



Wednesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Racing Solutions Bicycle: 2 Mile Pacing Assessment**
 [Please update your Performance Report Card – Phase 7-8 Time Trials with the results of this information]
Workout Notes: Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout.
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
Main Set: 5 x 2 Mile Intervals (fastest pace you can complete 2-mile intervals x 5 times)

2 Mile Interval #1:	Ending HR:	1 Minute Rest Interval
2 Mile Interval #2:	Ending HR:	1 Minute Rest Interval
2 Mile Interval #3:	Ending HR:	1 Minute Rest Interval
2 Mile Interval #4:	Ending HR:	1 Minute Rest Interval
2 Mile Interval #5:	Ending HR:	1 Minute Rest Interval

Elapsed Time:	Avg. HR:	
Ending HR:	Max HR:	
Total fluids consumed:	Post-Testing Body Weight:	

Cool Down: when finished, re-hydrate and ride for a minimum of **10 minutes** – easy spin/active recovery. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes to relax any tight muscle(s) associated with the assessment. Also, consume 8-10 ounces of liquid sports drink/recovery calories & consume a complete meal within 20 minutes of this ride to replenish glycogen reserves within the muscles and the liver.
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 Protocols** – please reference Monday's notes and video links

Thursday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Racing Solutions Row: 1000 Meter Time Trials**
 [Please update your Performance Report Card – Phase 7-8 Time Trials with the results of this information]
Workout Notes: complete 5 x 1000 meters (**Load Level on 7**) after warming up for 15 minutes (**Load Level on 5 or less**) and [stretch your lower body](#). The goal here is to be at close to maximum effort as possible for each 1000 meter interval. Document your elapsed time along with your ending heart rate at the end of each 1000-meter interval. If at any time you feel something tighten up, stop immediately and stretch; resume at an EASY effort for 10 minutes.
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 Protocols** – please reference Monday's notes and video links

Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Rest Day**
Misc. Notes: to help improve your strength & endurance, spend a minimum of 10 minutes every day using a lacrosse ball and or a foam roller in between your shoulder blades, glutes (butt muscles), legs (front and back) along with your calves and feet. When you find a "hot spot" known as a trigger point, keep direct pressure on that hot spot until the knot lets go. When you are using the lacrosse ball, find a trigger point and then add movement. For example, when you find a hot spot in your shoulder, keep the ball in place and then move your arm up and across your body, over your head and back down. You will be surprised how movement will deepen the pressure on that trigger point and eventually remove the hot spot. [Here is a link](#) to a complete foam rolling and trigger point series of videos.
- **Evening Protocols** – please reference Monday's notes and video links



Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Assessment**
[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]
Workout Overview: This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.
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
- **Power Nap – 2 Hours**
Misc. Notes: growth hormones are your biggest by product of napping so set yourself up to get the most out of your nap by eating a clean and dense meal prior to lying down in a cool, dark room. When you wake up, start your day off with 8-10 ounces of cold water to facilitate your re-hydration.
- **Evening Protocols** – please reference Monday’s notes and video links

Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (60-90 Minutes)**
Misc. Notes: relaxed ride with no agenda but to head outdoors and work on optimized pedal mechanics as the elevation changes or as the headwinds pick up. As you are seated, slide back when the ground goes up or the headwinds pick up. Set your watch to ensure that you stay hydrated and stretched out.
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
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 Performance Block: 40 to 70 minutes (HR Zone 2)
Set Notes: with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. Hydrate with [Energy Fuel](#) to maintain your blood sugar & energy levels.
Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes
Duration: 10 minutes
Cadence: 85-90
Gearing: the easiest combination that gets you into **HR Z1**
Misc.: don’t dismount until your heart rate is within **HR Z1**
Post Workout Protocols
 - **Flexibility:** 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 Power Nap/Recovery Protocols**
Misc. Notes: with the residual fatigue from this week’s testing, it will be helpful if you would take a cold bath for 10-15 minutes (fun I know) when you wake up; eat a large salad that is topped with high quality protein to help offset the tearing down of your muscles and associated inflammation. Schedule pending, take a hot shower and then stretch passively feeling for any hot spots.
- **Evening Protocols** – please reference Monday’s notes and video links



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 30 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%
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 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 30 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%
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 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 30 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%
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 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	



Complete Racing Solutions MX Speed Assessment	Workout Focus: Consistent Race 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 Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Less Than 50%
Main Set #1	Focus: Smooth start and fast five (5) laps		Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
Elapsed Times:	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
Main Set #2	Focus: Smooth start and fast three (3) laps		Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
Elapsed Times:	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
Main Set #3	Focus: Smooth start and fast two (2) laps		Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate		
Elapsed Times:	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
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: Speed Assessment

Workout Overview: This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

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