



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase One
6 Weeks
4/6
Develop Maximum Strength & Improve Aerobic Base

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 Report Card to log this information for evaluation purposes

- **(Morning Workout) Complete Racing Solutions (CRS) Speed MX Workout #1**

[Please reference the spreadsheet at the bottom of this document]

Workout notes: this workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

- **(Evening Workout – Before Dinner) Complete Racing Solutions (CRS) Bike: Timed Pyramids (65 Minutes)**

Workout Notes: prior to beginning this workout, have your HR range numbers specific to HR Z3. During your "on" timed segments, you will want to accelerate and then settle into HR Z3 (no higher or lower). Your rest interval will match your work interval, for maximum productivity; please don't cut the rest interval short. During your rest interval, rehydrate with Energy Fuel to maintain blood sugar levels and electrolytes for optimum muscle contraction.

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 2 or less

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: 50 Minutes [1 minute on-off, 2 minutes on-off, 3 minutes on-off, 4 minutes on-off, 5 minutes on-off]

Set Notes: Your pyramid will take you from 1 minute on/off up to 5 minutes on/off. Adjust your gearing throughout the "on" interval so that you are pushing the tallest gear possible but staying within HR Z3. When the interval begins, accelerate (refrain from sprinting) into HR Z3 and then settle in with optimized pedal mechanics and deep belly breathing. During your rest interval rehydrate and stretch as necessary to keep the power output level high.

Cool Down: 5 Minutes (HR Zone 2 or less)

Duration: 5 minutes

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc. Notes: stretch your lower back, calves and quads prior to dismounting

Post Workout Protocols – please reference this morning's recovery nutrition & flexibility protocols.

- **(Immediately following your bike workout) Complete Racing Solutions (CRS) Core Work**

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.

Standing Abdominal Twists: [click here for video](#)

Abdominal Pike on Fit Ball: [click here for video](#)

Abdominal Roll Out on Fit Ball: [click here for video](#)

Ab Crunch on Fit Ball: [click here for the video link](#)

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.



Tuesday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) MX Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.
- **(Before Dinner) Complete Racing Solutions (CRS) Combo Weight Workout – P1 Timed Challenges (30 Seconds)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.
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
Speed of Lift: quick and smooth
Repetitions: as many as you can complete in 30 seconds with proper form OR number of reps as listed
Sets: 2
Rest Interval: none in between exercises; 1 minute 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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols** – please reference Monday's notes and links.

Wednesday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Afternoon Workout) Choose one of the following for your afternoon workout:**
 - **Complete Racing Solutions (CRS) Bike: Intensity Distance Intervals (75 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 warmup, 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 Z2 or less.
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: 4 x 15 Minutes (10 Minutes on-5 minutes off)
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 Z2 or less
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 (CRS) Row: Incremental Pacing Intervals (10,000 Meters)**
Misc. Notes: complete a 1000-meter interval at 80-85% effort after your warmup; use this time as your baseline pace. 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:** 2000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**



Baseline 1000 Meter Interval: complete a 1000-meter interval at 80-85% effort; 1 Minute Rest Interval
Load Level: 5 Pull Rate: 25 plus Elapsed Time:

Main Set: Pacing Intervals

Load Level: 5 Pull Rate: 25 plus

1000 Meter Baseline plus 10 seconds – Rest 1 Minute

1000 Meter Baseline plus 5 seconds – Rest 1 Minute

1000 Meters at Baseline Pace – Rest 1 Minute

Repeat 2 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

- **(Immediately after your workout) Core & Lower Back Work**

Workout notes: complete 10 reps of each & hold the bike for 1 minute; 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.

Ab Crunch on Fit Ball – pause for 5 seconds: [click here](#) for instructional video

Pike Position with eyes closed: [click here](#) for instructional video

Plyometric pushups: [click here](#) for instructional video

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols** – please reference Monday's notes and links.

Thursday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions (CRS) MX Speed Workout #2**

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

Workout Notes: this workout is going to test your hydration and fluid intake to ensure that you know what your perspiration rate is specific to race pace. Please weight yourself prior to gearing up and then capture your body weight in the exact same clothes that you did prior to the ride (minus your socks). Also, keep good documentation of your fluid intake (of any type - sports drink or water) and note that at the bottom of your spreadsheet so that we can determine your gain/loss and the percentage of gain/loss. This information is what we will be utilizing to fine tune your race day nutritional strategy.

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **(Before Dinner) Complete Racing Solutions (CRS) Combo Weight Workout – P1 Timed Challenges (30 Seconds)**

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

Workout Notes: these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

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

Speed of Lift: quick and smooth

Repetitions: as many as you can complete in 30 seconds with proper form OR number of reps as listed

Sets: 2

Rest Interval: none in between exercises; 1 minute 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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols** – please reference Monday's notes and links.



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete Rest Day**

Misc. Notes: sit down with a piece of blank paper and draw a line down the middle of the paper. On the left side of the paper, jot down the five most important reasons for WHY you do what you do. On the right side of the paper next to each reason why you do what you do, think about the elements (people, locations, tools, etc.) that make the WHY possible. Though this may sound odd, your focus for today is to ensure that all of your elements are ready for action throughout the rest of the week. For example, if you say that you train to be lean and strong, then visit your refrigerator and examine if you have all the fresh fruit and vegetables that you like and know improve your health and performance. If you use a blender to make your fresh smoothies, make sure that it is washed and ready to use. Continue down the list to make sure that you have everything that you need to ensure that your WHY for doing is optimized.
- **Evening Protocols – please reference Monday's notes and links.**

Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) MX Aerobic Workout #1**

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

Workout Notes: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Lunch**

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.
- **(Afternoon Workout) Complete Racing Solutions (CRS) Bike: Heart Rate Ladder (60 Minutes)**

Workout Notes: keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (HR Z2 or less) for maximum productivity (burn fat and enhance your aerobic engine). To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2**.

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 2 or less
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 #1: Isolated Leg Drills (5 minutes per leg) – [instructional video](#) (start at 3:30 mark)

Easy Spin: 5 Minutes (hydrate and stretch as necessary)

Main Set #2: 10 Minute HR Ladder (HR Z3)
 During the 10 minutes, accelerate in a tall gear combination until your heart rate hits the **top end of HR Z3**; once you hit this number, slow down your pedal cadence and breathe deeply until your HR hits the **lower end of HR Z3** (no lower)-Repeat until 10 minutes has transpired.

Easy Spin: 5 Minutes (hydrate and stretch as necessary)

Main Set #3: 15 Minute HR Ladder (HR Z3)
 During the 15 minutes, accelerate in a tall gear combination until your heart rate hits the **top end of HR Z3**; once you hit this number, slow down your pedal cadence and breathe deeply until your HR hits the **lower end of HR Z3** (no lower)-Repeat until 10 minutes has transpired.

Cool Down: 5 Minutes (HR Zone 2 or less)
Duration: 5 minutes (no shorter)
Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing
Misc. Notes: stretch your lower back, calves and quads prior to dismounting

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **(Immediately following your bike workout) Complete Racing Solutions (CRS) Core Work**



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.

Standing Abdominal Twists: [click here for video](#)

Abdominal Pike on Fit Ball: [click here for video](#)

Abdominal Roll Out on Fit Ball: [click here for video](#)

Ab Crunch on Fit Ball: [click here for the video link](#)

- **Evening Protocols** – please reference Monday's notes and links.

Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes

- **(Morning Workout) Complete Racing Solutions (CRS) MX Speed Workout: Choice**

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

Workout Notes: choose one of your speed workouts from earlier in the week. If you are riding at the same track with similar conditions, strive to maintain or be slightly faster.

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **2 Hour Nap After Lunch**

Misc. Notes: if logistically possible, do not wake yourself up from this nap with an alarm. Just out of curiosity, see how many hours your sleep. This will provide us a clear indicator of your fatigue; the big question is where this fatigue is coming from: intensity levels, duration levels, food intake, hydration levels, hours of sleep and consistency in your recovery protocols (stretching and trigger point therapy). Remember that your health and ultimately your performance is a direct result of your consistency in all these performance areas (some that require sweating and some that don't!).

- **(Before Dinner) Complete Racing Solutions (CRS) Combo Weight Workout – P1 Timed Challenges (30 Seconds)**

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

Workout Notes: these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

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

Speed of Lift: quick and smooth

Repetitions: as many as you can complete in 30 seconds with proper form OR number of reps as listed

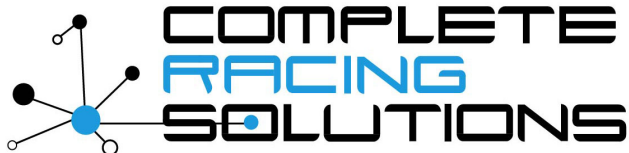
Sets: 2

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

Post Workout Protocols

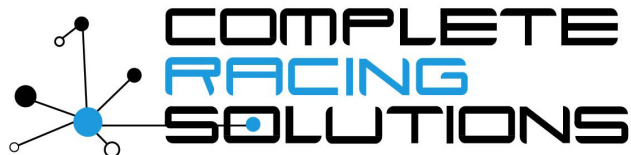
- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols** – please reference Monday's notes and links.



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Complete Training Solutions (CTS) Combo Weight Workout – P1 Timed Challenges			
Warm Up			
Concept 2™ Rower or Spin on Bike - 10 minutes Easy			
CYCLE ONE	Date	Date	Date
Pike - Push Up - Pike (30 Seconds)			
Instructional Video: Pike-Push Up-Pike			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
Isolated Leg & Frankenstein's on Bench			
Instructional Video: Isolated Leg on Bench			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
CYCLE TWO	Date	Date	Date
Air Squats			
Instructional Video: Air Squats			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
Hamstring Press-Extension on Fit Ball			
Instructional Video: Hamstring Press with Extension			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
CYCLE THREE	Date	Date	Date
Overhead Extension-Triceps Press (Not Fast-Good Form)			
Instructional Videos: Overhead Extension-Triceps Press			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
Step Up & Calf Raises (no weight)			
Instructional Video: Step up & Calf Raise			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			



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CYCLE FOUR	Date	Date	Date
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
Instructional Video: Lat Pull Over-Triceps Extension			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
Individual Chest Press on Fit Ball			
Instructional Video: Individual Chest Press on Fit Ball			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
CYCLE FIVE	Date	Date	Date
Incline Press on Fit Ball			
Instructional Video: Incline Press on Fit Ball			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
Rear Deltoid			
Instructional Videos: Rear Deltoid			
Weight (Light – easy muscle to tear)			
Set 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Set 2 (Goal 6-8 reps with perfect form-no momentum)			
CYCLE SIX	Date	Date	Date
Chest Fly with Deep Pause on Fit Ball			
Instructional Video: Chest Fly with Deep Pause on Fit Ball			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
Side Skaters			
Instructional Videos: Side Skaters (Inner Thigh)			
Set 1 (good form – land lightly)			
Set 2 (good for – land lightly – strive to surpass Set #1)			



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CYCLE SEVEN	Date	Date	Date
Abs: Knees to Chest			
Instructional Video: Hanging Knees to Chest			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
Abs: Open Rotation			
Instructional Videos: Abs-Open Rotation			
Set 1 (as many as you can complete in 30 seconds-PER SIDE)			
Set 2 (as many as you can complete in 30 seconds-PER SIDE)			
Abs: Hip Risers			
Instructional Videos: Hip Risers			
Set 1 (as many as you can complete in 30 seconds-PER SIDE)			
Set 2 (as many as you can complete in 30 seconds-PER SIDE)			
10 Minutes - Bike Intervals	Date	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)			
Note: increase the load levels to MODERATE			
1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)			
1 Minute Rest Interval			
1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)			
1 Minute Rest Interval			
1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)			
1 Minute Rest Interval			
1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)			
1 Minute Rest Interval			
1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)			
1 Minute Rest Interval			

Complete Racing Solutions (CRS) MX Speed Workout #1		Set Focus: Aerobic Enhancement & Speed	Total Duration: 125 Minutes
	Description	Intensity	
Warm Up	Set 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 50%	
Main Set #1	Set Focus: Perfect Execution of Pre-Race Routine and Starts 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. Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity Too Short To Evaluate	
Main Set #2	Set Focus: Teach Your Body To Pick Up The Pace As Needed Your goal is to stay aerobic (based on your actual heart rate) for the first 15 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 15 minutes Moto Specific Heart Rate Zone - Low # High # 20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR: 15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85% 90-95%	
Main Set #3	Set Focus: High Intensity/Lactate Tolerance Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing Moto Specific Heart Rate Zone - Low # High # 20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR: 15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85% 90-95%	
Main Set #4	Set Focus: High Intensity/Lactate Tolerance Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing Moto Specific Heart Rate Zone - Low # High # 20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR: 15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85% 90-95%	
Pre-Riding Weight: Total Fluids Consumed:		Post-Riding Weight: Loss/Gain	

▪ **Complete Racing Solutions (CRS) Speed MX Workout #1**

Workout notes: this workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



Complete Racing Solutions (CRS) MX Speed Workout #2						Workout Focus: Incremental Intensity / Lactate Tolerance						Total Ride Time: 60 Minutes					
		Description															
Warm Up		Focus: Gradual Warm Up												Intensity			
		Instructional Video on how to set up the Concept 2 Rower												Less Than			
		Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo												40%			
		Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel															
Main Set #1		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.												Relaxed			
Elapsed Times:		Interval 1:		Interval 2:		Interval 3:		Interval 4:		Interval 5:							
Elapsed Times:		Fastest Interval:		Average Interval:													
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel															
Main Set #2		Set Focus: Lactate Tolerance / Internal Pacing												Intensity			
Workout Protocol:		With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #												90-95%			
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:							
		Fastest Lap Time:		Average Lap Pace:				Avg. HR:		Max HR:		90-95%					
		Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)															
Main Set #3		Set Focus: Lactate Tolerance / Internal Pacing												Intensity			
Workout Protocol:		With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #												90-95%			
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:							
		Fastest Lap Time:		Average Lap Pace:				Avg. HR:		Max HR:		90-95%					
		Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)															
Main Set #4		Set Focus: Lactate Tolerance / Internal Pacing												Intensity			
Workout Protocol:		With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #												90-95%			
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:							
		Fastest Lap Time:		Average Lap Pace:				Avg. HR:		Max HR:		90-95%					
		Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)															
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel															
Main Set #5		Set Focus: Body Balance and Reaction Time												Intensity			
Workout Protocol:		Repeat Set #1 - Compare times for evaluation purposes												Relaxed			
Elapsed Times:		Interval 1:		Interval 2:		Interval 3:		Interval 4:		Interval 5:							
Elapsed Times:		Fastest Interval:		Average Interval:													
Warm Down		Easy riding - nothing structured or intense; allow the HR to come down slowly												40%			



	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain
Complete Racing Solutions (CRS) Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		Total Ride Time: 90 Minutes
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for 30 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	80-85%
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	Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for 30 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	80-85%
	Fastest Time: Average Time: Average Heart Rate:	
Main Set #3	Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	80-85%
	Fastest Time: Average Time: Average Heart Rate:	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	Less than 40%
	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain

Complete Racing Solutions (CRS) MX Aerobic Workout #1

Workout Notes: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue