



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase One
6 Weeks
2/6
Develop Maximum Strength & Improve Aerobic Base

Intensity Note:

- *Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)*
- *Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)*

Monday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Rest Day**
Misc. Notes: Research supports increased salt intake – this was the title of an article written by sports dietician Bob Seebohar where he reviewed eight scientific articles published in a medical research journal in addition to consulting with a world class endurance athlete (Joanna Zeiger). Here is a recap of what he extracted from the articles:
 1. Symptoms of low salt levels: dizziness, nausea, vomiting, throbbing headache, swollen hands & a bloated stomach
 2. Sodium losses range from 3.0-5.5 grams per hour (depending on intensity, temperature & humidity levels)
 3. Steps to offset low sodium levels:
 - a. Increase sodium intake by preloading 3 to 4 grams of sodium 12 to 24 hours before a hard workout or race
 - b. Consume between 800-1500 milligrams of sodium per hour (and follow your thirst levels) of training or racing
 - c. Consume a sports drink that contains 150-200 milligrams of sodium per hour (Note: [Energy Fuel](#) provides 160 mg per serving).

Researchers agree that high sodium diets can blunt or possibly even reverse the expected decrease in sweat sodium during heat acclimatization. The bottom line is that current research supports adding more sodium to the diet in preparation for racing in the heat, and when you add the real-life experiences of world class athletes like Joanna it is hard to argue with the results!
- **Evening Protocols**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose
 closed

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]
Workout Notes: the first set of this workout is going to get your metabolic systems activated so that your sprint efforts are faster and consistent from Set #2 – Set #4. Focus on optimized throttle control out of the corners and landing the backsides for maximum tire hook up. Maintain proper blood sugar levels to ensure that your eye hand coordination is optimized.
Post Workout Protocols
 - **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **Complete one of the Following for Your Afternoon Workout**
- **Complete Racing Solutions Bike: Even Tempo/ Aerobic Enhancement (60 Minutes)**
Workout Notes: the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).
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
Duration: 10 minutes
Cadence: 80-85 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: stretch and hydrate before moving into your main set
Main Performance Block: 45 minutes (HR Zone 2)
Set Notes: with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.
Warm down: 5 Minutes (HR Zone 1)
Duration: 5 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc. Notes: stretch your lower back, calves and quads prior to dismounting
- **Complete Racing Solutions Ski Erg or Rower: HR Intensity Blocks (6,000 meters)**



Workout Notes: this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on [diaphragmatic breathing](#) through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

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

Warm up: HR Zone 1: Simply get the blood flowing; strike a breathing cadence that flows with the range of motion
Load Level: 3 **Distance:** 500 Meters **Pull Rate:** 20-25 **Stretch from head to toe**

Main Set#1: 500 Meters-picking up the pace every 100 meters up to HR Z3 (no higher) - Repeat 5x
Load Level: 5 **Pull Rate:** 25-35

Transition Set: 500 Meters – HR Z2 – stretch & rehydrate as necessary

Main Set#2: 2 x 500 meters: HR Z3 (no higher) - 500 meter/ Active Recovery: HR Z2 or less (no higher)
Load Level: 5 **Pull Rate:** 25+

Cool Down-HR Zone 1:

Load Level: 3 **Duration:** 500 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

- **(Immediately following your bike or ski/rower workout) Complete Racing Solutions Core & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

¾ Sit Up: [click here for video](#)

Ab Criss Cross: [click here for video](#)

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

Ab & Hip Risers: [click here for video](#)

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose

closed

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]

Workout Notes: this is one of my favorite workout blocks, staying aerobic for the entire duration and seeing how “fast” you can ride while staying within your 80-85% effort levels. Think about this, everyone can go faster by pushing the effort, but how many riders can go faster than everyone else while staying aerobic? When you teach yourself how to do this, you leave yourself some room to drop the hammer when/if necessary (create a gap on someone, pick the bike up and crank it if you fall, etc.). This is a great workout to teach yourself patience and intelligence about going fast and being able to sustain it.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

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

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

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

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

Speed of Lift: quick and smooth

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

Sets: 2

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

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes



Thursday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
Complete One (1) of the Following for your Morning Workout:

- **Complete Racing Solutions Ski Erg/Rower: HR Intensity Intervals (50 Minutes)**

Misc. Notes: these power blocks are all about creating...power! With this being said, the first couple of intervals is going to be more difficult mentally than they are physically. The interesting aspect of power is that the generation of power is a combination of the nervous system and the muscles working in unison together – once this combination is activated, the generation of power becomes “easier”. Be patient and be mentally focused on your form to avoid any potential injury (pulled muscle, tendon & ligaments).

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: Duration Load Level: 3 Duration: 10 Minutes Pull Rate: less than 25 Stretch from head to toe

Main Set#1: HR Power Intervals

Load Level: 8 Pull Rate: 25 plus

1 Minute holding the fastest pace you can maintain for 1 minute – be aggressive here!

2 Minutes at an easy effort (keep moving) with good form to avoid an injury.)

Repeat 10x = 30 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: 2 Duration: 10 Minutes Pull Rate: less than 25 Stretch from head to toe

- **Complete Racing Solutions Bike: Heart Rate Ladder Blocks (90 Minutes)**

Misc. Notes: for this workout you will need to know your **HR Z2 numbers** (high and low specific number).

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

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 Ladder Blocks (HR Zone 3): 1:15

Set Notes: increase your effort until you hit your top number at the top of HR Z3; once you hit this number slow down your effort until your HR hits the lowest number in Z3; re-accelerate back up to the top of HR Z3. Repeat this cycle for 65 minutes with good form. Keep your cadences between 85-95 focusing with optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 minutes.

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

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into **HR Z1**

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

- **(Immediately following your Bike or Ski/Rower workout) Complete Racing Solutions Chest, Core & Lower Back Work**

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

Ab Pike on Fit Ball: [how to video](#)

Fit Ball Knee Roll & Push Up: [how to video](#)

Pike & Push Ups on Fit Ball: [how to video](#)

Ab Crunch on Fit Ball: [how to video](#)

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)

- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose

closed



Friday

- **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]

Workout Notes: remember that this workout is called “practice” for a reason. Practice is all about “teaching” your body what to do in a pro-active manner (in both good and bad situations). Come into this workout realizing that you are going to be generating a high level of lactic acid and will be quite uncomfortable – mentally offset this with strong mental focus and clarity. Also, 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:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

Complete One (1) of the Following Workouts for your Evening Workout:

- **Complete Racing Solutions Bike: Fragmented Pacing Interval Blocks**

[Note: if you are riding indoors, please cut the volume in half]

Workout notes: this workout is going to require patience and a sharp mental focus; as the time transpires, your speed will increase up to an all-out sprint. Begin this workout with the mental mindset that you are going to find your point of fatigue – this is ok. As you begin to experience “fatigue”, focus on optimized pedal mechanics and deep breathing to provide your working muscles the much-needed oxygen. Stretch and hydrate as needed during each even paced cycle.

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: 10 Minutes (HR Zone 2 or less)

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

REPEAT THE FOLLOWING FOR 90 Minutes

Even Paced (5 Minutes) – HR Zone 2

With the tallest gearing that you can hold while keeping your cadence between 80-85

4 Minutes High Speed Effort (HR Zone 3); with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your HR Zone 3. Move right back into your 1 Minute acceleration block.

1 Minute Acceleration up to a sprint – from your HR Zone 3, accelerate out of the saddle up to a sprint effort until you have spun out your tallest gear combination over 1 minute. Your goal is to achieve **HR Zone 4** by the end of your acceleration.

Cool Down: 10 Minutes (HR Zone 2 or less)

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

- **Complete Racing Solutions Ski Erg/Rower: HR Intensity Intervals (9,000 Meters)**

Misc. Notes: this workout is going to generate high levels of lactic acid towards at the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

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: 20-25

Stretch from head to toe

Main Set#1: Load Level: 5

Pull Rate: 25-35

500 Meters @ HR Z3 - 500 Meters/Active Recovery

Repeat 3x

Transition Set: 1000 Meters: **HR Z2** (stretch & rehydrate as necessary)

Main Set#2: Load Level: 5

Pull Rate: 25-35

500 Meters @ HR Z3 (no higher: get their quickly): 500 Meters/Active Recovery

Repeat 3x



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

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

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

Workout notes: complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

¾ Sit Up: [click here for video](#)

Ab Criss Cross: [click here for video](#)

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

Ab & Hip Risers: [click here for video](#)

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose

closed

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 #2**

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

Workout Notes: the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smooth, yet efficiently fast. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can actually become faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart not hard!

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **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: at this point in the week, your body should be eager to catch a few extra hours of sleep. With this in mind, strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child doses off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.

- **(Evening Workout) Complete Racing Solutions Bike: Even Tempo/ Aerobic Enhancement (60 Minutes)**

Workout Notes: the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Performance Block: 45 minutes (HR Zone 2)

Set Notes: with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

Warm down: 5 Minutes (HR Zone 1)

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

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

Workout notes: complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

¾ Sit Up: [click here for video](#)

Ab Criss Cross: [click here for video](#)

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

Ab & Hip Risers: [click here for video](#)

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels



Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose

closed

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 - Choice**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: choose either of the aerobic MX workouts from earlier in the week. If logistically possible, ride at the same location and time and strive to be smoother EVERY LAP.
Post Workout Protocols
 - **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
 - **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: once you wake up from your 2–3-hour nap; take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.
- **(Evening Workout) Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (30 Seconds)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
Speed of Lift: quick and smooth
Repetitions: as many as you can complete in 30 seconds with proper form OR number of reps as listed
Sets: 2
Rest Interval: none in between exercises; 1 minute in between cycles
Post Workout Protocols
 - **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **Evening Protocols**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose

closed



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

Set 2 (as many as you can complete in 30 seconds)			

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

Set 2 (good for – land lightly – strive to surpass Set #1)

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



Complete Racing Solutions MX Speed Workout #1

Workout Focus: Top End Speed

Total Ride Time: 2 Hours

	Description	
Warm Up	Set Focus: Gradual Warm Up	Intensity
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 50%
Main Set #1	Set Focus: Hold Consistent Times At An Aerobic Effort	Intensity
Workout Protocol:	Hold your pace for all 10 laps (maximum time 20 minutes) Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high quality pacing intervals.	
	Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Performance Recap:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:	
	Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	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.	
Rest Interval	Same amount of time it takes to complete the 4 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:	
	Rest for additional 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Consistency	Intensity
Workout Protocol:	Strive to maintain your momentum everywhere and land the backsides of all the jumps	
Rest Interval	Same amount of time it takes to complete the 4 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 #4	Set Focus: Consistency	Intensity
Workout Protocol:	Strive to maintain your momentum everywhere and land the backsides of all the jumps	
Rest Interval	Same amount of time it takes to complete the 4 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 MX Speed Workout #2			
Workout Focus: High Levels of Lactic Acid		Total Ride Time: 2 Hours	
	Description		
Warm Up	Set Focus: Gradual Warm Up	Intensity	
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 50%	
Main Set #1	Set Focus: 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. 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) Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high quality pacing intervals. 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: Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Set Focus: Recovering from a stall or wreck	Intensity	
	Set focus: complete 2 laps; stop and kill the motor. Lay the bike down until the bars touch the ground and then pick the bike back up 5 times. Kick the bike with the kill switch suppressed for 10 kicks. Crank bike and complete 2 more laps as quickly as possible. Focus on breathing through your belly to keep your HR low. Choose lines that are smooth and efficient verses bouncing off of the faces of everything. Landing the backsides of all the rollers and jumps will improve your acceleration and decrease your times.		
Rest Interval	Same amount of time it take to complete the 4 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:		
	Rest for additional 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #4	Set Focus: High Levels of Lactic Acid	Intensity	
Workout Protocol:	Duplicate Set #3 protocols.		
Rest Interval	Same amount of time it take to complete the 4 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: High Levels of Lactic Acid	Intensity	
Workout Protocol:	Duplicate Set #3 protocols.		
Rest Interval	Same amount of time it take to complete the 4 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%	



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Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Consistent Race Speed		Total Ride Time: 60 Minutes		
	Description					
Warm Up	Focus: Gradual Warm Up				Intensity	
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower				Less Than 40%	
	Concept 2™ Rower - 10 minutes: low intensity pulling					
	Instructional Video on how to stretch - head to toe					
	Stretch passively (no bouncing) from head to toe					
Main Set #1	Set Focus: Consistency Challenge with your start and first turn				Intensity	
Workout Protocol:	Complete 10 starts - through the first turn and down the entire first straight (be aggressive!)				Too Short To Measure	
	Keep a close eye on your body position - attack, looking up and using your legs/core combination					
	Take your time from the start to the end of the first straight away					
Elapsed Times:	Interval 1:	Interval 2:	Interval 3:	Interval 4:	Interval 5:	Too Short To Measure
Elapsed Times:	Interval 6:	Interval 7:	Interval 8:	Interval 9:	Interval 10:	
Performance Recap:	Fastest Time:		Average Time:		Average Heart Rate:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #2	Set Focus: Body Balance - Timing of faster cornering				Intensity	
Workout Protocol:	Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner.				Too Short To Measure	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #3	Set Focus: Aerobic Endurance (15 Minute Moto)				Intensity	
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes				80-85%	
	Moto Specific Heart Rate Zone - Low # High #					
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number					
Performance Recap:	Fastest Time:		Average Time:		Average Heart Rate:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #4	Set Focus: Aerobic Endurance (15 Minute Moto)				Intensity	
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes				80-85%	
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number					
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #5	Set Focus: Aerobic Endurance (15 Minute Moto)				Intensity	
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes				80-85%	
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number					
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)				< 40%	
	Pre-Riding Weight: Total Fluids Consumed:		Post-Riding Weight: Loss/Gain			

