



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 5
6 Weeks
5/6
Race Specific Speed, Strength and Endurance

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: no matter how much strength and endurance you develop, neither of these are an attribute to your performance without having optimum range of motion. Keep in mind that a muscle that has optimum range of motion will produce higher levels of power and have less internal resistance - which results in enhanced endurance. Here is [a link to videos](#) to help improve your range of motion and reduce your risk of injury.
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the length of the video).
Psychology: concept video “[Why I Yawn](#)” – [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 (Same as last week 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 ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.
Workout Notes: pay extra attention to your heart rate for the first 15 minutes of each block - HR Z2 or less. At the 15-minute mark, bump up the pace slightly (into HR Z3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).
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 – Muscular Endurance (Note: 1 Minute in duration)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are familiar with a longer duration.
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
Duration: 60 Seconds (unless otherwise noted)
Speed of Lift: consistent through entire range of motion
Rest Interval: none in between exercises; 1:00 in between cycles
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).
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the length of the video).
Psychology: concept video “[Why I Yawn](#)” – [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) **Complete Racing Solutions Row: Threshold Pacing Intervals (75 Minutes)**

Workout notes: as you come to this workout, mentally focus on the fact that you are going to get up to threshold effort and then settle in. The first couple of intervals will be difficult due to the fact that your muscles are “adapting” to the load levels and production of lactic acid. With each interval, you will experience your body adapting and realize that there is a constant challenge between the brain and the muscles – your mental game is the key to your ultimate potential.

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 a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Duration: 3000 Meters Pull Rate: less than 25 Stretch from head to toe

REPEAT THE FOLLOWING FOR 50 Minutes

Load Levels: 5

REPEAT THE FOLLOWING FOR 50 Minutes

6 Minutes at HR Z3 (no higher or lower) – get into **HR Z3** quickly and then settle into a good tempo; focus on your breathing and mentally focus on why you are actually working out – improved strength and endurance.

4 Minutes at HR Z2 (no higher) – complete recovery; re-hydrate as necessary to maintain blood sugar levels.

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 Duration: 1000 Meters Pull Rate: less than 25 Stretch from head to toe

- **Complete Racing Solutions Bike: Pacing Intervals (75 Minutes)**

Workout notes: as you come to this workout, mentally focus on the fact that you are going to get up to threshold effort and then settle in. The first couple of intervals will be difficult due to the fact that your muscles are “adapting” to the load levels and production of lactic acid. With each interval, you will experience your body adapting and realize that there is a constant challenge between the brain and the muscles – your mental game is the key to your ultimate potential.

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):

Duration: 20 minutes (no shorter)

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

REPEAT THE FOLLOWING FOR 50 Minutes

6 Minutes Pacing Block at HR Z3 – get into **HR Z3** as quickly as possible; adjust your gearing so that your cadence stays within 75-85 and move around on the seat to distribute the workload to all of the muscles in your legs.

4 Minute Recovery Block - easy spinning while in HR Z2 or less (no higher); you can't spin too easy here; complete recovery; re-hydrate as necessary to maintain blood sugar levels.

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

- **(Immediately following your Pacing Intervals) Complete Racing Solutions Core Work (Note: increased duration)**

Workout notes: complete each of the following exercises for 40 seconds; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Open Abdominals: [click here for video](#)

Hanging Leg Lifts: [click here for video](#)

Push Ups & Knee to Chest: [click here for video](#)

Pike-Side to Side Steps: [click here for the video link](#)

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).

- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the length of the video).

Psychology: concept video “[Why I Yawn](#)” – [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 #1 (Same as last week 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 ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

Workout Notes: the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smooth, yet efficiently fast. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can actually become faster by lowering your effort down thanks to the momentum you will create. Remember, stay focused and Ride Smart Not Hard!
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 – Muscular Endurance (Note: 1 minute in duration)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are familiar with a longer duration.

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
Duration: 60 Seconds (unless otherwise noted)
Speed of Lift: consistent through entire range of motion
Rest Interval: none in between exercises; 1:00 in between cycles
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).
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the length of the video).
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Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes (Complete Which Ever Workout You Didn't complete on Wednesday)**
- **Complete Racing Solutions Row: Pacing Intervals (70 Minutes) or Complete Racing Solutions Bike: Pacing Intervals (70 Minutes)**
- **(Immediately following your Pacing Intervals) Complete Racing Solutions Core Work**
Workout notes: complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.
Open Abdominals: [click here for video](#)
Push Ups & Knee to Chest: [click here for video](#)
Hanging Leg Lifts: [click here for video](#)
Pike-Side to Side Steps: [click here for the video link](#)
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).
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the length of the video).
Psychology: concept video "[Why I Yawn](#)" – [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 Speed Workout #2 (same as last week 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 ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.
Workout Notes: we are going to change the format around, sprint early and then settle into a comfortable pace. To maximize your efforts, when back down your intensity, strive to maintain consistent fundamentals. Many are not aware that what makes riding and racing so fatiguing is bouncing off of the faces and deviating from fundamentals. Capture your lap times and compare your heart rate data to see how much "faster" you were riding during your opening laps along with what "effort" did it take to obtain these lap times.
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: as you lay down, implement your [Diaphragmatic Breathing drills](#). The ability to tap into this skill when you are working at a high intensity will result in more oxygen moving into the working muscles, lower overall heart rate and improved endurance. Though this skill seems basic, it yields huge performance results.
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the length of the video).
Psychology: concept video "[Why I Yawn](#)" – [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 Aerobic Workout #2 (same as last week intentionally)**
[Please reference the spreadsheet at the bottom of this document]
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.
Workout Notes: this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.
- **(Post Nap Soft Tissue Work) Contrast Therapy**
Misc. Notes: about an hour before you head to bed, take a cold bath/shower. Soak your legs for 10 minutes – no stretching, and then go into a hot bath/shower for 10 minutes. Repeat the 10 cold/hot again. After you second contrast session, stretch passively for 15 minutes while consuming 8 to 10 ounces of cold water (drink it slowly) and then head directly to bed. Once you are laying down and relaxed, implement your [Diaphragmatic Breathing](#) drill until you fall asleep.
- **(Afternoon Workout – Choose one of the following – Row or Bike) Complete Racing Solutions Row: Even Tempo (60-70 Minutes)**
Workout Notes: this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.
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 a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Distance: 2000 Meters Pull Rate: 20-25 Stretch from head to toe
Main Set#1: 5 x 1000 Meters: pick up the pace every 200 meters up to HR Z3 (no higher)
Load Level: 7 Pull Rate: 25-35
Transition Set: 1000 Metes – HR Z1 – stretch & rehydrate as necessary
Main Set#2: 5 x 1000 meters: HR Z2 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)
Load Level: 7 Pull Rate: 25+
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 Duration: 1000 Meters Pull Rate: less than 25 Stretch from head to toe
- **Complete Racing Solutions Even Tempo Bike (90 Minutes)**
Misc. Notes: for this workout you will need to know your HR Z2 numbers (high and low specific number).



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

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 (HR Zone 2): 1:15

Set Notes: Keep your cadence between 85-95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 minutes.

Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

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

▪ **(Immediately following your Aerobic Work) Complete Racing Solutions Core Work (Note: increased duration)**

Workout notes: complete each of the following exercises for 40 seconds; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair torn down muscle tissue.

▪ **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the length of the video).

Psychology: concept video "[Why I Yawn](#)" – [video link](#)



Complete Racing Solutions Combo Weight Workout – Muscular Endurance	Date	Date
Easy Row or Spin on Bike - 10 minutes		
Stretch - Head to Toe		
Full Body Stretch - Instructional Video		
Cycle 1		
Marching Bridge		
Instructional Video - Marching Bridge		
Rep Count - Right Leg		
Rep Count - Left Leg		
Rep Count - Right Leg		
Rep Count - Left Leg		
Low Back Extension off of Fit Ball		
Instructional Video - Low Back Extension off of Fit Ball		
Reps Set #1		
Reps Set #2		
Single Leg Step Up with Weight		
Instructional Video - Single Leg Step Up with Weight		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 2		
Hanging Abdominal Knee Raises (Goal 8 Reps)		
Instructional Video - Hanging Abdominal Knee Raises		
Reps Set #1		
Reps Set #2		
Chest Fly with Pause on Fit Ball		
Instructional Video - Chest Fly on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
2 Legged Box Hops - 60 seconds		
Instructional Video - 2 Legged Box Hops		
Reps Set #1		
Reps Set #2		



Cycle 3			
Flat Bench Press on Fit Ball			
Instructional Video - Flat Bench Press on Fit Ball			
Weight			
Reps Set #1			
Reps Set #2			
Hamstring Press with Extension on Fit Ball			
Instructional Video - Hamstring Press with Extension on Fit Ball			
Reps Set #1			
Reps Set #2			
Push Up - Knee to Shoulder			
Instructional Video - Push Up-Knee to Shoulder			
Reps Set #1			
Reps Set #2			
Biceps - 14's			
Instructional Video - Bicep 14's			
Weight			
Reps Set #1			
Reps Set #2			
Cycle 4			
Abdominal Criss Cross			
Instructional Video - Abdominal Criss Cross			
Reps Set #1			
Reps Set #2			
Single Leg Push Ups			
Instructional Video - Single Leg Push Ups			
Reps Set #1			
Reps Set #2			
Abdominal Open Rotation			
Instructional Video - Abdominal Open Rotation			
Reps Set #1			
Reps Set #2			
Abdominal - Hip Risers			
Instructional Video - Abdominal Hip Risers			
Rep Count Right			
Rep Count Left			
Rep Count Right			
Rep Count Left			

Complete Racing Solutions MX Speed Workout #1							Workout Focus: Aerobic Enhancement/Burn Fat							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										Less Than 50%			
		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													
Main Set #1		Set Focus: Teach your body to burn more stored fat (20 Minutes)										Intensity			
Workout Protocol:		Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible.													
		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:		Lap 16 Time:	Lap 17 Time:	Lap 18 Time:	Lap 19 Time:	Lap 20 Time:						85-90%			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel													
Main Set #2		Set Focus: Teach your body to burn more stored fat (20 Minutes)										Intensity			
Workout Protocol:		Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible.													
		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:		Lap 16 Time:	Lap 17 Time:	Lap 18 Time:	Lap 19 Time:	Lap 20 Time:						85-90%			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel													
Main Set #3		Set Focus: Teach your body to burn more stored fat (20 Minutes)										Intensity			
Workout Protocol:		Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible.													
		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:		Lap 16 Time:	Lap 17 Time:	Lap 18 Time:	Lap 19 Time:	Lap 20 Time:						85-90%			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel													
Main Set #4		Set Focus: Teach your body to burn more stored fat (20 Minutes)										Intensity			
Workout Protocol:		Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible.													
		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:		Lap 16 Time:	Lap 17 Time:	Lap 18 Time:	Lap 19 Time:	Lap 20 Time:						85-90%			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel													
Warm Down		5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down										< 40%			

Complete Racing Solutions MX Speed Workout #1

Workout Notes: pay extra attention to your heart rate for the first 15 minutes of each block - HR Z2 or less. At the 15-minute mark, bump up the pace slightly (into HR Z3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).

Post Workout Protocols

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



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Consistent Race Speed		Total Ride Time: 60 Minutes
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower 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: Consistency Challenge with your start and first turn	Intensity
Workout Protocol:	Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) Keep a close eye on your body position - attack, looking up and using your legs/core combination Take your time from the start to the end of the first straight away	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	N/A
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:	N/A
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Body Balance - Timing of faster cornering	Intensity
Workout Protocol:	Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A
Main Set #3	Set Focus: Aerobic Endurance (30 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 30 minutes Moto Specific Heart Rate Zone - Low # High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Aerobic Endurance (30 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 30 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Main Set #5	Set Focus: Aerobic Endurance (30 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 30 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%



Complete Racing Solutions MX Speed Workout #2							Workout Focus: Aerobic Enhancement/Burn Fat							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										Less Than 50%			
		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													
Main Set #1		Set Focus: Teach your body to burn more stored fat (20 Minutes)										Intensity			
Workout Protocol:		Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible.													
		Moto Specific Heart Rate Zone - Low # High #													
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:									
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						85-90%			
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:						80-85%			
Elapsed Times:		Lap 16 Time:	Lap 17 Time:	Lap 18 Time:	Lap 19 Time:	Lap 20 Time:						80-85%			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel													
Main Set #2		Set Focus: Teach your body to burn more stored fat (20 Minutes)										Intensity			
Workout Protocol:		Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible.													
		Moto Specific Heart Rate Zone - Low # High #													
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:									
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						85-90%			
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:						80-85%			
Elapsed Times:		Lap 16 Time:	Lap 17 Time:	Lap 18 Time:	Lap 19 Time:	Lap 20 Time:						80-85%			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel													
Main Set #3		Set Focus: Teach your body to burn more stored fat (20 Minutes)										Intensity			
Workout Protocol:		Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible.													
		Moto Specific Heart Rate Zone - Low # High #													
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:									
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						85-90%			
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:						80-85%			
Elapsed Times:		Lap 16 Time:	Lap 17 Time:	Lap 18 Time:	Lap 19 Time:	Lap 20 Time:						80-85%			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel													
Main Set #4		Set Focus: Teach your body to burn more stored fat (20 Minutes)										Intensity			
Workout Protocol:		Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible.													
		Moto Specific Heart Rate Zone - Low # High #													
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:									
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						85-90%			
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:						80-85%			
Elapsed Times:		Lap 16 Time:	Lap 17 Time:	Lap 18 Time:	Lap 19 Time:	Lap 20 Time:						80-85%			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel													
Warm Down		5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down										< 40%			

Complete Racing Solutions MX Speed Workout #2

Workout Notes: we are going to change the format around; sprint early and then settle into a comfortable pace. To maximize your efforts, when back down your intensity, strive to maintain consistent fundamentals. Many are not aware that what makes riding and racing so fatiguing is bouncing off of the faces and deviating from fundamentals. Capture your lap times and compare your heart rate data to see how much "faster" you were riding during your opening laps along with what "effort" did it take to obtain these lap times.

Post Workout Protocols

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



Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Consistent Race Speed		Total Ride Time: 2:15
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	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: Consistent Holeshots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Aerobic Endurance (30 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 30 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Consistent Holeshots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Set Focus: Aerobic Endurance (30 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 30 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%

Complete Racing Solutions MX Aerobic Workout #2

Workout Notes: this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.

Post Workout Protocols

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