mentally dig into the well and remind yourself that you have put in the necessary time and effort to be as good as you can. Each workout is a building block towards that exact moment – read the purpose of each day's work out and recognize that you will tap into your experience of training at one time or another during your important races.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Should I Train When I am Sick?](#)" – [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]
Workout Notes: during sets number one and two, focus on staying aerobic (don't go off of your perceived exertion, but rather the hard number of your heart rate monitor). During all four sets, mentally focus on breathing deeply through your belly to deliver the highest levels of oxygen to your working muscles. During your top end sets, focus on optimized line selection verses bouncing off of the faces of everything.
Post Workout Protocols
 - **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
 - **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – Explosive Power (Last Week of These Exercises)**
[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 ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.
Sets: 2
Rep Count: 6-8 reps (unless otherwise noted)
Post Workout Protocols
Post Workout Protocols
 - **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
 - **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Should I Train When I am Sick?](#)" – [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 Bike: Heart Rate Pacing Blocks (80 Minutes)**

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

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

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

Duration: 15 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 Pacing Blocks: 60 Minutes

Settle into the low end of **HR Z3** and maintain for **7 minutes**

After 7 minutes increase your intensity to the high end of **HR Z3** and maintain for **3 minutes**.

After 3 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 60 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**

- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (80 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 ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

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

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 60 Minutes

Settle into the low end of **HR Z3** and maintain for **7 minutes**

After 7 minutes increase your intensity to the high end of **HR Z3** and maintain for **3 minutes**.

After 3 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 60 minutes**.

Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2

Distance: 5 Minutes

Pull Rate: less than 25

[Stretch from head to toe](#)

Post Workout Protocols

- **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **(Afternoon Workout) Complete Racing Solutions MX Aerobic Workout #1**

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

Workout Notes: the same protocols as last week. If possible (and track conditions pending), ride the same track at the same effort and evaluate if you can improve your lap times by 1-2 seconds while maintaining an aerobic effort. Focus on optimized biomechanics along with good throttle control and avoiding excessive wheel spin.

Post Workout Protocols

- **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

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

Psychology: concept video "[Should I Train When I am Sick?](#)" – [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]
Workout Notes: similar to last week, sets 3-5 will be designed to recover from a crash. The first set is a bit shorter, but still aerobic in nature. As mentioned last week, come into this workout realizing that you are going to be generating a high level of lactic acid and will be quite uncomfortable – mentally offset this with strong mental focus and clarity. Also, 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:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
 - **Nutrition:** immediately consume [Best Whey Protein](#) shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – Explosive Power (Last Week of These Exercises)**
[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 ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.
Sets: 2
Rep Count: 6-8 reps (unless otherwise noted)
Post Workout Protocols
 - **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
 - **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video “[Should I Train When I am Sick?](#)” – [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: Bike or Row – Heart Rate Pacing Blocks**
- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (60 Minutes)**
Misc. Notes: your focus for this workout is to generate power and then actively recovery with optimized biomechanics. Be careful not to go out too hard and blow up – this is a “habit” you want to refrain from creating. The goal is always to get progressively stronger as each interval transpires. Your heart rate monitor will be your pacing device, not your actual pace – remember, you are developing energy systems within your body, not striving to achieve some specific pace (that will come later in the season).
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.
Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 10 minutes
Cadence: 80-85 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: stretch and hydrate before moving into your main set
Main Set: Heart Rate Pacing Blocks: 45 Minutes
300 Meters Aerobic – **HR Z2** or less (After sprint effort #1, this becomes a recovery interval)
200 Meter Sprint Effort – **HR Z3+** (You have to complete 50 minutes worth of these intervals, so pace yourself)
Repeat for 50 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**
- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (60 Minutes)**
Misc. Notes: please reference the notes from above.
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.
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 [Stretch your lower body](#)
Main Set: Heart Rate Pacing Blocks: 40 Minutes
3 Minutes Aerobic – **HR Z2** or less (After sprint effort #1, this becomes a recovery interval)
2 Minute Sprint Effort – **HR Z3+** (You have to complete 40 minutes worth of these intervals, so pace yourself)
Repeat for 40 minutes.



Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2 **Duration:** 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

Post Workout Protocols

- **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Should I Train When I am Sick?](#)" – [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 #2**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: if necessary write down your lower and upper end heart rate numbers from **HR Z3** and post them on your cross bar pad to keep you mentally focused on your goal intensity. As outlined on your set notes, don't focus on lap times, just focus on your intensity – you should be aerobic the entire duration of sets one through five.
Post Workout Protocols
 - **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
 - **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: when you lay down, keep in mind that you are making yourself leaner, stronger and improving the strength of your immune system. Many athletes say that they want to be the best but few will do what it really takes – like take a nap!
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Should I Train When I am Sick?](#)" – [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 #2**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: similar to last week, sets 3-5 will be designed to recover from a crash. The first set is a bit shorter, but still aerobic in nature. As mentioned last week, come into this workout realizing that you are going to be generating a high level of lactic acid and will be quite uncomfortable – mentally offset this with strong mental focus and clarity. Also, 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:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
 - **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Power Nap after lunch**
Misc. Notes: prior to your nap, consume a meal that is high in MCT's (medium chain triglycerides) – extra virgin olive oil, avocados, raw coconut, raw nuts and cold water fish (salmon). This quality fat will be used to recharge your body from the inside out while satisfying your appetite so that you can sleep soundly for 2-3 hours. When you wake up, consume 8-10 ounces of cold water and 2 scoops of Energy Fuel.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the entire video).
Psychology: concept video "[Should I Train When I am Sick?](#)" – [video link](#)



Complete Racing Solutions MX Speed Workout #1			
Workout Focus: Top End Speed		Total Ride Time: 2 Hours	
	Description		
Warm Up	Set Focus: Gradual Warm Up	Intensity	
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 50%	
Main Set #1	Set Focus: Hold Consistent Times At An Aerobic Effort	Intensity	
Workout Protocol:	Hold an aerobic effort for 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 during Set #3		
	Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 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 #2	Set Focus: Opening Lap Speed	Intensity	
Workout Protocol:	Hold an aerobic effort for 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 during Set #3		
	Moto Specific Heart Rate Zone - Low # High #		
Rest Interval			
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%	
Interval Time:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%	
Interval Time:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:		
Interval Time:	Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Set Focus: Top End Speed	Intensity	
Workout Protocol:	Strive to maintain your momentum everywhere and land the backsides of all the jumps		
Rest Interval	Same amount of time it take to complete the 4 lap 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 #4	Set Focus: Top End Speed	Intensity	
Workout Protocol:	Strive to maintain your momentum everywhere and land the backsides of all the jumps		
Rest Interval	Same amount of time it take to complete the 4 lap 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%	

MX Speed Workout #1 Notes: during sets number one and two, focus on staying aerobic (don't go off of your perceived exertion, but rather the hard number of your heart rate monitor). During all four sets, mentally focus on breathing deeply through your belly to deliver the highest levels of oxygen to your working muscles. During your top end sets, focus on optimized line selection verses bouncing off of the faces of everything.



Complete Racing Solutions MX Speed Workout #2			
Workout Focus: High Levels of Lactic Acid		Total Ride Time: 2 Hours	
Description			
Warm Up	Set Focus: Gradual Warm Up	Intensity	
Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Less Than 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. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Too Short To Evaluate	
Main Set #2	Set Focus: Hold Consistent Times At An Aerobic Effort	Intensity	
Workout Protocol:	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 #		
Interval Time:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%	
Interval Time:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 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: Recovering from a stall or wreck	Intensity	
	Set focus: complete 2 laps; stop and kill the motor. Lay the bike down until the bars touch the ground and then pick the bike back up 5 times. Kick the bike with the kill switch suppressed for 10 kicks. Crank bike and complete 2 more laps as quickly as possible. Focus on breathing through your belly to keep your HR low. Choose lines that are smooth and efficient verses bouncing off of the faces of everything. Landing the backsides of all the rollers and jumps will improve your acceleration and decrease your times.		
Rest Interval	Same amount of time it take to complete the 4 lap 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: High Levels of Lactic Acid	Intensity	
Workout Protocol:	Duplicate Set #3 protocols.		
Rest Interval	Same amount of time it take to complete the 4 lap 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: High Levels of Lactic Acid	Intensity	
Workout Protocol:	Duplicate Set #3 protocols.		
Rest Interval	Same amount of time it take to complete the 4 lap 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%	

MX Speed Workout#2 Notes: similar to last week, sets 3-5 will be designed to recover from a crash. The first set is a bit shorter, but still aerobic in nature. As mentioned last week, come into this workout realizing that you are going to be generating a high level of lactic acid and will be quite uncomfortable – mentally offset this with strong mental focus and clarity. Also, 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: Holding Aerobic Pace as Duration Increases		Workout Duration: 90 Minutes
	Description	
	Focus: Gradual Warm Up	
Warm Up	Set Focus: generate blood flow into all the working muscles	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 Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	

MX Aerobic Workout #1 Notes: the same protocols as last week. If possible (and track conditions pending), ride the same track at the same effort and evaluate if you can improve your lap times by 1-2 seconds while maintaining an aerobic effort. Focus on optimized biomechanics along with good throttle control and avoiding excessive wheel spin.



Complete Racing Solutions Aerobic MX Workout #2							Workout Focus: Consistent 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														Less Than 40%				
		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																		
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!)														Too Short To Measure				
		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																		
Elapsed Times:		Interval 1:		Interval 2:		Interval 3:		Interval 4:		Interval 5:		Too Short To Measure								
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.														Too Short To Measure				
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #3		Set Focus: Aerobic Endurance (20 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 20 minutes at HR Z3 (no higher or lower)														80-85%				
		Moto Specific Heart Rate Zone 3 Numbers 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																		
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 (20 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 20 minutes at HR Z3 (no higher or lower)														80-85%				
		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																		
Main Set #5		Set Focus: Aerobic Endurance (20 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 20 minutes at HR Z3 (no higher or lower)														80-85%				
		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																		
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														

MX Aerobic Workout #2 Notes: if necessary, write down your lower and upper end heart rate numbers from **HR Z3** and post them on your cross bar pad to keep you mentally focused on your goal intensity. As outlined on your set notes, do not focus on lap times, just focus on your intensity – you should be aerobic the entire duration of sets one through five.

Phase 6 - 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
Tricep Kick Backs (Pause at the Top)			
Instructional Videos: Tricep 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)			