



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 8
6 Weeks
2/6
Explosive Power and Sprint Speed

Intensity Note:

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

Monday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **Complete Rest Day**
 - Misc. Notes:** make the most out of every hour of every day. For example, at the top of every hour (logistics pending), complete 25 push-ups and 25 crunches and refill an eight ounce of glass of filtered water. At the end of an 8-hour day, you will have completed 100 push-ups and crunches. You will also be on track to consuming your goal of water – half of your body weight in ounces of water. Little habits like this can yield huge performance benefits during training and ultimately racing.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [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 Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
 - Workout Notes:** This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful for you to produce the lowest time per set. Keep a close eye on your rest interval - you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, simple stop, stretch and resume - failure to stretch could result in a torn muscle which will take you off of the bike for an extended period of time.
 - 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
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – Power Phase 1**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
 - Workout Notes:** these exercises are somewhat familiar but in a different order with a completely new outline of repetitions and number of sets (see the spreadsheet below for specifics associated with each exercise). You need to push through the fatigue and refrain from stopping and resting during the set. Stop the exercise when the form falls apart – jeopardizing your form is going to increase your risk of injury.
 - Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes
 - Sets:** 3
 - Rep Count:** 6-12 reps (varies by exercise)
 - Speed of Lift:** explosive off the bottom, slow back to starting point
 - Rest Interval:** none in between exercises; 1:00 in between cycles
 - Post Workout Protocols**
 - **Flexibility:** 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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [video link](#)



Wednesday

- **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 this workout you are going to be applying the overload principle to the track. The idea here is to take the smooth/optimum lines during set #1 when your blood sugar is normal and you are well hydrated - we expect fast times during this set. During set #2 when you are taking the non-optimal lines, you have to find a way to maintain lap times as fast as set #1 without blowing up - this will only happen if you are breathing deeply to maximize your oxygen uptake. During set #3 when you are back to smooth/optimum lines, we are looking for lap times faster than set #1 because your muscles have been "working hard" to handle the non-optimum lines. Stay mentally focused and watch that heart rate monitor to ensure your body hits the goal times without going out of our desired heart rate ranges (too high or too low).

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

- **(Evening Workout) Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (90 Minutes)**

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

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

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

Duration: 20 minutes (no shorter)

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 Mile Intervals at HR Z2 (No Higher): 60 Minutes

1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**

½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**

Repeat for 60 minutes

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:** 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

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [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 Aerobic Workout #2

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

Workout Notes: this workout is going to assess your aerobic capacity on the track. Pay close attention to your heart rate levels throughout each 30-minute moto; if your heart rate goes beyond your 85% heart rate number, you need to slow down and smooth out on the track. Keep in mind that if you go beyond 85%, we will not have an accurate evaluation of your aerobic function on the bike. Taking the smooth lines includes smooth throttle, clutch and brake control everywhere on the track. Focus on landing on the backside of all the jumps to keep your momentum as high as possible, with the least amount of energy.

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

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

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

Workout Notes: these exercises are somewhat familiar but in a different order with a completely new outline of repetitions and number of sets (see the spreadsheet below for specifics associated with each exercise). You need to push through the fatigue and refrain from stopping and resting during the set. Stop the exercise when the form falls apart – jeopardizing your form is going to increase your risk of injury.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Sets: 3

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

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

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



Friday

- **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: this workout is fragmented to provide you the opportunity to experience what various speed levels on the track feel like. If you plug in your heart rate numbers prior to starting the workout, you will be surprised how fast you are during Set #3. Pay close attention to your fluid intake to avoid dehydration and low blood sugar.
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
- **(Evening Workout) Complete Racing Solutions Bike Workout: 5 Minute Intensity Blocks (65 Minutes)**
Misc. Notes: these intervals are designed to push you both mentally & physically so begin this work out fresh: hydrated, rested, properly fed and topped off with your Energy Fuel (for optimum muscle contraction). As you go through the first 5 minute set, remember that you have to complete 9 more intervals, so don't blow yourself up by going too hard!
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes
Warm up: HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 10 minutes **Gearing:** small chain ring up front, middle rear gearing
Cadence: 80-90 (no higher/lower) **Misc.:** stretch and hydrate before moving into your main set
Main Set: Intensity Based Intervals: 10 x 5 Minutes
2 Minute Interval: Fastest pace you can maintain while in the lower end of **HR Z2**
2 Minute Interval: Pick up the pace by 1 mile per hour and slip into the upper end of **HR Z3**
1 Minute Standing Interval: Pick up the pace and maintain for 1 minute (dig deep here!) **NO HR LIMIT**
Repeat the 5 Minute blocks 10 times for a total of 50 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:** 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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [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 (Same as Tuesday)**

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

Workout Notes: This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful for you to produce the lowest time per set. Keep a close eye on your rest interval - you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, simple stop, stretch and resume - failure to stretch could result in a torn muscle which will take you off of the bike for an extended period of time.

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

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

Misc. Notes: as you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.

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

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

Workout Notes: these exercises are somewhat familiar but in a different order with a completely new outline of repetitions and number of sets (see the spreadsheet below for specifics associated with each exercise). You need to push through the fatigue and refrain from stopping and resting during the set. Stop the exercise when the form falls apart – jeopardizing your form is going to increase your risk of injury.

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: 3

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

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

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

Post Workout Protocols

- **Flexibility:** 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

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [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]

Workout Notes: during this workout you are going to be applying the overload principle to the track. The idea here is to take the smooth/optimum lines during set #1 when your blood sugar is normal and you are well hydrated - we expect fast times during this set. During set #2 when you are taking the non-optimal lines, you have to find a way to maintain lap times as fast as set #1 without blowing up - this will only happen if you are breathing deeply to maximize your oxygen uptake. During set #3 when you are back to smooth/optimum lines, we are looking for lap times faster than set #1 because your muscles have been "working hard" to handle the non-optimum lines. Stay mentally focused and watch that heart rate monitor to ensure your body hits the goal times without going out of our desired heart rate ranges (too high or too low).

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

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

Misc. Notes: if you would like to improve your VO2 Max numbers, take a nap! When calculating your VO2 max (the volume of oxygen you are able to take in) number, your percentage of body fat is factored into the calculation. As you know, when you nap, your body releases HGH naturally (human growth hormone) which is the hormone necessary to decrease your percentage of body fat. On the flip side of this equation, if you push your body too hard (mentally or physically), your body produces excessive amounts of free radicals along with elevated levels of cortisol (aka – fat magnet). So do yourself a favor and do all that you can to get this two-hour nap in – your health and performance will thank you later!

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [video link](#)



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



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



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



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Muscular Endurance and Strength		
	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 40%
Main Set #1	Set Focus: Starts With First Turns For Time	Intensity
Protocols:	10 Starts with a first turn and timed to a point just out of the corner Clock starts when the gate drops, and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines	80-85%
Elapsed Times:	Goal: within 2 seconds of your previous set - hold yourself accountable here!	
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines	80-85%
Elapsed Times:	Goal: within 2 seconds of your previous set - hold yourself accountable here!	
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines	80-85%
Elapsed Times:	Goal: within 2 seconds of your previous set - hold yourself accountable here!	
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #6	Set Focus: Starts & Transitions	Intensity
Protocols:	10 Starts with a first turn and timed to a point just out of the corner Clock starts when the gate drops, and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Warm Down	10 Minutes of play riding - nothing structured or intense (HR Level Zone 2-No Higher)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	



Complete Racing Solutions Aerobic MX Workout #2		
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 Stretch passively (no bouncing) from head to toe	< 50%
Main Set #1	Focus: Moving the bike with your core	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) 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Incremental
Main Set #2	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:	100%
Elapsed Times:	Interval 5 Time: Interval 6 Time: Interval 7 Time: Interval 8 Time:	100%
Elapsed Times:	Interval 9 Time: Interval 10 Time: Interval 11 Time: Interval 12 Time:	100%
Elapsed Times:	Fastest Time: Slowest Time: Average Time:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Focus: Muscular Endurance & Strength	Intensity
Protocols:	30 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:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
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	
Main Set #4	Focus: Muscular Endurance & Strength	Intensity
Protocols:	30 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:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
Protocols:	Rest For 5 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)	< 50%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	

Complete Racing Solutions MX Aerobic Workout #2

Workout Notes: this workout is going to assess your aerobic capacity on the track. Pay close attention to your heart rate levels throughout each 30-minute moto; if your heart rate goes beyond your 85% heart rate number, you need to slow down and smooth out on the track. Keep in mind that if you go beyond 85%, we will not have an accurate evaluation of your aerobic function on the bike. Taking the smooth lines includes smooth throttle, clutch and brake control everywhere on the track. Focus on landing on the backsides of all the jumps to keep your momentum as high as possible, with the least amount of energy.



Complete Racing Solutions MX Speed Workout #1		
Workout Focus: Incremental Intensity / Lactate Tolerance		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
	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 40%
Main Set #1- Starts	Set Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off your breathing.	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	Relaxed
Elapsed Times:	Fastest Interval: Average Interval: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with your sports drink	
Main Set #2-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a fast pace that you can maintain for 20 minutes without falling off pace by more than 2 seconds (ideally). Capture your lap times per lap for the entire 20 minutes. Take the smoothest lines possible throughout moto	
	Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Average Lap Pace: Average Heart Rate: Max Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with your sports drink	
Main Set #3-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Goal-Maintain same lap speeds WITHOUT taking the smooth/optimum lines; breathe deep!	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Average Lap Pace: Average Heart Rate: Max Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with your sports drink	
Main Set #4-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Goal-Maintain same times as Set #2 where you took all of the smooth/optimum lines; relax & fly!	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Average Lap Pace: Average Heart Rate: Max Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with your sports drink	
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	
Complete Racing Solutions MX	Workout Focus: Late Moto Acceleration	Total Duration: 80 Minutes

Speed Workout #2		
Warm Up	Focus: Gradual Warm Up	
	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 40%
Main Set #1	Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Complete 10 starts from the gate; Focus on breathing deep and using your core/legs to move the bike (verses your upper body). Tighten up your boots low to help keep the bike straight.	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	50%
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:	50%
Elapsed Times:	Fastest Interval: Average Interval:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with your sports drink	
Main Set #2	Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Moto Specific Heart Rate Zone - Low # High # With a perfect start (repeat if the start is less than ideal) merge onto the track and settle into an 80% effort level for the first 10 minutes; then pick the pace up to 90% for the next 10 minutes During the first 10 minutes - take the smoothest & fastest possible lines During the second 10 minutes - push your intensity AND take the NON-OPTIMUM lines Fastest Lap Time: Average Lap Pace: Average Heart Rate: Max Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with your sports drink	80-85% 90-95%
Main Set #3	Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a perfect start (repeat if the start is less than ideal) merge onto the track and settle into an 80% effort level for the first 15 minutes; then pick the pace up to 90% for the next 5 minutes During the first 15 minutes - take the smoothest & fastest possible lines During the second 5 minutes - push your intensity AND take the NON-OPTIMUM lines Fastest Lap Time: Average Lap Pace: Average Heart Rate: Max Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with your sports drink	80-85% 90-95%
Main Set #4	Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a perfect start (repeat if the start is less than ideal) merge onto the track and settle into an 90% effort level for 20 minutes at 90%; focus on breathing deep and looking ahead! For 20 minutes - take the smoothest & fastest possible lines Fastest Lap Time: Average Lap Pace: Average Heart Rate: Max Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with your sports drink	90-95%
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	