



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 3
6 Weeks
4/6
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 & LT – burns stored sugar as a primary fuel source)**

Monday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
Choose one of the following for your morning & evening workout:
- **Complete Racing Solutions Row: HR Intensity Blocks**
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 [diaphragmic 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: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Distance: 2000 Meters Pull Rate: 20-25 Stretch from head to toe

Main Set#1: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 5x
Load Level: 5 Pull Rate: 25-35

Transition Set: 1000 Metes – HR Z2 – stretch & rehydrate as necessary

Main Set#2: 5 x 1000 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)
Load Level: 5 Pull Rate: 25+

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
- **Complete Racing Solutions Bike: Intensity Distance Intervals (55 Minutes)**
Workout 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:
Duration: 10 Minutes Intensity Level: **HR Z1**
Cadence: 80 or less Gearing: small up front – middle back (low load levels)

Main Set #1 (15 Miles)
½ Mile at **HR Z3** – tallest gear combination you can maintain 85-90 cadence range
½ Mile at **HR Z2** – tallest gear combination you can maintain 90 plus cadence
Repeat 15 times

Transition Set
2 Miles at **HR Z2** – stretch & rehydrate as necessary

Main Set #1 (15 Miles)
1 Mile at **HR Z4** – tallest gear combination you can maintain 85-90 cadence level
½ Mile at **HR Z2** – tallest gear combination you can maintain 90 plus cadence
Repeat 10 times

Cool Down:
Duration: 10 Minutes Intensity Level: **HR Z1**
Cadence: 80 or less Gearing: small up front – middle back (low load levels)

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**
Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)



Tuesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Functional Strength 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 cold [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

- **Complete Row or Bike Sprints after Strength Workout (refer to spreadsheet at the end of this document)**

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 MX Speed Workout #1**

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

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

Workout Notes: please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels.

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of insufficient calories and fluids - so plan ahead. Also just like race day, the track will break down and you should strive to focus on maintaining your momentum where ever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

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**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep



Wednesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Choose one of the following for your morning workout:

- **Complete Racing Solutions Row: HR Intensity Intervals (65 Minutes)**

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: 2000 Meters Pull Rate: 20-25 Stretch from head to toe

Main Set#1: Load Level: 5 Pull Rate: 25-35

1500 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 Z4 (no lower: get their quickly): 1500 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

- **Complete Racing Solutions Bike: Power Interval Workout (60 Minutes)**

Misc. 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 diaphragmic breathing through your stomach and then your chest. Remember to pedal in full circles 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:

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

Main Set #1 (20 Minutes)

5 Minutes at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges

5 Minutes at **HR Z2** – tallest gear combination you can maintain 90 plus cadence

Repeat 2 times

Transition Set

5 Minutes at **HR Z1** – stretch & rehydrate as necessary

Main Set #2 (20 Minutes)

5 Minutes at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges

5 Minutes at **HR Z2** – tallest gear combination you can maintain 90 plus cadence

Repeat 2 times

Cool Down:

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

- **(Immediately following your above workout) Complete Racing Solutions Abdominal & 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.

Superman's: [click here for video](#)

Pike-Push Up on Fit Ball: [click here for video](#)

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

Hanging Leg Lift: [click here for video](#)

- **(Afternoon Workout) Complete Racing Solutions MX Aerobic Workout #1**

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

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

Post Workout Protocols

- **Flexibility:** 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).



Thursday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Functional Strength 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 cold [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
- **Complete Row or Bike Sprints after Strength Workout (refer to spreadsheet at the end of this document)**
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 MX Speed Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
Workout Notes: same as Tuesday intentionally. Now that you are familiar with the protocols, strive to be slight faster and smoother (track and logistics pending). As you “create” faster lap times, document what you did to create this improved time.
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**
Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)
Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep

Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **Complete Rest Day**
Misc. Notes: take a few minutes and review how prepared you are for tomorrow: do you know when you are going to be tonight to ensure that you get eight hours of sleep? Do you have your schedule outlined as to where you will be when? Are you clearly focused on the purpose of each workout? Do you have the necessary pre-workout fluids and calories to optimize your training efforts? By taking 10 minutes and answering these questions will facilitate your efforts of improving by 1% every day. As athletes, frequently we feel that we need to make huge improvements in our actual performance, but ironically, most of the athletic improvements take place when the preparation is optimized.
- **Evening Protocols**
Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)
Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep



Saturday

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

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

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

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

Workout Notes: if logistically possible, complete this workout at a different location to confuse the 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 tomorrows workouts more productive).

- **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. 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.

- **(Afternoon Workout) Complete Racing Solutions Aerobic Bike Ride (2 Hours)**

Workout Notes: to maximize the productivity of this workout, have [Energy Fuel](#) available every 15 minutes (carry with you or plant bottles along your route). During the early part of each performance block, stay within the indicated intensity levels – no matter what it takes (pace is not relevant during the early part of each block). When you begin your fast intervals, refrain from becoming “scared” of riding fast – instead focus on how efficient you are pedaling when you pick up the pace. Watch for energy robbing mechanics: choppy pedal mechanics, shoulders bobbing, looking down at your legs (versus ahead 20 yards).

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:

Duration: 5 miles
Cadence: 80 or less

Intensity Level: **HR Z1** for 2 miles – **Z2** for 3 miles
Gearing: small up front – middle back (low load levels)

Main Set #1 (10 Miles)

3 Miles at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges
2 Miles at **HR Z4** – tallest gear combination you can maintain 90 plus cadence
Repeat 2 times

Transition Set

2 Miles **Z1** for 2 miles – **Z2** for 3 miles- stretch & rehydrate as necessary

Main Set #2 (10 Miles)

3 Miles at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges
2 Miles at **HR Z4** – tallest gear combination you can maintain 90 plus cadence
Repeat 2 times

Cool Down:

Duration: 3 miles
Cadence: 80 or less

Intensity Level: **HR Z1** for 2 miles – **Z2** for 3 miles
Gearing: small up front – middle back (low load levels)

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**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep



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 #1**

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

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

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

Post Workout Protocols

- **Flexibility:** 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: once you wake up from your 2 to 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.

- **(Afternoon Workout) Complete Racing Solutions Row: HR Intensity Blocks (60-70 Minutes)**

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 diaphragmic 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: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 2000 Meters Pull Rate: 20-25 Stretch from head to toe

Main Set#1: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 5x

Load Level: 5 Pull Rate: 25-35

Transition Set: 1000 Metes – **HR Z2** – stretch & rehydrate as necessary

Main Set#2: 5 x 1000 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)

Load Level: 5 Pull Rate: 25+

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

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**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep

| Complete Racing Solutions MX Speed Workout #1 | Workout Focus: Consistent Speed | Total Ride Time: 60 Minutes | |
|---|--|-----------------------------|---------------|
| | Description | | Intensity |
| Warm Up | Set Focus: Gradual Warm Up | | |
| | Instructional Video on how to set up the Concept 2 Rower Ride a bike easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel | | Less Than 50% |
| Set #1 | Focus: Smooth Riding at a Specific Effort | | Intensity |
| Workout Protocol: | Over the next 15 minutes, maintain the highest rate of speed while staying consistent for the entire duration (good throttle, clutch and brake control to maximize your momentum). Moto Specific Heart Rate Zone - Low # High # | | |
| Elapsed Times: | 15 Minute Interval #1: Average HR: Max HR: | | 85-90% |
| | Rest For 15 Minutes - Stretch from head to toe / Re-hydrate | | |
| Elapsed Times: | 15 Minute Interval #1: Average HR: Max HR: | | 85-90% |
| | Rest For 15 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Set #2 | Focus: Smooth Riding at a Specific Effort | | Intensity |
| Workout Protocol: | Your goal is to maintain good body position and momentum (accomplish this by squeezing your knees & looking ahead) Moto Specific Heart Rate Zone - Low # High # | | |
| Elapsed Times: | 10 Minute Interval #1: Average HR: Max HR: | | 90-95% |
| | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate | | |
| Elapsed Times: | 10 Minute Interval #1: Average HR: Max HR: | | 90-95% |
| | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Set #3 | Focus: Smooth Riding at a Specific Effort | | Intensity |
| Workout Protocol: | Your goal is to breath through your stomach verses your chest to maximize your oxygen uptake Moto Specific Heart Rate Zone - Low # High # | | |
| Elapsed Times: | 5 Minute Interval #1: Average HR: Max HR: | | 95-100% |
| | Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Elapsed Times: | 5 Minute Interval #1: Average HR: Max HR: | | 95-100% |
| Warm Down | Easy riding - nothing structured or intense; allow the HR to come down slowly | | 40% |
| | Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain | | |

Complete Racing Solutions MX Speed Workout #1

Workout Notes: please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels. This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of insufficient calories and fluids - so plan. Also, just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

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).



| Complete Racing Solutions Aerobic MX Workout #1 | | |
|---|---|-----------------------------|
| Workout Focus: Aerobic Enhancement | | Total Ride Time: 45 Minutes |
| | Description | Intensity |
| Warm Up | Focus: Gradual Warm Up | |
| Workout Protocol: | Instructional Video on how to set up the Concept 2 Rower Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel | Less Than 40% |
| Main Set #1 | Focus: Aerobic Endurance (25 Minute Moto) | Intensity |
| Workout Protocol: | Settle into a pace that you can maintain for 25 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate: | 75-80% |
| Performance Recap: | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | |
| Main Set #2 | Focus: Aerobic Endurance (25 Minute Moto) | Intensity |
| Workout Protocol: | Settle into a pace that you can maintain for 25 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate: | 75-80% |
| Main Set #3 | Focus: Aerobic Endurance (25 Minute Moto) | Intensity |
| Workout Protocol: | Settle into a pace that you can maintain for 25 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate: | 75-80% |
| Warm Down | 10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) | Less than 40% |
| | Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain | |

Complete Racing Solutions MX Aerobic Workout #1

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

Post Workout Protocols

- **Flexibility:** 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).

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

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



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



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



**** Complete One (1) of the following after your strength workout ****

| Instructional Video – Rowing | | |
|--|------|------|
| 2000 Meter Rowing | 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 | | |

| Bicycle Sprints | 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 | | |