



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 2
8 Weeks
3/8
Enhanced Endurance, Strength & Lactate Tolerance

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**
Choose one of the following for your morning & evening workout:

- **Complete Racing Solutions Row: 1K Pacing Intervals (6,500-7,000 Meters)**

Misc. Notes: this combo set is going to push the upper end of your aerobic engine; pay close attention to your heart rate to ensure that you don't become anaerobic during the main set. During your intervals, lead with your legs and then follow up with a strong pull through. During these intervals, you should "feel" your legs pushing and your lats & back finishing the power curve (not your biceps).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 1000 Meter Interval: complete a 1000-meter interval at 80-85% effort; 2 Minute Rest Interval

Display Setting: Distance

Load Level: 5 **Pull Rate: 25-30** **Elapsed Time:**

Main Set#1:

Take your Baseline Time and add 10 seconds for your 1000 pace– 500 Meter Rest Interval

Load Level: 5 **Pull Rate: 25 -30**

Elapsed Time for Interval #1 – 1000 Meters:

Elapsed Time for Interval #2 – 1000 Meters:

Elapsed Time for Interval #3 – 1000 Meters:

Elapsed Time for Interval #4 – 1000 Meters:

Strive to hold a consistent pace for all three intervals; hold yourself accountable here!

Main Set#2: 30" Sprint – 30" Recovery

Load Level: 5 **Pull Rate: 25 -30**

Repeat 15x – 30 second sprint – 30 second recovery

Misc. Notes: lead with your legs and a tight core to distribute the load to your legs, back and your shoulders

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: 2 **Distance:** 500 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

- **Complete Racing Solutions Bike: Pacing Intervals (60 Minutes)**

Misc. Notes: Once you are finished with your warm-up, your goal is to settle into your HR Z3 (no higher or lower) and complete a 3 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 3-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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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: 8 x 6 Minutes

Settle into **HR Z3** and maintain for 3 minutes (Note: the interval doesn't begin until you hit HR Z3, so get there quickly)

Recover by spinning easy for 3 minutes in **HR Z1** (no higher for optimum recovery)

Cool Down-HR Zone 1: Keep a close eye on your HR level for the final 2 minutes

Duration: 2 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

- **(Immediately following your above workout) Complete Racing Solutions Abdominal & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds with perfect form; 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.

Push Up-Knee to Shoulder: [how to video](#)

Abdominal Chris Cross: [how to video](#)

Abdominal Open Rotation: [how to video](#)

Ab Hip Risers: [how to video](#)



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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**

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

Workout notes: utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)

Post Workout Protocols

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

- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the complete 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
- **(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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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

Choose one of the following for your evening workout:

- **Complete Racing Solutions Row: HR Intensity Intervals (1 Hour)**

Misc. Notes: these intensity blocks are going to challenge you in two ways. First, you will be maintaining the same load levels but are going to be toggling between two intensity zones. Second, the duration is long enough to become distracted. By completing a 1:1 ratio between two HR zones, you will push your aerobic engine to new levels (as long as you don't go too hard initially and blow up); Note, 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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

Main Set: HR Pacing Intervals

Load Level: 5 Pull Rate: 25 or less in HR Z2 – 25 plus in HR Z3

5 Minutes at high end of HR Z2 (no rest right into the next intensity & duration block)

5 Minutes at low end of HR Z3 (no rest right into the next intensity & duration block)

Repeat 4x = 40 Minutes

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

- **Complete Racing Solutions Bike: Power Interval Workout (80 Minutes)**

Misc. Notes: the key to maximizing your productivity during this workout is to keep a close eye on your intensity levels (no higher than HR Z3); your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves and gluts all firing to turn the pedals.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 Performance Block #1: 40 minutes (HR Zone 3)

3-minute seated- event tempo with your cadence above 90 & within HR Z3 focus on deep belly breathing to ride as fast as possible without tripping above HR Z3. Hydrate and stretch as necessary to maintain optimum power output.

2-Minute-Tall Gear-Out of the saddle interval

Big chain ring up front, hardest gear in the back stand up & focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke (pull back prior to hitting bottom dead center).

REPEAT THIS 5 MINUTE BLOCK 8 TIMES FOR A TOTAL OF 40 MINUTES

Transition Set: 5 minutes easy spinning in HR Z1 – small chain ring up front, 90+ leg turnover (very easy effort)

Main Performance Block #2: 20 minutes (HR Zone-too short to evaluate)

30 Second "Phantom Start/Sprint": from a near stop & in a tall gear, sprint for 30 seconds (look up & be aggressive)

90 Second active recovery: don't stop pedaling and focus on pedaling in full circles for muscle memory purposes.

- **REPEAT THIS 2 MINUTE BLOCK TEN TIMES FOR A TOTAL OF 20 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 allows for 85-90 cadence & HR Z1

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

- **(Immediately following your above workout) Complete Racing Solutions Abdominal & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds with perfect form; 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.

Push Up-Knee to Shoulder: [how to video](#)

Abdominal Criss Cross: [how to video](#)

Abdominal Open Rotation: [how to video](#)

Ab Hip Risers: [how to video](#)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the complete 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 Speed Workout #2**

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
 - **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**
- [Please use the spreadsheet and associated videos listed at the bottom of this document]**
- Workout notes:** utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.
- Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
- Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)**
- Post Workout Protocols**
- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
 - **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the complete length of the video).
 - **Psychology:** concept video "[Why I Yawn](#)" – [video link](#)

Friday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
 - **Complete Rest Day**
- Misc. Notes** use this day as the ultimate opportunity to prepare for upcoming events: social occasions, personal time, working out, work projects, etc. When it comes to productivity, we get 100% more out of our efforts when we are doing exactly what we have on our schedule and are adhering to the schedule. With this in mind, allocate adequate time to complete the tasks that you want/need to complete. If you only allocate 20 minutes to prepare, consume and clean up breakfast, you will find yourself rushing and/or frustrated because you literally run out of time to "get it all in on time". Though this may sound odd, time how long it takes for you to complete tasks that you complete on daily and/or weekly basis. After a week of copious note taking, you can establish your schedule for next week more accurately and with fewer frustrations because your completion and productivity rate will both be high.
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the complete 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 - Choice**

[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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **(Afternoon Workout) Complete Racing Solutions Bike: Fragmented Power Intervals**

Workout Notes: this workout will sneak up on you by the end of the workout because of the residual fatigue that “builds” throughout this workout. Keep in mind that you are asking your muscles to generate power as they begin to fatigue. The generation of power is a unique combination of mental and physical ability. When you mentally establish a threshold of speed that you want to obtain, the muscles have a threshold to surpass which requires a certain level of output – specific to the gear load levels. By hitting a goal number, you will learn to associate the intensity (as indicated by your heart rate monitor) levels needed to create speed and power. By completing intervals of the same power will improve your muscular endurance as well.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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

Power Block #1: 20 minutes (HR Zone 3) – Hit the same rate of speed for each interval

Repeat the following for the next 20 minutes (Remember the focus: hit the same speed for each interval)

2 Minutes: initially out of the saddle for 30” and then into a seated position for 90” holding the tallest gear combination than you can maintain a 50-60 range-capture the average speed during the 90 seconds interval. Maintain a smooth pedal stroke for the entire interval.

At the end of the interval, go into a very easy gear combination and maintain for **2 Minutes**.

Repeat the 2-minute “on” / 2 minute “off” until 20 minutes has transpired (please don’t surpass)

After the 20-minute block, add an additional 5 minutes of active recovery / easy spinning; stretch & re-hydrate to replenish your blood sugar levels

Power Block #2: 20 minutes (HR Zone 3) – Hit the same rate of speed for each interval

Repeat the following for the next 20 minutes (Remember the focus: hit the same speed for each interval)

2 Minutes: initially out of the saddle for 30” and then into a seated position for 90” holding the tallest gear combination than you can maintain a 50-60 range-capture the average speed during the 90 seconds interval. Maintain a smooth pedal stroke for the entire interval.

At the end of the interval, go into a very easy gear combination and maintain for **2 Minutes**.

Repeat the 2 minute “on” / 2 minute “off” until 20 minutes has transpired (please don’t surpass)

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

Duration: 5 minutes

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Cadence: 85-90

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

- **(Immediately following your bike workout) Complete Racing Solutions Abdominal & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds with perfect form; 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.

Push Up-Knee to Shoulder: [how to video](#)

Abdominal Criss Cross: [how to video](#)

Abdominal Open Rotation: [how to video](#)

Ab Hip Risers: [how to video](#)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning’s workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.
 - **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the complete length of the video).



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**

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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

Post Workout Protocols

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

Choose one of the following for your Afternoon Workout:

- **Complete Racing Solutions Row: HR Intensity Intervals (1 Hour)**

Misc. Notes: these intensity blocks are going to challenge you in two ways. First, you will be maintaining the same load levels but are going to be toggling between two intensity zones. Second, the duration is long enough to become distracted. By completing a 1:1 ratio between two HR zones, you will push your aerobic engine to new levels (as long as you don't go too hard initially and blow up); Note, 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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

Main Set: HR Pacing Intervals

Load Level: 5 Pull Rate: 25 or less in HR Z2 – 25 plus in HR Z3

5 Minutes at high end of HR Z2 (no rest right into the next intensity & duration block)

5 Minutes at low end of HR Z3 (no rest right into the next intensity & duration block)

Repeat 4x = 40 Minutes

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

- **Complete Racing Solutions Bike: Power Interval Workout (80 Minutes)**

Misc. Notes: the key to maximizing your productivity during this workout is to keep a close eye on your intensity levels (no higher than HR Z3); your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves, and gluts all firing to turn the pedals.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 Performance Block #1: 40 minutes (HR Zone 3)

3 minute seated- event tempo with your cadence above 90 & within HR Z3 focus on deep belly breathing to ride as fast as possible without tripping above HR Z3. Hydrate and stretch as necessary to maintain optimum power output.

2-Minute-Tall Gear-Out of the saddle interval

Big chain ring up front, hardest gear in the back stand up & focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke (pull back prior to hitting bottom dead center).

REPEAT THIS 5 MINUTE BLOCK 8 TIMES FOR A TOTAL OF 40 MINUTES

Transition Set: 5 minutes easy spinning in HR Z1 – small chain ring up front, 90+ leg turnover (very easy effort)

Main Performance Block #2: 20 minutes (HR Zone-too short to evaluate)

30 Second "Phantom Start/Sprint": from a near stop & in a tall gear, sprint for 30 seconds (look up & be aggressive)

90 Second active recovery: don't stop pedaling and focus on pedaling in full circles for muscle memory purposes.

- **REPEAT THIS 2 MINUTE BLOCK TEN TIMES FOR A TOTAL OF 20 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 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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **2 Hour Nap After Mid-Day Meal**

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

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

Super Slow Challenge		
Warm Up		
Concept 2 TM Row or Spin on Bike - 15 minutes Easy (no shorter)		
CYCLE ONE	Date	Date
Single Leg Step onto Bench		
Weight (Moderate)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Abdominal Crunch on Fit Ball w/Weight		
Instructional Video: Abdominal Crunch on Fit Ball		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
As many as you can complete in 30 seconds		
CYCLE TWO	Date	Date
Single Leg - Good Mornings		
Instructional Video: Single Leg Good Mornings		
Weight (Moderate)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Pike-Push Ups on Fit Ball		
Note: Hands Shoulder Width Apart-Elbows at 90 Degrees at Bottom		
Instructional Video: Pike-Push Ups on Fit Ball		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
(After Both Sets of Both Exercises) Side Skaters		
Instructional Video: Side Skaters		
As many as you can complete in 30 seconds		
Stretch & move to next exercise		



Super Slow Challenge Continued		
CYCLE THREE	Date	Date
Bicep Curls w/Dumbbells (up to 90 Degree-no higher) – Instructional Video		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Lat Pull Over-Triceps Extension		
Instructional Video: Lat Pull Over-Triceps Extension		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Jump Rope with Eyes Closed		
Stars Instructional Video		
As many as you can complete in 30 seconds		
CYCLE FOUR	Date	Date
Arm & Leg Extension		
Instructional Video: Arm & Leg Extension		
Weight (Light)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Hanging Leg Lifts (Bring Your Knees to Your Chest)		
Instructional Video: Arm & Leg Extension		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
As many as you can complete in 30 seconds		

Super Slow Challenge Continued		
CYCLE FIVE	Date	Date
Single Leg Push Ups Off of Bench		
Instructional Video: Single Leg Push Ups Off of Bench		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Single Leg Shoulder Press		
Instructional Video: Single Leg Push Ups Off of Bench		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Side Skaters		
Instructional Video: Side Skaters		
As many as you can complete in 30 seconds		
Instructional Video – Rowing		
2000 Meter Rowing	Date	Date
Warm up for 200 Meters - Low Intensity (Damper Setting 2)		
1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
1 Minute Rest Interval		
Bicycle Sprints		
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE	Date	Date
4 Minute Interval at 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
2 Minute Rest Interval		
4 Minute Interval at 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
2 Minute Rest Interval		

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 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	Intensity Less Than 50%
Main Set #1	Set Focus: Pre-Race Routine 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: 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	Intensity Too Short To Evaluate
Main Set #2	Set Focus: Negative Split Moto - 20 Minutes in Duration Max 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: 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	Intensity 75-80% 85-90%
Main Set #3	Set Focus: Negative Split Moto - 20 Minutes in Duration Max 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: 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	Intensity 75-80% 85-90%
Main Set #4	Set Focus: Negative Split Moto - 20 Minutes in Duration Max 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: 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	Intensity 85-90% 85-90%
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	40%

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 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	Intensity Less Than 50%
Main Set #1	Focus: Warm the muscles up/Break a Sweat (15 Minute Moto) 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 Set Recap Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 75-80%
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 # 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	Intensity 90-95% 90-95%
Main Set #3	Set Focus: High Intensity/Lactate Tolerance Misc. Thoughts These intervals need to be aggressive; you should hit your 95% number by the end of the one lap 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	Intensity 90-95%
Main Set #4	Set Focus: High Intensity/Lactate Tolerance Misc. Thoughts These intervals need to be aggressive; you should hit your 95% number by the end of lap two 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	Intensity 90-95%
Main Set #5	Set Focus: High Intensity/Lactate Tolerance Workout Protocol: 3 Lap Sprints (6 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	Intensity 90-95%
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	40%

▪ **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%
Elapsed Times:	Interval 5 Time: Interval 6 Time: Interval 7 Time: Interval 8 Time:	50%
Elapsed Times:	Interval 9 Time: Interval 10 Time: Interval 11 Time: Interval 12 Time:	50%
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 Energy Fuel as needed	75% 75% 75%
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%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	75%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel as needed	
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%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	75%
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%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	75%
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%



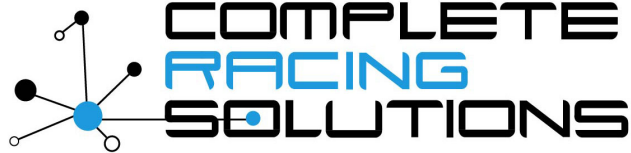
Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

Beginning Weight:

Ending Weight:

Loss Gain (Loss):

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Muscular Endurance and Strength		
	Description	
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 as needed	Intensity Less Than 40%
Main Set #1 Protocols:	Set Focus: Starts With First Turns For Time 10 Starts with a firstturn and timed to a point just out of the corner Clock starts when the gate drops and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity N/A
Main Set #2 Protocols: Elapsed Times: Average HR: Max HR:	Set Focus: Timed Moto Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85%
Main Set #3 Protocols: Elapsed Times: Average HR: Max HR:	Set Focus: Timed Moto Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85%
Main Set #4 Protocols: Elapsed Times: Average HR: Max HR:	Set Focus: Timed Moto Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85%
Main Set #5 Protocols: Elapsed Times: Average HR: Max HR:	Set Focus: Timed Moto Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85%
Main Set #6 Protocols:	Set Focus: Starts & Transitions 10 Starts with a first turn and timed to a point just out of the corner Clock starts when the gate drops and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity N/A



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Warm Down	10 Minutes of play riding - nothing structured or intense (HR Level Zone 2-No Higher)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	