



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 8
6 Weeks
5/6
Lower Intensity - Active Recovery – Absorb Last Four Weeks of Training

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: as your strength, speed & endurance get consistently better; the goal is to “measure” your progression. You don’t have to be too crazy with your documentation; however, you are always looking for indicators that you are improving – especially in the areas that your testing protocols indicate are your biggest limiters. With this in mind, pay close attention to your heart rate intensity zones for each form of training – your goal is to be “faster” at a lower heart rate. This is only accomplished with a big strength base and an aerobic engine (aka your blue workouts).
- **Evening Protocols**
Flexibility: after your shower, upper body and lower body trigger point, foam rolling and stretching exercises – [CLICK HERE](#)
Nutrition: consuming a [high-quality whey](#) smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality - making you leaner (not to mention faster and with better endurance).

Tuesday

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (50 Minutes)**
Misc. Notes: finish this workout feeling that you could have ridden for another hour easily. You can’t go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes
Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
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: Even Tempo for 35 Minutes in HR Z2 (no higher)
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
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**
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **(Afternoon 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 actually become faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart not hard!
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols – please reference Monday’s notes & links.**



Wednesday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout – Power Phase 1 (10% Less Weight/Load)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
 - Workout Notes:** you should feel extremely fresh after this weight workout; you can't go too light with your load levels
 - Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
 - Sets:** 2
 - Rep Count:** 8- 10 reps (varies by exercise)
 - Speed of Lift:** smooth & slow throughout the entire range of motion
 - Rest Interval:** 15" in between exercises; 1:00 in between cycles
 - Post Workout Protocols**
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **(Afternoon Workout) Bike: HR Pacing Blocks (45 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 [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes
 - Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning
 - Duration:** 10 minutes
 - Gearing:** small chain ring up front, middle rear gearing
 - Cadence:** 80-85 (no higher/lower)
 - Misc.:** stretch and hydrate before moving into your main set
 - Main Set: Heart Rate Pacing Blocks: 30 Minutes**
 - Settle into the low end of **HR Z2** and maintain for **7 minutes**
 - After 7 minutes increase your intensity to the high end of **HR Z2** and maintain for **7 minutes**.
 - After 3 minutes, lower your effort back to the lower end of **HR Z2** – **Repeat for 30 minutes**.
 - Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**
 - Duration:** 5 minutes
 - Gearing:** the easiest combination that gets you into **HR Z1**
 - Cadence:** 85-90
 - Misc.:** don't dismount until your heart rate is within **HR Z1**
 - Post Workout Protocols**
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols** – please reference Monday's notes & links.



Thursday

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

Note: if you're resting HR is up 5 or more beats, no workout

- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (50 Minutes)**

Misc. Notes: finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.

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

Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 10 minutes

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

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

Main Set: Even Tempo for 35 Minutes in HR Z2 (no higher)

Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

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

Duration: 5 minutes

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

Cadence: 85-90

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

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **(Afternoon Workout) Complete Racing Solutions MX: Aerobic Workout #2**

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

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

Workout Notes: To get the most out of this workout, make sure that you allow yourself some room to pick up the pace the second half of your main intervals. Wear a HR monitor to keep you from going too hard initially - pay close attention to the indicated intensity levels. Proper hydration will be imperative for you to optimize your time - mental clarity will be important for the last interval of starts.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

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



Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (50 Minutes)**
 - Misc. Notes:** finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.
 - Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes
 - Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning
 - 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: Even Tempo for 35 Minutes in HR Z2 (no higher)**
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
 - 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**
 - Post Workout Protocols**
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **(Evening Workout) Complete Racing Solutions Combo Weight Workout – Power Phase 1 (10% Less Weight/Load)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
 - Workout Notes:** you should feel extremely fresh after this weight workout; you can't go too light with your load levels
 - Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes
 - Sets:** 2
 - Rep Count:** 8- 10 reps (varies by exercise)
 - Speed of Lift:** smooth & slow throughout the entire range of motion
 - Rest Interval:** 15" in between exercises; 1:00 in between cycles
 - Post Workout Protocols**
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols** – please reference Monday's notes and links.



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 #3
[Please refer to the spreadsheet at the bottom of this document]

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

Workout Notes: during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed, your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you have to implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: plan ahead and time your nap within 30 minutes after a mid-day meal. To increase the quality of your nap, consume something that normally makes you feel sleepy. This will put you to sleep quicker and have you sleeping deeply – this will allow your body to produce the much needed hGH (the hormone that makes you lean!). Sleep deep, wake up leaner!
- **(Evening Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)**
Misc. Notes: similar to your other even tempo rides this week, just slightly longer.

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

Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 10 minutes

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

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

Main Set: Even Tempo for 45 Minutes in HR Z2 (no higher)

Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

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

Duration: 5 minutes

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

Cadence: 85-90

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

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols** – please reference Monday's notes & links.

Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
(Morning Workout-Before Breakfast Ideally) Complete Racing Solutions MX Workout (Choice)

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

Workout Notes: take one of this week's aerobic workouts and duplicate at the same time and location if logistically possible. Your goal is to surpass your lap times at the same efforts. By teaching yourself to breathe deeply, relax and flow verses throwing a bundle of effort into your laps is the benefit to this workout.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: pay close attention to your protein intake; protein (specifically amino acids) is designed to rebuild the muscles that you have torn down during training. No matter how hard you go, you should not be tender any longer than 2 days, if you are struggling with soreness or overall fatigue levels, bump up your protein and brown bread intake. The B-Vitamins will improve the absorption of your protein for a quicker and more complete recovery.
- **Evening Protocols** – please reference Monday's notes and links.



Complete Racing Solutions Aerobic MX Workout #1		
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 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	Less Than 40%
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!) 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	Too Short To Measure
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	
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. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	Too Short To Measure
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 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	80-85%
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 #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 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	80-85%
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 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	80-85%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	



Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Aerobic Enhancement / Pacing		
	Description	
Warm Up	Focus: generate blood flow into all the working muscles	
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 Instructional Video - Stretching head to toe Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Reaction Time & Transitions	Intensity
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A
Main Set #2	Set Focus: Aerobic Enhancement / Negative Split	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. At the 20 minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	90-95%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Aerobic Enhancement / Negative Split	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. At the 20 minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	90-95%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Aerobic Enhancement / Negative Split	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. At the 20 minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	78-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	90-95%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Reaction Time & Transitions	Intensity
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	



Beginning Weight:	Ending Weight:	Loss Gain (Loss):
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Complete Racing Solutions Aerobic MX Workout #3		
Workout Focus: Holding Aerobic Pace as Duration Decreases		
	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower 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	Less Than 40%
Main Set #1	Set Focus: Moving the bike with your core	Intensity Very Relaxed
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Muscular Endurance	Intensity
Protocols:	Note: these protocols are based on lap time of approximately 1 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 15 Minute Moto - Even Paced (Beginning to End) 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:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Muscular Endurance	Intensity
	** Strive to maintain the same pace as Set #2 15 Minute Moto - Even Paced (Beginning to End) 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:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Muscular Endurance & Speed	Intensity
	10 Minute Moto - Negative Split 2nd Half of Moto	
	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:	90-95%
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Body Balance	Intensity Very Relaxed
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips	



	5 Starts - look ahead and move the bike with your thighs	
	5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight:	Ending Weight: Loss Gain (Loss):



Strength & Plyometric Program - Power Phase 1			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE		Date	Date
Shoulder Press			
Instructional Video: Shoulder Press			
Weight (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 Reps)			
Sit Ups on Fit Ball			
Instructional Video: Abdominal Crunch on Fit Ball			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Air Squats			
Instructional Video: Air Squats			
Weight (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE TWO		Date	Date
Front and Side Deltoids			
Instructional Video: Front & Middle Deltoids			
Weight (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 Reps)			
Pike - Push Up - Pike (30 Seconds)			
Instructional Video: Pike-Push Up-Pike			
Rep 1 (as many as you can complete in 20 seconds)			
Rep 2 (as many as you can complete in 20 seconds)			
Rep 3 (as many as you can complete in 20 seconds)			
Hamstring Press on Fit Ball			
Instructional Video: Hamstring Press with Extension			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			



CYCLE THREE	Date	Date	Date
Bicep Curls			
Instructional Video: Bicep Curls			
Weight (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 Reps)			
Open Abs			
Instructional Video: Open Ab Rotation			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Calf Raises			
Instructional Video: Calf Raises			
Weight (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE FOUR	Date	Date	Date
Triceps Kickbacks			
Instructional Video: Triceps Kickbacks			
Weight (Light)			
Reps Set #1 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Inner Thigh			
Instructional Video: Side Skaters			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			



CYCLE FIVE		Date	Date	Date
Diamond Push Up				
Instructional Video: Diamond Push Ups				
Reps Set #1 (Goal: 8-10 Reps)				
Reps Set #2 (Goal: 8-10 Reps)				
Reps Set #3 (Goal: 8-10 Reps)				
Pull Up with a Pause				
Instructional Video: Pull Up with a Pause				
Reps Set #1 (Goal: 8-10 Reps)				
Reps Set #2 (Goal: 8-10 Reps)				
Reps Set #3 (Goal: 8-10 Reps)				
Abs: Pike - Push Up - Pike on Fit Ball				
Instructional Video: Pike-Push Up-Pike				
Reps Set #1 (Goal: 8-10 Reps)				
Reps Set #2 (Goal: 8-10 Reps)				
Reps Set #3 (Goal: 8-10 Reps)				
CYCLE SIX		Date	Date	Date
Push Up-Knee to Chest on Fit Ball				
Instructional Video: Knee to Chest on Fit Ball				
Reps Set #1 (Goal: 8-10 Reps)				
Reps Set #2 (Goal: 8-10 Reps)				
Reps Set #3 (Goal: 8-10 Reps)				
Stars				
Instructional Video: Stars				
Set #1 - as many as you can do in 20 seconds				
Set #2 - as many as you can do in 20 seconds				
Set #3 - as many as you can do in 20 seconds				
Single Armed Swim Drills with Stretch Cord				
Instructional Video: Swim Strokes with Stretch Cords				
Set #1 - as many as you can do in 20 seconds				
Set #2 - as many as you can do in 20 seconds				
Set #3 - as many as you can do in 20 seconds				