



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 8
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: by far the most important aspect of performance training is developing the entire aerobic system. This includes good circulation, slow twitch muscle fiber development and the ability to burn large amounts of fat for energy. Diminishing performance, injury and ill health consistently stem from a lack of aerobic function. With this in mind, stay mentally focused on your blue/aerobic enhancement workouts – they yield just as much benefit to your overall speed and endurance as your lactate tolerance workouts. Additionally, plan ahead and have recovery calories ready to consume immediately following both your blue and your red workouts to ensure that you recover quickly and properly – this will improve your overall productivity and cumulative.
- **Evening Protocols**
Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
Shin Stripping: in addition to your foam [Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

Tuesday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
(Morning Workout) Complete Racing Solutions MX Speed Workout #1
[Please refer to the spreadsheet at the bottom of this document]
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

Workout Notes: Like all of your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. As we have discussed previously, the more times you work smart NOT hard on the track (i.e. bouncing off of the faces of everything) the faster and more consistent your lap times will become. Though you may not realize this, workouts like this are intended to create a "memory" within your body and muscles what it "feels" to be fast, smooth and in total control. If you feel like you are not in control - do NOT slow down. Instead focus on breathing deep FIRST to bring the heart rate down (which will make the speed feel easy).
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **(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: this is your last week of these protocols before we pull back the amount of weight next week, so don't be afraid to push the load levels slightly by set number three.
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)
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.**Speed of Lift:** explosive off the bottom, slow back to starting point
Rest Interval: none in between exercises; 1:00 in between cycles
- **Evening Protocols**
Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.



Wednesday

- **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 you the much-needed electrolytes

Workout Notes: This set will challenge the balance component of your program. If you can't transition from on the gas to the brakes quickly - this set will frustrate you. Relax and stay mentally focused on each set's main focus. Keep in mind that there are two races: to the first turn and then from the first turn to the finish line. Practice balanced starts so that you don't have to think, just simply perform!

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Complete One of the following for your evening workout: Bike or Row - Intervals**
- **(Evening Workout) Complete Racing Solutions Bike: Intensity Distance Intervals (65 Minutes)**

Misc. Notes: take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 3**. Once you are finished with your warm up, your goal is to settle into your HR Z3 (no higher or lower) and complete a 10 minute "interval". Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your HR Z3. During your 5-minute rest interval, spin easy and allow your HR to get back into HR Z1.

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: 80-85 (no higher/lower)

Misc.: stretch and hydrate before moving into your main set

Main Set: Heart Rate Pyramids: 5 x 10 Minutes

Settle into HR Z3 and maintain for 10 minutes (Note: the interval doesn't begin until you hit HR Z3, so get there quickly)
Recover by spinning easy for 5 minutes in HR Z1 (no higher for optimum recovery)

Warm 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 allows for 85-90 cadence & HR Z1

Cadence: 85-90

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

- **Complete Racing Solutions Row: Incremental Pacing Intervals (10,000 Meters)**

Misc. Notes: complete your 500-meter intervals at an incremental effort after your warmup. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

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 a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Distance: 1000 Meters

Pull Rate: less than 25

Stretch from head to toe

Baseline 500 Meter Interval: complete a 500 meter interval at 90-95% effort; 1 Minute Rest Interval

Display 500 Meters – 1 Minute Rest Interval

Load Level: 5

Pull Rate: 25 plus

Elapsed Time:

Main Set: Pacing Pyramids

Load Level: 5 **Pull Rate: 25 plus**

500 Meter Baseline plus 10 seconds – Rest 1 Minute

500 Meter Baseline plus 5 seconds – Rest 1 Minute

500 Meters at Baseline Pace – Rest 1 Minute

Repeat 5 Times – Strive to hold goal pace for all three intervals; hold yourself accountable here!

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Distance: 1000 Meters

Pull Rate: less than 25

Stretch from head to toe

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.



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

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

Workout Notes: to keep you mentally focused, you will need to focus on maintaining your speed and consistency from set to set. This workout is going to break the problem that most racers experience - getting slower as the race transpires. This set is going to hold you accountable on three levels: lap times, average heart rate and a tight rest interval. Due to the intensity levels and duration of this set, it is imperative that you come to this workout well hydrated and fed.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **(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: this is your last week of these protocols before we pull back the amount of weight next week, so don't be afraid to push the load levels slightly by set number three.

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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
(Morning Workout) Choose one of the following for your morning workout:

- **Complete Racing Solutions Row: Incremental Pacing Intervals (6000 Meters)**

Misc. Notes: pull your up to date heart rate zones specific to the rower; you will need your specific numbers for HR Z2 and Z3 easily visible for quick reference and maximum productivity.

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 a straight back and leading with your legs and finishing with your arms coming to your chest.

Display: Distance **Load Level:** 3 **Distance:** 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

Main Set: Pacing Pyramids

Load Level: 5

Pull Rate: 25 plus

1000 Meter at low end of HR Z2 (no rest right into the next 1000 meters)

1000 Meter at high end of HR Z2 (no rest right into the next 1000 meters)

1000 Meter at high end of HR Z3 (no rest right into the next 1000 meters)

1000 Meter at low end of HR Z4 (no rest right into your cool down)

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 **Distance:** 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

- **Complete Racing Solutions Bike: Heart Rate Pyramid Workout (80 Minutes)**

Misc. Notes: you will need your HR numbers for Zone 3 and Zone 4. During your main set you will begin at your low end of HR Z3 and every 3 minutes you will increase your intensity/effort by 5 beats and then hold for 3 minutes; continue going up the pyramid until you hit the upper range of HR Z3 (no higher). After you reach the high end of HR Z3, then walk back down the pyramid 5 beats at a time for 3-minute durations (the exact opposite you did walking up the pyramid).

WARNING: IF YOU PUSH TOO HARD TOO SOON, YOU WILL NOT BE ABLE TO COME BACK DOWN THE PYRAMID CORRECTLY.



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

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 Pyramids: 65 Minutes

Notes: beginning at the lower end of HR Z3 hold for 3 minutes; then bump up your intensity by 5 beats & hold for 3 minutes. Repeat until you hit the upper end of HR Zone 4. Once you hit the upper end of HR Z4, come down by 5 beats every 3 minutes until you hit your lower end of HR Z3. Continue going up and down the ladder until

Warm 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 allows for 85-90 cadence & HR Z1

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

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

▪ **Evening Protocols**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

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 Wednesday intentionally)**

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

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

Workout Notes: This set will challenge the balance component of your program. If you can't transition from on the gas to the brakes quickly - this set will frustrate you. Relax and stay mentally focused on each set's main focus. Keep in mind that there are two races: to the first turn and then from the first turn to the finish line. Practice balanced starts so that you don't have to think, just simply perform!

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

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

Misc. Notes: research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high quality protein & fat (they only thing that satisfies your appetite).

- **(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: this is your last week of these protocols before we pull back the amount of weight next week, so don't be afraid to push the load levels slightly by set number three.

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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x



Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

Sunday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions MX Speed Workout – Choice**

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

Workout Notes: choose either speed workout from the week; keep a close eye on your heart rate to ensure that you are getting the most out of the workout.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **2 Hour Nap After Mid-Day Meal – please reference yesterday's notes**
- **(Note: No Nap, No Row Workout) Complete Racing Solutions Row: 5-Minute Distance Challenge (50-60 Minutes)**

Misc. Notes: pull your up to date heart rate zones specific to the rower; you will need your specific numbers for HR Z3 easily visible for quick reference and maximum productivity.

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 a straight back and leading with your legs and finishing with your arms coming to your chest.

Display: Distance Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe

Main Set: Distance Challenge

Load Level: 5 Pull Rate: 25 plus

5 Minutes – Distance Covered at the upper end of HR Z3

Rest 5 Minutes – HR Z1 (no higher for maximum productivity)

Repeat 4 Times

Distance Covered Interval #1:

Distance Covered Interval #2:

Distance Covered Interval #3:

Distance Covered Interval #4:

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



Strength & Plyometric Program - Power Phase 1			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	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	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
Tricep Kickbacks			
Instructional Video: Tricep 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 MX Speed Workout #1							Workout Focus: Late Moto Speed							Total Ride Time: 60 Minutes						
		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 Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel as needed												Less Than 50%						
Main Set #1		Set Focus: Pre-Race Routine												Intensity						
Workout Protocol:		Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.																		
		This will eliminate race day confusion-what you want from your start & what you have practiced. Moto Specific Heart Rate Zone - Low # High #																		
Elapsed Times:		Interval 1:		Interval 2:		Interval 3:		Interval 4:		Interval 5:				Too Short To Evaluate						
Elapsed Times:		Interval 6:		Interval 7:		Interval 8:		Interval 9:		Interval 10:										
Set Recap		Fastest Lap Time:				Average Lap Pace:				Average Heart Rate:										
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #2		Set Focus: Negative Split Moto - 20 Minutes in Duration Max												Intensity						
Workout Protocol:		Hold your pace for the first five laps and then pick up the pace for the last five laps During the first five laps, if you fall off the pace by more than 2 seconds (minus a mistake) then stop, re-group and re-start the interval Moto Specific Heart Rate Zone - Low # High #																		
Elapsed Times:		Lap 1 Time:		Lap 2 Time:		Lap 3 Time:		Lap 4 Time:		Lap 5 Time:				75-80% 85-90%						
Elapsed Times:		Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:										
Set Recap		Fastest Lap Time:				Average Lap Pace:				Average Heart Rate:										
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #3		Set Focus: Negative Split Moto - 20 Minutes in Duration Max												Intensity						
Workout Protocol:		Strive to maintain the same heart rate average but be 2 seconds faster during the last five laps. The only way you can make this happen is to breathe through your belly and be smooth everywhere!																		
Elapsed Times:		Lap 1 Time:		Lap 2 Time:		Lap 3 Time:		Lap 4 Time:		Lap 5 Time:				75-80% 85-90%						
Elapsed Times:		Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:										
Set Recap		Fastest Lap Time:				Average Lap Pace:				Average Heart Rate:										
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #4		Set Focus: Negative Split Moto - 20 Minutes in Duration Max												Intensity						
Workout Protocol:		This set is about riding as fast as you can while staying within the indicated HR zone AND not falling off pace by more than 1 second. This set is what your body will relate to on race day so be mentally focused!																		
Elapsed Times:		Lap 1 Time:		Lap 2 Time:		Lap 3 Time:		Lap 4 Time:		Lap 5 Time:				85-90% 85-90%						
Elapsed Times:		Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:										
Set Recap		Fastest Lap Time:				Average Lap Pace:				Average Heart Rate:										
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Warm Down		5 Minutes of easy riding - nothing structured or intense; allow the HR to come down slowly												40%						
		Pre-Riding Weight:						Post-Riding Weight:												
		Total Fluids Consumed:						Loss/Gain												

MX Speed Workout #1 Notes: Like all of your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. As we have discussed previously, the more times you work smart NOT hard on the track (i.e. bouncing off of the faces of everything) the faster and more consistent your lap times will become. Though you may not realize this, workouts like this are intended to create a "memory" within your body and muscles what it "feels" to be fast, smooth and in total control. If you feel like you are not in control - do NOT slow down. Instead focus on breathing deep FIRST to bring the heart rate down (which will make the speed feel easy).

Complete Racing Solutions MX Speed Workout #2		Overall Focus: Speed, Speed, Speed!				Total Ride Time: 90 Minutes	
		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 Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel as needed					Less Than 50%
Main Set #1		Focus: Warm the muscles up/Break a Sweat (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 within your HR zones 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-watch your HR monitor to evaluate the actual number					75-80%
Set 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: Opening lap speed					
Workout Protocol:		Complete 10 starts plus 1 lap sprint. On race day, your body will emulate what you practice so stay mentally focused & specific. Moto Specific Heart Rate Zone - Low # High #					90-95% 90-95%
Elapsed Times:		Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:					
Elapsed Times:		Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:					
Set Recap		Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #3		Set Focus: High Intensity/Lactate Tolerance					Intensity
Misc. Thoughts		These intervals need to be aggressive; you should hit your 95% number by the end of the one lap					90-95%
Workout Protocol:		1 Lap Sprint (2 Minute Lap Time Max) / 1 Minute Rest Interval					
Elapsed Times:		Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time:					
Set Recap		Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #4		Set Focus: High Intensity/Lactate Tolerance					Intensity
Misc. Thoughts		These intervals need to be aggressive; you should hit your 95% number by the end of lap two					90-95%
Workout Protocol:		2 Lap Sprints (4 Minutes Max Time) / 1 Minute Rest Interval					
Elapsed Times:		Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time:					
Set Recap		Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #5		Set Focus: High Intensity/Lactate Tolerance					Intensity
Workout Protocol:		3 Lap Sprints (6 Minutes Max Time) / 1 Minute Rest Interval					90-95%
Elapsed Times:		Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time:					
Set Recap		Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Warm Down		5 Minutes of Easy riding - nothing structured or intense; allow the HR to come down slowly					
		Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain					

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

Workout Notes: to keep you mentally focused, you will need to focus on maintaining your speed and consistency from set to set. This workout is going to break the problem that most racers experience - getting slower as the race transpires. This set is going to hold you accountable on three levels: lap times, average heart rate and a tight rest interval. Due to the intensity levels and duration of this set, it is imperative that you come to this workout well hydrated and fed.

**Complete Racing
Solutions Aerobic
MX Workout #1**

Workout Focus: Muscular Endurance and Strength

Description		
Warm Up	Focus: Gradual Warm Up	Intensity
Protocols:	Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle 1 minute stretch - head to toe; hydrate if needed	40%
Main Set #1	Focus: First Turn Transitions	Intensity
Protocols:	Your focus needs to be on your transition from on the gas to on the brakes Take your time from the drop of the gate to a point right after the first turn -stay focused!	
Elapsed Times:	Interval 1 Time: Interval 2 Time: Interval 3 Time: Interval 4 Time:	50-60%
Elapsed Times:	Interval 5 Time: Interval 6 Time: Interval 7 Time: Interval 8 Time:	50-60%
Elapsed Times:	Interval 9 Time: Interval 10 Time: Interval 11 Time: Interval 12 Time:	50-60%
Elapsed Times:	Fastest Time: Slowest Time: Average Time:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel as needed	
Main Set #2	Focus: Muscular Endurance	Intensity
Protocols:	20 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 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 sports drink	75-80% 75-80% 75-80%
Main Set #3	Focus: Muscular Endurance & Strength	Intensity
Protocols:	15 Minute Moto - Even Paced / Take the smoothest lines every lap 15 Minute Moto - Even Paced (Beginning to End)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	75-80%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	
Main Set #4	Focus: Muscular Endurance & Strength	Intensity
Protocols:	15 Minute Moto - Even Paced / Take the roughest lines every lap 15 Minute Moto - Even Paced (Beginning to End)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	75-80%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
Protocols:	15 Minute Moto - Even Paced / Take the smoothest lines every lap	
Main Set #5	Focus: Muscular Endurance & Strength	Intensity
Protocols:	15 Minute Moto - Even Paced / Take the smoothest lines every lap	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	75-80%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	

