



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 12
6 Weeks
3/6
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: as the load levels and speed levels increase, you will be placing more demands on your muscles. The result will be residual soreness and a sense of heaviness. With this in mind, please pay close attention to your lean protein intake. The amino acids in your protein sources are the key re-building blocks of your muscles. If you notice that you are still sore two days or more after an intense workout, then you need more protein (specifically amino acids). Another clear indicator of inadequate protein intake is a reduction in the smell and color of your urine. Though we have discussed this before, it is the best personal indicator of what is going on within your muscles as you strive to improve your overall health and ultimately your performance.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)
Nutrition: 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation 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 is one of my favorite workout blocks, staying aerobic for the entire duration and seeing how “fast” you can ride while staying within your 80-85% effort levels. Think about this, everyone can go faster by pushing the effort, but how many riders can go faster than everyone else while staying aerobic? When you teach yourself how to do this, you leave yourself some room to drop the hammer when/if necessary (create a gap on someone, pick the bike up and crank it if you fall, etc.). This is a great workout to teach yourself patience and intelligence about going fast and being able to sustain it.
Post Workout Protocols
 - **Flexibility:** 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 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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)
Nutrition: 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation 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: this workout adheres to the inverse principle between volume & intensity: when your volume is up (i.e. 15 minutes), your intensity levels will be reduced (80-85%) and when you take the volume down (i.e. 5 minutes), your intensity will be increased (90-95%). This type of workout will help “teach” your body how and when to adjust intensity levels for optimum performance results: faster and more consistent lap times. Additionally, this workout is going to teach your energy systems and brain to increase the speed at the end of the race verses slowing down – a difficult habit to break!

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: Timed Intervals (90 Minutes)**

Misc. Notes: Once you are finished with your warm-up, your goal is to settle into your HR Z3 (no higher or lower) and complete a 3 minute “interval”. Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your HR Z3. During your 3-minute rest interval, spin easy and allow your HR to get back into HR Z1.

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: Heart Rate Pyramids: 10 x 7 Minutes

Settle into HR Z3 and maintain for 3 minutes

Recover by spinning easy for 3 minutes in HR Z1 (no higher for optimum recovery)

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 tomorrows workouts more productive).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

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

Nutrition: 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation 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: the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smooth, yet efficiently fast. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can become faster by lowering your effort down thanks to the momentum you will create. Remember, stay focused and Ride Smart Not Hard!

Post Workout Protocols

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

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

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

Nutrition: 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation 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: pay extra attention to your heart rate for the first 15 minutes of each block - HR Z2 or less. At the 15 minute mark, bump up the pace slightly (into HR Z3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).

Post Workout Protocols

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

- **(Evening Workout) Complete Racing Solution Bike: Power Interval Workout (80 Minutes)**

Misc. Notes: the key to maximizing your productivity during this workout is to keep a close eye on your intensity levels (no higher than HR Z3); your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves and gluts all firing to turn the pedals.

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: 15 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 Performance Block #1: 60 minutes (HR Zone 3)

3 minutes seated- event tempo with your cadence above 90 & within HR Z3 focus on deep belly breathing to ride as fast as possible without tripping above HR Z3. Hydrate and stretch as necessary to maintain optimum power output.

2-Minute-Tall Gear-Out of the saddle interval

Big chain ring up front, hardest gear in the back stand up & focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke (pull back prior to hitting bottom dead center).

REPEAT THIS 5 MINUTE BLOCK 8 TIMES FOR A TOTAL OF 40 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 allows for 85-90 cadence & HR Z1

Cadence: 85-90

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



Saturday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX Aerobic Workout - Choice**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: your goal is to be better than your last workout by 1-2%. Where can you improve your times and consistency will be a skill that you will need to tap into on race days.
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.
- **(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 tomorrow's workouts more productive).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)
Nutrition: 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation 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 - Choice**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: your goal is to be better than your last workout by 1-2%. Get creative on your line choices so that you don't fatigue yourself by bouncing off of everything, but instead you find new speeds by riding smart and efficiently.
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's 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.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)
Nutrition: 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation and free radicals.



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)		



Complete Racing Solutions MX Speed Workout #1		
Workout Focus: Aerobic Enhancement & Speed		Total Duration: 60 Minutes
	Description	Intensity
Warm Up	Set 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 / Re-hydrate with Energy Fuel	Less Than 50%
Main Set #1	Set Focus: Perfect Execution of Pre-Race Routine and Starts	Intensity
Workout Protocol:	Complete 10 starts with your emphasis being on transitioning from over the gate to shifting up and pulling back on the bars for a deeper hook up of the rear wheel.	Too Short To Evaluate
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 Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Aerobic Enhancement	Intensity
Workout Protocol:	Your goal is to stay aerobic (based on your actual heart rate) for the first 10 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 5 minutes	80-85%
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #	
Performance Recap:	15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:	
Performance Recap:	5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Aerobic Enhancement	Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing	80-85%
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #	
Performance Recap:	15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:	
Performance Recap:	5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Aerobic Enhancement	Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing	80-85%
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #	
Performance Recap:	15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:	
Performance Recap:	5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Pre-Riding Weight: Post-Riding Weight:		
Total Fluids Consumed: Loss/Gain		

▪ **Complete Racing Solutions MX Speed Workout #1**

Workout Notes: this workout adheres to the inverse principle between volume & intensity: when your volume is up (i.e. 15 minutes), your intensity levels will be reduced (80-85%) and when you take the volume down (i.e. 5 minutes), your intensity will be increased (90-95%). This type of workout will help "teach" your body how and when to adjust intensity levels for optimum performance results: faster and more consistent lap times. Additionally, this workout is going to teach your energy systems and brain to increase the speed at the end of the race verses slowing down – a difficult habit to break!



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Holding Aerobic Pace as Duration Increases		Workout Duration: 90 Minutes
	Description	
	Focus: Gradual Warm Up	
Warm Up	Set Focus: generate blood flow into all the working muscles	Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower	Less Than 40%
	Concept 2™ Rower - 10 minutes: low intensity pulling	
	Instructional Video on how to stretch - head to toe	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #1	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	80-85% 80-85%
	Moto Specific Heart Rate Zone - Low # High #	
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:	
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	80-85% 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:	
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	80-85% 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:	
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 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)	40%
	Pre-Riding Weight: Post-Riding Weight:	
	Total Fluids Consumed: Loss/Gain	



Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Consistent Race Speed		Total Ride Time: 60 Minutes
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: 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	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	N/A
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:	N/A
Performance Recap:	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 with Energy Fuel	N/A N/A
Main Set #3	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes	
	Moto Specific Heart Rate Zone - Low # High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
Performance Recap:	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 (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes	
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Main Set #5	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes	
	Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%



	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain	
Complete Racing Solutions MX Speed Workout #2			
Workout Focus: Aerobic Enhancement/Burn Fat		Total Ride Time: 2 Hours	
	Description		
Warm Up	Set Focus: Gradual Warm Up		Intensity
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Less Than 50%
Main Set #1	Set Focus: Teach your body to burn more stored fat (20 Minutes)		Intensity
Workout Protocol:	Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:
Elapsed Times:	Lap 16 Time:	Lap 17 Time:	Lap 18 Time:
	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
	Lap 9 Time:	Lap 10 Time:	Lap 11 Time:
	Lap 14 Time:	Lap 15 Time:	Lap 16 Time:
	Lap 19 Time:	Lap 20 Time:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		80-85% 80-85% 80-85% 85-90%
Main Set #2	Set Focus: Teach your body to burn more stored fat (20 Minutes)		Intensity
Workout Protocol:	Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:
Elapsed Times:	Lap 16 Time:	Lap 17 Time:	Lap 18 Time:
	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
	Lap 9 Time:	Lap 10 Time:	Lap 11 Time:
	Lap 14 Time:	Lap 15 Time:	Lap 16 Time:
	Lap 19 Time:	Lap 20 Time:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		80-85% 80-85% 80-85% 85-90%
Main Set #3	Set Focus: Teach your body to burn more stored fat (20 Minutes)		Intensity
Workout Protocol:	Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:
Elapsed Times:	Lap 16 Time:	Lap 17 Time:	Lap 18 Time:
	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
	Lap 9 Time:	Lap 10 Time:	Lap 11 Time:
	Lap 14 Time:	Lap 15 Time:	Lap 16 Time:
	Lap 19 Time:	Lap 20 Time:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		80-85% 80-85% 80-85% 85-90%
Main Set #4	Set Focus: Teach your body to burn more stored fat (20 Minutes)		Intensity
Workout Protocol:	Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:
Elapsed Times:	Lap 16 Time:	Lap 17 Time:	Lap 18 Time:
	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
	Lap 9 Time:	Lap 10 Time:	Lap 11 Time:
	Lap 14 Time:	Lap 15 Time:	Lap 16 Time:
	Lap 19 Time:	Lap 20 Time:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		80-85% 80-85% 80-85% 85-90%
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down		< 40%

Complete Racing Solutions MX Speed Workout #2

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