



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 12
6 Weeks
2/6
Race Specific Speed and 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 or above (Builds your strength & speed – burns fat 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: when it comes to health, wellness and ultimate performance, the key to success isn't focusing on perfection but rather minimizing mistakes. The key to minimizing mistakes is planning with all aspects of your life in this order: sleep, food, family, professional and then athletically. Though we discuss this often it is something that has to be implemented on a daily basis, but is met with the most resistance by those around you that want you to accommodate their schedule – I refer to this as gravitational pull because the greatest amount of resistance is when you get started (and you capture the attention of those around you that you are not conceding to their needs, wants and desires -verses your own). Once you can overcome this initial level of resistance, you are able to maximize your productivity by doing exactly what you have scheduled based on YOUR priorities (personally and athletically).
- **Evening Protocols:**
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 and 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: This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful for you to produce the lowest time per set. Keep a close eye on your rest interval - you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, simple stop, stretch and resume - failure to stretch could result in a torn muscle which will take you off the bike for an extended period of 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 tomorrows workouts more productive).
- **(Afternoon Workout) Complete Racing Solutions Push-Pull-Sprint Intervals (Familiar Protocols – longer duration)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: your goal is to complete 40 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed, and 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 & to avoid unwanted cramping.
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:**
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 and free radicals



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: during this workout you are going to be applying the overload principle to the track. The idea here is to take the smooth/optimum lines during set #1 when your blood sugar is normal, and you are well hydrated - we expect fast times during this set. During set #2 when you are taking the non-optimal lines, you have to find a way to maintain lap times as fast as set #1 without blowing up - this will only happen if you are breathing deeply to maximize your oxygen uptake. During set #3 when you are back to smooth/optimum lines, we are looking for lap times faster than set #1 because your muscles have been "working hard" to handle the non-optimum lines. Stay mentally focused and watch that heart rate monitor to ensure your body hits the goal times without going out of our desired heart rate ranges (too high or too low).

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: 1 Mile Aerobic Intervals (90 Minutes)**

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

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

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

Duration: 20 minutes (no shorter)

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

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

Main Set: 1 Mile Intervals at HR Z2 (No Higher): 60 Minutes

1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**

½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**

Repeat for 60 minutes

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

Duration: 10 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 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:**

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 and free radicals



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 going to assess your aerobic capacity on the track. Pay close attention to your heart rate levels throughout each 30-minute moto; if your heart rate goes beyond your 85% heart rate number, you need to slow down and smooth out on the track. Keep in mind that if you go beyond 85%, we will not have an accurate evaluation of your aerobic function on the bike. Taking the smooth lines includes smooth throttle, clutch and brake control everywhere on the track. Focus on landing on the backsides of all the jumps to keep your momentum as high as possible, with the least amount of energy.

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 Solution Push-Pull-Sprint Intervals (Familiar Protocols – longer duration)**

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

Workout Notes: your goal is to complete 40 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and 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 & to avoid unwanted cramping.

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:**

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 and free radicals

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: this workout is fragmented to provide you the opportunity to experience what various speed levels on the track feel like. If you plug in your heart rate numbers prior to starting the workout, you will be surprised how fast you are during Set #3. Pay close attention to your fluid intake to avoid dehydration and low blood sugar.

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 Workout) Complete Racing Solution Bike: 1 Mile Aerobic Intervals (90 Minutes)**

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

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

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

Duration: 20 minutes (no shorter)

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: 1 Mile Intervals at HR Z2 (No Higher): 60 Minutes

1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**

½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**

Repeat for 60 minutes

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

Duration: 10 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:**

Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your calves and quads/hips



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 #1 (Same as Tuesday)**

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

Workout Notes: This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful for you to produce the lowest time per set. Keep a close eye on your rest interval - you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, simple stop, stretch and resume - failure to stretch could result in a torn muscle which will take you off the bike for an extended period of 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 tomorrows workouts more productive).

- **2 Hour Nap After Mid-Day Meal**

Misc. Notes: research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein & fat (they only thing that satisfies your appetite).

- **(Optional Evening Workout) Complete Racing Solutions Push-Pull-Sprint Intervals (Familiar Protocols – longer duration)**

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

Workout Notes: your goal is to complete 40 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and 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 & to avoid unwanted cramping.

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:**

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 and free radicals

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 #1 (same as Wednesday intentionally)**

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

Workout Notes: during this workout you are going to be applying the overload principle to the track. The idea here is to take the smooth/optimum lines during set #1 when your blood sugar is normal, and you are well hydrated - we expect fast times during this set. During set #2 when you are taking the non-optimal lines, you must find a way to maintain lap times as fast as set #1 without blowing up - this will only happen if you are breathing deeply to maximize your oxygen uptake. During set #3 when you are back to smooth/optimum lines, we are looking for lap times faster than set #1 because your muscles have been "working hard" to handle the non-optimum lines. Stay mentally focused and watch that heart rate monitor to ensure your body hits the goal times without going out of our desired heart rate ranges (too high or too low).

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: as you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.

- **Evening Protocols:**

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 and free radicals



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Muscular Endurance and Strength		
	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 / Rehydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Starts With First Turns For Time	Intensity
Protocols:	10 Starts with a first turn and timed to a point just out of the corner Clock starts when the gate drops and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #6	Set Focus: Starts & Transitions	Intensity
Protocols:	10 Starts with a first turn and timed to a point just out of the corner Clock starts when the gate drops and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Warm Down	10 Minutes of play riding - nothing structured or intense (HR Level Zone 2-No Higher)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	

Complete Racing Solutions Aerobic MX Workout #2						
Workout Focus: Muscular Endurance and Strength						
	Description					
Warm Up	Focus: Gradual Warm Up					Intensity
Protocols:	Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle					< 50%
	Stretch passively (no bouncing) from head to toe					
Main Set #1	Focus: Moving the bike with your core					Intensity
Protocols:	20 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips					Incremental
	5 Starts - look ahead and move the bike with your thighs					
	5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better)					
	5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over					
	5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better)					
	Rest For 5 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel					
Main Set #2	Focus: First Turn Transitions					Intensity
Protocols:	Your focus needs to be on your transition from on the gas to on the brakes					100%
	Take your time from the drop of the gate to a point right after the first turn -stay focused!					
Elapsed Times:	Interval 1 Time:	Interval 2 Time:	Interval 3 Time:	Interval 4 Time:		
Elapsed Times:	Interval 5 Time:	Interval 6 Time:	Interval 7 Time:	Interval 8 Time:	100%	
Elapsed Times:	Interval 9 Time:	Interval 10 Time:	Interval 11 Time:	Interval 12 Time:	100%	
Elapsed Times:	Fastest Time:	Slowest Time:	Average Time:			
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #3	Focus: Muscular Endurance & Strength					Intensity
Protocols:	30 Minute Moto - Even Paced / Take the smoothest lines every lap					80-85%
	15 Minute Moto - Even Paced (Beginning to End)					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	
Elapsed Times:	Fastest Lap Time:		Slowest Lap Time:		Average Lap Pace:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #4	Focus: Muscular Endurance & Strength					Intensity
Protocols:	30 Minute Moto - Even Paced / Take the smoothest lines every lap					80-85%
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	
Elapsed Times:	Fastest Lap Time:		Slowest Lap Time:		Average Lap Pace:	
Protocols:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)					< 50%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.					
	Beginning Weight:		Ending Weight:		Loss Gain (Loss):	

Complete Racing Solutions MX Aerobic Workout #2

Workout Notes: this workout is going to assess your aerobic capacity on the track. Pay close attention to your heart rate levels throughout each 30-minute moto; if your heart rate goes beyond your 85% heart rate number, you need to slow down and smooth out on the track. Keep in mind that if you go beyond 85%, we will not have an accurate evaluation of your aerobic function on the bike. Taking the smooth lines includes smooth throttle, clutch and brake control everywhere on the track. Focus on landing on the backsides of all the jumps to keep your momentum as high as possible, with the least amount of energy.



Complete Racing Solutions MX Speed Workout #1		
Workout Focus: Incremental Intensity / Lactate Tolerance		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
	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 / Rehydrate with Energy Fuel	Less Than 40%
Main Set #1- Starts	Set Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off you're breathing.	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	Relaxed
Elapsed Times:	Fastest Interval: Average Interval:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Main Set #2-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a fast pace that you can maintain for 20 minutes without falling off pace by more than 2 seconds (ideally). Capture your lap times per lap for the entire 20 minutes. Take the smoothest lines possible throughout 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:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Average Lap Pace:	
	Average Heart Rate: Max Heart Rate:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Main Set #3-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Goal-Maintain same lap speeds WITHOUT taking the smooth/optimum lines; breathe deep!	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Average Lap Pace:	
	Average Heart Rate: Max Heart Rate:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Main Set #4-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Goal-Maintain same times as Set #2 where you took all the smooth/optimum lines; relax & fly!	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Average Lap Pace:	
	Average Heart Rate: Max Heart Rate:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
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 #2		Workout Focus: Late Moto Acceleration	Total Duration: 80 Minutes	
Warm Up		Focus: Gradual Warm Up		
		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 / Rehydrate with Energy Fuel		Less Than 40%
Main Set #1		Focus: Body Balance and Reaction Time		Intensity
Workout Protocol:		Complete 10 starts from the gate; Focus on breathing deep and using your core/legs to move the bike (verses your upper body). Tighten up your boots low to help keep the bike straight.		
Elapsed Times:		Interval 1:	Interval 2:	Interval 3:
Elapsed Times:		Interval 4:	Interval 5:	Interval 6:
Elapsed Times:		Interval 7:	Interval 8:	Interval 9:
Fastest Interval:		Average Interval:		Interval 10:
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		50%
Main Set #2		Focus: Lactate Tolerance / Internal Pacing		Intensity
		Moto Specific Heart Rate Zone - Low # High #		
Workout Protocol:		With a perfect start (repeat if the start is less than ideal) merge onto the track and settle into an 80% effort level for the first 10 minutes; then pick the pace up to 90% for the next 10 minutes		
		During the first 10 minutes - take the smoothest & fastest possible lines		80-85%
		During the second 10 minutes - push your intensity AND take the NON-OPTIMUM lines		90-95%
Fastest Lap Time:		Average Lap Pace:		
Average Heart Rate:		Max Heart Rate:		
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
Main Set #3		Focus: Lactate Tolerance / Internal Pacing		Intensity
Workout Protocol:		With a perfect start (repeat if the start is less than ideal) merge onto the track and settle into an 80% effort level for the first 15 minutes; then pick the pace up to 90% for the next 5 minutes		
		During the first 15 minutes - take the smoothest & fastest possible lines		80-85%
		During the second 5 minutes - push your intensity AND take the NON-OPTIMUM lines		90-95%
Fastest Lap Time:		Average Lap Pace:		
Average Heart Rate:		Max Heart Rate:		
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
Main Set #4		Focus: Lactate Tolerance / Internal Pacing		Intensity
Workout Protocol:		With a perfect start (repeat if the start is less than ideal) merge onto the track and settle into an 90% effort level for 20 minutes at 90%; focus on breathing deep and looking ahead!		
		For 20 minutes - take the smoothest & fastest possible lines		90-95%
Elapsed Times:		Fastest Lap Time:		
		Average Heart Rate:		
		Max Heart Rate:		
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
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

Phase 9: Push-Pull-Sprint Combo Set	Date	Date
Easy Row - 10 minutes		
Stretch - Head to Toe		
Full Body Stretch - Instructional Video		
Cycle 1: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
1 Minute Rest before beginning the next cycle		
Cycle 2: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
1 Minute Rest before beginning the next cycle		
Cycle 3: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
1 Minute Rest before beginning the next cycle		

Cycle 4: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
1 Minute Rest before beginning the next cycle		
Cycle 5: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
1 Minute Rest before beginning the next cycle		
Cycle 6: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
1 Minute Rest before beginning your Cool Down		
Cool Down		
1000 Meter Sprint (Damper Setting at 3)		