



*Training Cycle:*  
*Cycle Duration:*  
*Work Week*  
*Focus:*

*Phase 2*  
*8 Weeks*  
*6/8*  
*Enhanced Strength, Endurance & 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
- **(Morning Workout) Complete Racing Solutions MX Speed Workout #1**  
[Please refer to the spreadsheet at the bottom of this document]

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

**Workout Notes:** this workout is designed to hold you accountable both mentally and physically. In our sport, late moto fatigue is usually associated with inefficiency and poor fundamentals late in a race. Look up the track and use your core to move the bike around to help save energy. Maintain proper blood sugar levels to ensure that your eye hand coordination is optimized.

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

**Complete ONE of the following workouts for your afternoon workout:**

- **Complete Racing Solutions Bike: Heart Rate Ladder Workout (50 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 2**. Once you are finished with your warm-up, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75-85) – continue to "push the pace" until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number.

**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. Note: cold fluids absorb better than warm fluids helping hydration.

**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 Set: Heart Rate Pyramids: 30 Minutes**

**Misc. Notes:** Toggle between your lower and upper number in **HR Z2** for 30 minutes

**Warm Down (HR Zone 1): Keep a close eye on your HR level for the final 10 minutes**

**Duration:** 10 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

**OR**

**Complete Racing Solutions Row: Incremental Pacing Intervals (6500 Meters)**

**Misc. Notes:** complete a 500-meter interval at **80-85% effort** after your warm-up; 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

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

**Load Level:** 3

**Distance:** 1000 Meters

**Pull Rate:** less than 25

**Stretch from head to toe**

**Baseline 500 Meter Interval: complete a 500-meter interval at **80-85% effort**; 1 Minute Rest Interval**

**Display 500 Meters – 1 Minute Rest Interval**

**Load Level:** 5

**Pull Rate:** 25 plus

**Elapsed Time:**

**Main Set: Pacing Pyramids – Repeat all 3 x 500 x 3 Sets = 4500**



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

500 Meter Baseline plus 10 seconds – Rest 1 Minute

500 Meter Baseline plus 5 seconds – Rest 1 Minute

500 Meters at Baseline Pace – Rest 1 Minute

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

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

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

## Tuesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(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:** same exercise, but not that you are familiar with the range of motion – strive to really push the weight/load levels to the next level. If you are lifting the weight as outlined, you should “feel” the muscles working.

**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. Note: cold fluids absorb better than warm fluids helping hydration.

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

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

- **Evening Protocols**

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

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

## Wednesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX Speed Workout #2**

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

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

**Workout Notes:** your ability to get progressively faster is to get both your brain and your muscles to work together. Proper implementation of your fundamentals at progressively faster speeds is the brain processing your speed and determining that it is sustainable (thanks to the muscles not getting fatigued). During your rest interval, consume 6-8 ounces of Energy Fuel to maintain your muscle and blood sugar levels along with your electrolytes for optimum muscle contraction.

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

**Complete ONE of the following workouts for your afternoon Workout:**

- **Complete Racing Solutions Bike: Heart Rate Ladder Workout (50 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 2**. Once you are finished with your warm-up, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75-85) – continue to “push the pace” until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number.

**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. Note: cold fluids absorb better than warm fluids helping hydration.

**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 Set: Heart Rate Pyramids: 30 Minutes**

**Misc. Notes:** Toggle between your lower and upper number in **HR Z2** for 30 minutes

**Warm Down (HR Zone 1): Keep a close eye on your HR level for the final 10-minutes**

**Duration:** 10 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

▪ **Complete Racing Solutions Row: Fragmented Intervals**

**Workout notes:** this workout is going to create a high level of fatigue – both mentally and physically so come to this workout well hydrated, fed and rested (ideally complete this workout in the morning before beginning your day if logistically possible).

**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. Note: cold fluids absorb better than warm fluids helping hydration.

**Warm up for 10 minutes (HR Zone 1) – Longer than normal to avoid pulling a muscle or straining an attachment**

Load level 3

Intensity: **HR Zone 2** or less; relaxed and with perfect form (straight back, leading with your legs, pull rate 25-30)

**REPEAT THE FOLLOWING FOR 20 Minutes**

**Display Setting:** 500-meter interval with 1-minute rest

**Load Levels:** 5

**300 Meters: 85% Effort with straight back; leading with your legs**

**200 Meter Sprint (HR Zone 3+);** your goal is to keep the pull chain tight the entire 100 meters; lead with your legs for maximum power production.

**Stretch & hydrate as needed for optimum results**

**Warm down: 5 minutes**

Load level 3

Intensity: **HR Zone 2** or less; relaxed and with perfect form (straight back, leading with your legs, pull rate 25-30)

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ **Evening Protocols**

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

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

**Thursday**

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**(Morning 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:** same exercise, but not that you are familiar with the range of motion – strive to really push the weight/load levels to the next level. If you are lifting the weight as outlined, you should “feel” the muscles working.

**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. Note: cold fluids absorb better than warm fluids helping hydration.

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

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ **Evening Protocols**

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

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



## Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**Complete Rest Day**  
**Misc. Notes** Allow yourself to sleep in today and put an increased emphasis on quality food with large quantities. Remember, these two elements are the foundation of a healthy body that is strong and resilient. Keep in mind that the muscles that you have today is a result of what you ate over the last six months – you are literally what you ate, so plan ahead and be smart.
- **Evening Protocols**  
**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.  
**Shin Stripping:** in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

## Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**(Morning Workout) Complete Racing Solutions MX Aerobic Workout #1**  
**[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. Note: cold fluids absorb better than warm fluids helping hydration.  
  
**Workout Notes:** This workout will seem easy initially, but by the second set you will have to strive to maintain your lap times by not throwing more effort into your laps, but rather by staying relaxed and focusing on your breathing. You will find that if you begin to tighten up and shallow breathe through your chest (verses your belly), you will begin to miss your lines more frequently and have a difficult time holding your lap times. Work smart, not hard during this workout. You should finish this workout feeling fresh - not chewed up.  
**Post Workout Protocols**
  - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
  - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **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 Workout) Complete Racing Solutions Bike: Distance Intervals (75 Minutes)**  
**Misc. Notes:** the key to maximizing your productivity during this workout is to keep a close eye on your pedal mechanics and belly breathing. As we have discussed before, "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 to generate top wattage numbers.  
  
**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. Note: cold fluids absorb better than warm fluids helping hydration.  
  
**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 #1: Transition Intervals (10 Minutes) – To get lactic acid shuffle activated**  
**Misc. Notes:** use the tallest gear combination that you can hold for **30 seconds**; if you blow up before **30 seconds**, then lighten the load levels slightly. The goal is complete all **30 seconds** still producing power, verses falling off the power curve.  
  
30 Seconds at 100% effort/Max Wattage Output  
60 Seconds active recovery/easy spin  
**IDEALLY, DON'T START THE NEXT INTERVLA UNTIL YOUR HR IS BACK INTO HR Z2 – REPEAT 5X FOR 10 MINUTES**  
  
**Main Set #2: 40 minutes (HR Zone 3)**  
**1 Mile Distance Intervals:** simple protocols, cover 1 mile as fast as possible with the tallest gear combination you can push without blowing up (you need to be keeping the chain tight all the way to the end of the 1 mile interval – mentally focus to avoid going out too hard and blowing up!).  
**Recovery is the exact time it takes you to complete the interval.**



### Main Set #3: Explosive Wattage Intervals (10 Minutes)

**Misc. Notes:** use the tallest gear combination that you can hold for **30 seconds**; if you blow up before **30 seconds**, then lighten the load levels slightly. The goal is complete all **30 seconds** still producing power, verses falling off the power curve.

30 Seconds at 100% effort/Max Wattage Output

60 Seconds active recovery/easy spin

**NO MATTER WHAT THE HR IS, BEGIN NEXT INTERVAL EVERY 2 MINUTES – REPEAT 5X FOR 10 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

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

### 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**  
**[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. Note: cold fluids absorb better than warm fluids helping hydration.

**Workout Overview:** When you get finished with this workout, you will have taught your body how to function in an optimum state of aerobic efficiency. Most riders think that the only way to pull down there lap time is to throw more effort into each lap - this only causes them to tighten up and ultimately slow down. During this workout, as the duration increases, you need to focus on your belly breathing and body position on the bike. The more relaxed you are, there will be an increase in the blood flow to the working muscles (providing more oxygen) and the easier the interval will become. Stay smart and mentally focused.

#### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **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).
- **(Afternoon Workout) Complete Racing Solutions Row: 5 Minute Distance Challenge (50-60 Minutes)**  
**Misc. Notes:** pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z3 easily visible for quick reference and maximum productivity.

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

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

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

#### Main Set: Distance Challenge

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

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

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

Repeat 4 Times

Distance Covered Interval #1:

Distance Covered Interval #2:

Distance Covered Interval #3:

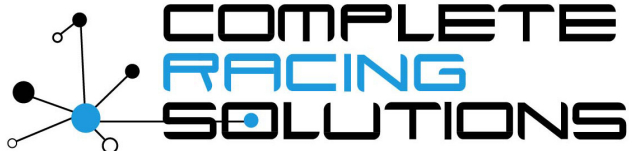
Distance Covered Interval #4:

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

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

#### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **Evening Protocols**  
**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.



THE SCIENCE OF PERFORMANCE

|  |             |             |
|--|-------------|-------------|
| <b>Super Slow Challenge</b>  |             |             |
| <b>Warm Up</b>   |             |             |
| Concept 2 <sup>TM</sup> Row or Spin on Bike - 15 minutes Easy (no shorter) |             |             |
| <b>CYCLE ONE</b>   | <b>Date</b> | <b>Date</b> |
| <b>Single Leg Step onto Bench</b>  |             |             |
| Weight (Pick up where you left off before your active recovery week)       |             |             |
| 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)                  |             |             |
|  |             |             |
| <b>Abdominal Crunch on Fit Ball w/Weight</b>                               |             |             |
| <a href="#">Instructional Video: Abdominal Crunch on Fit Ball</a>          |             |             |
| Weight (Pick up where you left off before your active recovery week)       |             |             |
| 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)                            |             |             |
|  |             |             |
| <b>Military Spiders Off Bench</b>  |             |             |
| <a href="#">Instructional Video: Military Spiders Off Bench</a>            |             |             |
| As many as you can complete in 30 seconds                                  |             |             |
|  |             |             |
| <b>CYCLE TWO</b>   | <b>Date</b> | <b>Date</b> |
| <b>Single Leg - Good Mornings</b>  |             |             |
| <a href="#">Instructional Video: Single Leg Good Mornings</a>              |             |             |
| Weight (Pick up where you left off before your active recovery week)       |             |             |
| 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)                  |             |             |
|  |             |             |
| <b>Pike-Push Ups on Fit Ball</b>   |             |             |
| <b>Note: Hands Shoulder Width Apart-Elbows at 90 Degrees at Bottom</b>     |             |             |
| <a href="#">Instructional Video: Pike-Push Ups on Fit Ball</a>             |             |             |
| 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)                            |             |             |
| <b>(After Both Sets of Both Exercises ) Side Skaters</b>                   |             |             |
| <a href="#">Instructional Video: Side Skaters</a>                          |             |             |
| As many as you can complete in 30 seconds                                  |             |             |
| Stretch & move to next exercise  |             |             |





THE SCIENCE OF PERFORMANCE

| Super Slow Challenge Continued  |      |      |
|---|------|------|
| CYCLE THREE   | Date | Date |
| Bicep Curls w/Dumbbells (up to 90 Degree-no higher) – <a href="#">Instructional Video</a> |      |      |
| Weight (Pick up where you left off before your active recovery week)                      |      |      |
| 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-Tricep Extension  |      |      |
| <a href="#">Instructional Video: Lat Pull Over-Tricep Extension</a>                       |      |      |
| Weight (Pick up where you left off before your active recovery week)                      |      |      |
| 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  |      |      |
| <a href="#">Stars Instructional Video</a>   |      |      |
| As many as you can complete in 30 seconds   |      |      |
|   |      |      |
| CYCLE FOUR  | Date | Date |
| Arm & Leg Extension   |      |      |
| <a href="#">Instructional Video: Arm &amp; Leg Extension</a>                              |      |      |
| Weight (Pick up where you left off before your active recovery week)                      |      |      |
| 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)  |      |      |
|   |      |      |
| 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  |      |      |
| <a href="#">Instructional Video: Military Spiders Off Bench</a>                           |      |      |
| As many as you can complete in 30 seconds   |      |      |
|   |      |      |

|   |             |             |
|---|-------------|-------------|
| <b>Super Slow Challenge Continued</b>                                 |             |             |
| <b>CYCLE FIVE</b>   | <b>Date</b> | <b>Date</b> |
| <b>Single Leg Push Ups Off of Bench</b>                               |             |             |
| <a href="#">Instructional Video: Single Leg Push Ups Off of Bench</a> |             |             |
| 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)                       |             |             |
| <b>Single Leg Shoulder Press</b>                                      |             |             |
| <a href="#">Instructional Video: Single Leg Push Ups Off of Bench</a> |             |             |
| Weight (Pick up where you left off before your active recovery week)  |             |             |
| 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)                       |             |             |
| <b>Side Skaters</b>   |             |             |
| <a href="#">Instructional Video: Side Skaters</a>                     |             |             |
| As many as you can complete in 30 seconds                             |             |             |
| <a href="#">Instructional Video – Rowing</a>                          |             |             |
| <b>2000 Meter Rowing</b>  | <b>Date</b> | <b>Date</b> |
| Warm up for 200 Meters - Low Intensity (Damper Setting 2)             |             |             |
| <b>1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time</b> |             |             |
| 1 Minute Rest Interval  |             |             |
| <b>25 Pushups with your eyes closed</b>                               |             |             |
| 1 Minute Rest Interval  |             |             |
| <b>1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time</b> |             |             |
| 1 Minute Rest Interval  |             |             |
| <b>25 Pushups with your eyes closed</b>                               |             |             |
| 1 Minute Rest Interval  |             |             |
| <b>Bicycle Sprints</b>  |             |             |
| Warm up for 2 Minutes - Low Intensity (Light Load Levels)             |             |             |
| <b>Note: increase the load levels to MODERATE</b>                     | <b>Date</b> | <b>Date</b> |
| <b>4 Minute Interval at 80-85% Effort - Distance Covered</b>          |             |             |
| 1 Minute Rest Interval  |             |             |
| <b>25 Pushups with your eyes closed</b>                               |             |             |
| 2 Minute Rest Interval  |             |             |
| <b>4 Minute Interval at 80-85% Effort - Distance Covered</b>          |             |             |
| 1 Minute Rest Interval  |             |             |
| <b>25 Pushups with your eyes closed</b>                               |             |             |
| 2 Minute Rest Interval  |             |             |



| <b>Complete Racing Solutions MX Speed Workout #1</b> <b>Workout Focus: Top End Speed</b> <b>Total Ride Time: 2 Hours</b>                    |   |  |
|---|---|--|
|   | Description   |  |
| <b>Warm Up</b>  | <b>Set Focus: Gradual Warm Up</b><br><a href="#">Instructional Video on how to set up the Concept 2 Rower</a><br>Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo<br>Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>   | <b>Intensity</b><br>Less Than 50%                  |
| <b>Main Set #1</b><br><b>Workout Protocol:</b><br><br>Elapsed Times:<br>Elapsed Times:<br>Performance Recap:                                | <b>Set Focus: Hold Consistent Times At An Aerobic Effort</b><br>Hold your pace for all 10 laps (maximum time 20 minutes)<br>Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high quality pacing intervals.<br>Moto Specific Heart Rate Zone - Low # High #<br>Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:<br>Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:<br>Fastest Lap Time: Average Lap Pace: Average Heart Rate:<br>Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | <b>Intensity</b><br><br>80-85%<br>80-85%           |
| <b>Main Set #2</b><br><b>Workout Protocol:</b><br><br>Rest Interval<br>Interval Time:<br>Interval Time:<br>Interval Time:<br>Interval Time: | <b>Set Focus: Opening Lap Speed</b><br>Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc.<br>Same amount of time it take to complete the 3 lap interval<br>Lap 1 Time: Lap 2 Time: Max HR:<br>Lap 1 Time: Lap 2 Time: Max HR:<br>Lap 1 Time: Lap 2 Time: Max HR:<br>Fastest Lap Time: Average Lap Pace: Average Heart Rate:<br>Rest for additional 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel                                | <b>Intensity</b><br><br>90-95%<br>90-95%<br>90-95% |
| <b>Main Set #3</b><br><b>Workout Protocol:</b><br>Rest Interval<br>Interval Time:<br>Interval Time:<br>Interval Time:<br>Interval Time:     | <b>Set Focus: Consistency</b><br>Your goal is to maintain your lap times from your 2 lapper and move it to your four lapper<br>Strive to maintain your momentum everywhere and land the backsides of all the jumps<br>Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:<br>Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:<br>Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:<br>Fastest Lap Time: Average Lap Pace: Average Heart Rate:  | <b>Intensity</b><br><br>90-95%<br>90-95%<br>90-95% |
| <b>Main Set #4</b><br><b>Workout Protocol:</b><br>Rest Interval<br>Interval Time:<br>Interval Time:<br>Interval Time:<br>Interval Time:     | <b>Set Focus: Consistency</b><br>Your goal is to maintain your lap times from your 2 lapper and move it to your four lapper<br>Strive to maintain your momentum everywhere and land the backsides of all the jumps<br>Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:<br>Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:<br>Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:<br>Fastest Lap Time: Average Lap Pace: Average Heart Rate:  | <b>Intensity</b><br><br>90-95%<br>90-95%<br>90-95% |
| <b>Warm Down</b>  | 5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down  | < 40%  |
| <b>Complete Racing Solutions MX</b> <b>Workout Focus: Top End Speed</b> <b>Total Ride Time: 2 Hours</b>                                     |   |  |

| Speed Workout #2   |  |                       |
|--------------------|--|-----------------------|
|                    | Description  |                       |
| Warm Up            | Set Focus: Gradual Warm Up   | Intensity             |
|                    | <a href="#">Instructional Video on how to set up the Concept 2 Rower</a><br>Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo<br>Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>                   | Less Than 50%         |
| Main Set #1        | Set Focus: Pre-Race Routine  | Intensity             |
| Workout Protocol:  | Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.<br>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | Too Short To Evaluate |
| Main Set #2        | Set Focus: Hold Consistent Times At An Aerobic Effort  | Intensity             |
| Workout Protocol:  | Hold your pace for all 12 laps (maximum time 25 minutes)<br>Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high quality pacing intervals.<br>Moto Specific Heart Rate Zone - Low # High #                    |                       |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time:  | 80-85%                |
| Interval Time:     | Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Lap 11 Time: Lap 12 Time:   | 80-85%                |
| Performance Recap: | Fastest Lap Time: Average Lap Pace: Average Heart Rate:<br>Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel  |                       |
| Main Set #3        | Set Focus: Opening Lap Speed   | Intensity             |
| Workout Protocol:  | Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc.<br>Same amount of time it take to complete the 3 lap interval               |                       |
| Rest Interval      |  |                       |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:  | 90-95%                |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:  | 90-95%                |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:  | 90-95%                |
| Interval Time:     | Fastest Lap Time: Average Lap Pace: Average Heart Rate:<br>Rest for additional 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel   |                       |
| Main Set #4        | Set Focus: Opening Lap Speed   | Intensity             |
| Workout Protocol:  | Take your fastest interval time from the last set and strive to get faster than this lap time  |                       |
| Rest Interval      | Same amount of time it take to complete the 3 lap interval   |                       |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:  | 90-95%                |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:  | 90-95%                |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:  | 90-95%                |
| Interval Time:     | Fastest Lap Time: Average Lap Pace: Average Heart Rate:  |                       |
| Main Set #5        | Set Focus: Opening Lap Speed   | Intensity             |
| Workout Protocol:  | Take your fastest interval time from the last set and strive to get faster than this lap time  |                       |
| Rest Interval      | Same amount of time it takes to complete the 3 lap interval  |                       |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:  | 90-95%                |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:  | 90-95%                |
| Interval Time:     | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time:  | 90-95%                |
| Interval Time:     | Fastest Lap Time: Average Lap Pace: Average Heart Rate:  |                       |
| Warm Down          | 5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down   | < 40%                 |

| Complete Racing Solutions Aerobic MX Workout #1 |   |                |
|---|---|----------------|
| Workout Focus: Aerobic Enhancement              |   |                |
|   | Description   | HR Zone        |
| <b>Warm Up</b>                                  | <b>Focus: Gradual Warm Up</b>   |                |
| <b>Protocols:</b>                               | Complete 15 minutes of bicycling or rowing-even for 10 minutes / 30" on/off for last 5 minutes<br>Stretch your calves, hamstrings and lower back prior to moving onto Main Set #1   | 1              |
| <b>Main Set #1</b>                              | <b>Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>  | <b>HR Zone</b> |
| <b>Protocols:</b>                               | Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding<br>Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps<br>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) | 3              |
| <b>Elapsed Times:</b>                           | Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:   |                |
| <b>Elapsed Times:</b>                           | Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:   |                |
|   | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>   |                |
| <b>Main Set #2</b>                              | <b>Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>  | <b>HR Zone</b> |
| <b>Protocols:</b>                               | Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding<br>Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps<br>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) | 3              |
| <b>Elapsed Times:</b>                           | Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:   |                |
| <b>Elapsed Times:</b>                           | Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:   |                |
|   | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel   |                |
| <b>Main Set #3</b>                              | <b>Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>  | <b>HR Zone</b> |
| <b>Protocols:</b>                               | Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding<br>Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps<br>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) | 3              |
| <b>Elapsed Times:</b>                           | Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:   |                |
| <b>Elapsed Times:</b>                           | Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:   |                |
|   | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel   |                |
| <b>Main Set #4</b>                              | <b>Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>  | <b>HR Zone</b> |
| <b>Protocols:</b>                               | Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding<br>Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps<br>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) | 3              |
| <b>Elapsed Times:</b>                           | Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:   |                |
| <b>Elapsed Times:</b>                           | Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:   |                |
|   | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel   |                |
| <b>Warm Down</b>                                | 10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)  |                |
|   | Post Workout: stretch passively from head to toe; put extra attention on your overly tight areas. This will avoid future injury sites from developing. Eat a complete meal within 20 minutes of completing this workout. Please don't underestimate the power of a proper recovery meal. You will feel the results in your future workouts.   |                |

| Complete Racing Solutions Aerobic MX Workout #2           |   |                |
|---|---|----------------|
| Workout Focus: Holding Aerobic Pace as Duration Increases |   |                |
|   | Description   | HR Zone        |
| <b>Warm Up</b>  | <b>Focus: Gradual Warm Up</b>   |                |
| <b>Protocols:</b>   | Complete 15 minutes on either your rower or your bike on the trainer / stretch immediately<br>You want to be sweating really well before you move onto your motorcycle  |                |
| <b>Main Set #1</b>  | <b>Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>  | <b>HR Zone</b> |
| <b>Protocols:</b>   | Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding<br>Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps<br>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) |                |
| <b>Elapsed Times:</b>                                     | Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:   | <b>1</b>       |
| <b>Elapsed Times:</b>                                     | Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:   |                |
|   | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>   |                |
| <b>Main Set #2</b>  | <b>Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>  | <b>HR Zone</b> |
| <b>Protocols:</b>   | Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding<br>Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps<br>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) |                |
| <b>Elapsed Times:</b>                                     | Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:   | <b>2</b>       |
| <b>Elapsed Times:</b>                                     | Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:  | <b>2</b>       |
| <b>Elapsed Times:</b>                                     | Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:   |                |
|   | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel   |                |
| <b>Main Set #3</b>  | <b>Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>  | <b>HR Zone</b> |
| <b>Protocols:</b>   | Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding<br>Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps<br>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) |                |
| <b>Elapsed Times:</b>                                     | Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:   | <b>2</b>       |
| <b>Elapsed Times:</b>                                     | Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:  | <b>2</b>       |
| <b>Elapsed Times:</b>                                     | Lap 11 Time:      Lap 12 Time:      Lap 13 Time:      Lap 14 Time:      Lap 15 Time:  | <b>2</b>       |
| <b>Elapsed Times:</b>                                     | Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:   |                |
|   | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel   |                |
| <b>Warm Down</b>  | <b>10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)</b>   | <b>1</b>       |
|   | Post Workout: stretch passively from head to toe; put extra attention on your overly tight areas. This will avoid future injury sites from developing. Eat a complete meal within 20 minutes of completing this workout. Please don't underestimate the power of a proper recovery meal. You will feel the results in your future workouts.   |                |

**Workout Overview:** When you get finished with this workout, you will have taught your body how to function in an optimum state of aerobic efficiency. Most riders think that the only way to pull down their lap time is to throw more effort into each lap - this only causes them to tighten up and ultimately slow down. During this workout, as the duration increases, you need to focus on your belly breathing and body position on the bike. The more relaxed you are, there will be an increase in the blood flow to the working muscles (providing more oxygen) and the easier the interval will become. Stay smart and mentally focused.