



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

**Phase 3**  
**6 Weeks**  
**3/6**  
**Enhanced Strength | Speed | Endurance**

**Intensity Note:**

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

**Monday**

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete Rest Day**  
**Misc. Notes:** use any extra time that you have in your day to improve your range of motion within your hips, knees and shoulder joints; the better your range of motion the better your strength & endurance will be throughout all of your workouts. To help you improve your range of motion, please implement this [foam roller sequence](#). The foam roller will “break up” any adhesions that begin to form between the various layers of tissue: top layer: skin, next layer down: adipose, next layer down: fascia, next layer down: muscle. Due to dehydration, the fascia can become “stuck” to the muscles below causing a limited range of motion within the muscle tissue. The foam roller and trigger point ball will keep this situation from arising just by applying consistent therapy on regular basis; I like to view foam rolling, trigger point therapy and stretching as pre-hab verses rehab!
- **Evening Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).  
**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your calves and quads/hips  
**Nutrition:** 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation & free radicals

**Tuesday**

- **Body Analysis:** please use your Coach Robb Report Card 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:** 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 become faster by lowering your effort down thanks to the momentum you will create. Remember, stay focused and Ride Smart Not Hard!  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**  
**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).  
**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 electrolytes for proper muscle contraction.  
**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set  
**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point  
**Rep Count:**  
Upper Body the goal is to complete **8-10 reps max**  
Lower Body the goal is to complete **8-10 reps max**  
**Sets:** 2  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **Evening Protocols:** please reference Monday's notes



## Wednesday

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

### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **(Afternoon workout) Complete Racing Solutions Bike: Pacing Intervals (70 Minutes)**

**Workout notes:** to maximize your productivity for this workout, you will need to have your bike computer set to speed & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain optimum power output).

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

### Warm up (HR Zone 1):

**Duration:** 15 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

### REPEAT THE FOLLOWING FOR 50 Minutes (Up to HR Z3 – no higher)

#### 5 Minute Pacing Block

Each minute you will *increase your speed by 1 mph*. For example: Minute 1-15 mph, Minute 2-16 mph, etc.

Adjust your gearing so that your cadence stays within 75-85 but still hit your goal pace of each minute after being established by interval #1(hold yourself accountable here).

#### 5 Minute Recovery Block

5 minutes of easy spinning; you can't spin too easy here.

**Misc. Notes:** Hydrate with Energy Fuel every 10 minutes to maintain your blood sugar levels

### Cool Down (HR Zone 1):

**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

### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **Evening Protocols:** please reference Monday's notes



#### Thursday

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

#### **Post Workout Protocols**

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

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**

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

**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

**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 electrolytes for proper muscle contraction.

**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point

#### **Rep Count:**

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

**Sets:** 2

#### **Post Workout Protocols**

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

- **Evening Protocols:** please reference Monday's notes



## Friday

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

### **Post Workout Protocols**

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

- **(Evening Workout) Complete Racing Solutions Bike: Even Tempo/ Aerobic Enhancement (70 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 [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: 55 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 5 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

### **Post Workout Protocols**

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

- **Evening Protocols:** please reference Monday's notes



## Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout - Choice**  
[Please refer to the spreadsheet at the bottom of this document]  
**Workout Notes:** your goal is to be better than your last workout by 1-2%. Where can you improve your times and consistency will be a skill that you will need to tap into on race days.  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**  
**Misc. Notes:** chronic dehydration is an easy fix: focus on consuming fruits and vegetables on a regular basis. Fruits and vegetables are loaded with natural electrolytes (sodium, potassium, calcium, magnesium) and contain a high level of water. Additionally, consuming them on a regular basis will not only provide you electrolytes and water, but they will also provide you antioxidants that will offset the negative side effects of free radicals (produced during high intensity training). By viewing fruits and vegetables as a performance enhancer will no doubt increase your consumption!
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]  
**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).  
**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 electrolytes for proper muscle contraction.  
**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set  
**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point  
**Rep Count:**  
Upper Body the goal is to complete **8-10 reps max**  
Lower Body the goal is to complete **8-10 reps max**  
**Sets:** 2  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols:** please reference Monday's notes



## Sunday

- **Body Analysis – please use your Coach Robb Report Card 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]

**Workout Notes:** your goal is to be better than your last workout by 1-2%. Get creative on your line choices so that you don't fatigue yourself by bouncing off of everything, but instead you find new speeds by riding smart and efficiently.

### Post Workout Protocols

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

- **2 Hour Nap After Lunch**

**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.

- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo (90 Minutes)**

**Workout Notes:** Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

**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: 1:15 Hour (HR Zone 2)

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

### Cool Down (HR Zone 1):

**Duration:** 5 minutes (no shorter)

**Cadence:** 70-80 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

### Post Workout Protocols

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

- **Evening Protocols:** please reference Monday's notes

<b>Combo Weight Workout – Muscular Endurance Phase 1</b>		
<b>Warm Up</b>	<b>Date</b>	<b>Date</b>
<b>10 Minute Warm Up:</b> Easy spin on the bicycle or even temp pull on the Concept 2 rower		
<b>Lower Body Cycle: No Rest in between exercises - 1 Minute rest at the end of the complete cycle</b>		
<b>Walking Lunges - 20 Steps (Out and Back)</b>		
<a href="#">Instructional Videos: Walking Lunges</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Single Leg - Good Mornings</b>		
<a href="#">Instructional Video: Single Leg-Good Morning</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Single Leg - Calf Risers</b>		
<a href="#">Instructional Video: Single Leg Calf Raises</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Side Skaters</b>		
<a href="#">Instructional Video: Side Skaters</a>		
<b>Rep 1 (as many as you can complete in 30 seconds)</b>		
<b>Rep 2 (as many as you can complete in 30 seconds)</b>		
<b>Static Wall Squats (Goal 60 Seconds)</b>		
<a href="#">Instructional Video: Static Wall Squats</a>		
<b>Duration #1 (Pause and stretch your quads when you are finished to alleviate a muscle pull)</b>		
<b>Duration #2 (Pause and stretch your quads when you are finished to alleviate a muscle pull)</b>		

<b>Core &amp; Lower Back Cycle (No Rest in between exercises - 1 Minute rest at the end of the complete cycle)</b>	<b>Date</b>	<b>Date</b>
<b>Pike Position (Goal 60 Seconds)</b>		
<a href="#">Instructional Video: Pike Position</a>		
<b>Duration #1 (Roll over on your back and reach up and extend your toes - stretch your core)</b>		
<b>Duration #2 (Roll over on your back and reach up and extend your toes - stretch your core)</b>		
<b>Ab Roll Out On Fit Ball</b>		
<a href="#">Instructional Video: Abdominal Roll out on Fit Ball</a>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Abdominals On Fit Ball</b>		
<a href="#">Instructional Video: Abdominal Crunch on Fit Ball</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Pike - Push Up - Pike (30 Seconds)</b>		
<a href="#">Instructional Video: Pike-Push Up-Pike</a>		
<b>Rep 1 (as many as you can complete in 30 seconds)</b>		
<b>Rep 2 (as many as you can complete in 30 seconds)</b>		
<b>Super Man's On Belly</b>		
<a href="#">Instructional Video: Superman Strength Exercise</a>		
<b>Rep 1 (8-10 with good form – slow movement the entire range of motion)</b>		
<b>Rep 2 (8-10 with good form – slow movement the entire range of motion)</b>		



<b>Upper Body Cycle (No Rest in between exercises)</b>	<b>Date</b>	<b>Date</b>
<b>Clean &amp; Jerk/Shoulder Press On Indo Board™</b>		
<a href="#">Instructional Video: Indo Board Clean and Jerk Shoulder Press</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Single Leg - Bent Over Row</b>		
<a href="#">Instructional Video: Single Leg Bent Over Row</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Push Ups On Indo-Board (or on the floor with your eyes closed)</b>		
<a href="#">Instructional Video: Indo Board Push Ups</a>		
<b>Rep 1 (as many as you can complete in 30 seconds)</b>		
<b>Rep 2 (as many as you can complete in 30 seconds)</b>		
<b>Rotator Cuff Rotation on Fit Ball</b>		
<a href="#">Instructional Video: Rotator Cuff Rotation on Fit Ball</a>		
<b>Weight (Light)</b>		
<b>Rep 1 (8-10 with good form – slow movement the entire range of motion)</b>		
<b>Weight (Light)</b>		
<b>Rep 2 (8-10 with good form – slow movement the entire range of motion)</b>		
<b>Lat Drop-Triceps Press on Fit Ball</b>		
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Rear Deltoid on Single Leg</b>		
<a href="#">Instructional Video: Rear Deltoid on Single Leg</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		

<b>Upper Body Cycle (No Rest in between exercises)</b>	<b>Date</b>	<b>Date</b>
<b>Deep Squats/Bicep Curl</b>		
<a href="#">Instructional Video: Deep Squat with Curls</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Incline on Fit Ball</b>		
<a href="#">Instructional Video: Incline on the fit ball</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Frankenstein's-Front/Middle Deltoids on Indo-Board (or single leg)</b>		
<a href="#">Instructional Video: Frankenstein's on Indo Board</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		

<a href="#">Instructional Video – Rowing</a>		
<b>2000 Meter Rowing</b>		
	Date	Date
Warm up for 200 Meters - Low Intensity		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		

<b>Bicycle Sprints</b>		
	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		

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

### Complete Racing Solutions MX Speed Workout #1

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

#### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Consistent Race Speed Minutes		Total Ride Time: 60
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	<p><a href="#">Instructional Video on how to set up the Concept 2 Rower</a></p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo</p> <p>Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel</p>	Less Than 40%
Main Set #1	Set Focus: Consistency Challenge with your start and first turn	Intensity
Workout Protocol:	<p>Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) Keep a close eye on your body position - attack, looking up and using your legs/core combination</p> <p>Take your time from the start to the end of the first straight away</p>	
Elapsed Times:	Interval 1:      Interval 2:      Interval 3:      Interval 4:      Interval 5:	N/A
Elapsed Times:	Interval 6:      Interval 7:      Interval 8:      Interval 9:      Interval 10:	N/A
Performance Recap:	<p>Fastest Time:      Average Time:      Average Heart Rate:</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	
Main Set #2	Set Focus: Body Balance - Timing of faster cornering	Intensity
Workout Protocol:	<p>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.</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	N/A N/A
Main Set #3	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	<p>Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes</p>	
	Moto Specific Heart Rate Zone - Low #      High #	
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
Performance Recap:	<p>Fastest Time:      Average Time:      Average Heart Rate:</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	
Main Set #4	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	<p>Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes</p>	
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	<p>Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes</p>	
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%



	<b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</b>	
<b>Warm Down</b>	<b>10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)</b>	<b>&lt; 40%</b>
	<b>Pre-Riding Weight:</b> <b>Total Fluids Consumed:</b>	<b>Post-Riding Weight:</b> <b>Loss/Gain</b>

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

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Consistent Race Speed		Total Ride Time: 2:15
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than < 40%
Main Set #1	Set Focus: Consistent Holeshots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
Performance Recap:	Fastest Time:                      Average Time:                      Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Consistent Holeshots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%

#### Complete Racing Solutions MX Aerobic Workout #2

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

#### Post Workout Protocols

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