



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 2
8 Weeks
2/8
Enhanced Endurance, Strength & Lactate Tolerance

Intensity Note:

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

Monday

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

- **Complete Racing Solutions Row: Incremental Pacing Intervals (6000 Meters)**

Misc. Notes: complete a 500-meter interval at 90-95% effort after your warm-up; use this time as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 500 Meters Pull Rate: less than 25 Stretch from head to toe

Baseline 500 Meter Interval: complete a 500-meter interval at 90-95% effort; 1 Minute Rest Interval

Display 500 Meters – 1 Minute Rest Interval

Load Level: 5 Pull Rate: 25 plus Elapsed Time:

Main Set: Pacing Pyramids

Load Level: 5 Pull Rate: 25 plus

500 Meter Baseline plus 10 seconds – Rest 1 Minute

500 Meter Baseline plus 5 seconds – Rest 1 Minute

Repeat 4 Times – Strive to hold goal pace for all three intervals; hold yourself accountable here!

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 500 Meters Pull Rate: less than 25 Stretch from head to toe

- **Complete Racing Solutions Bike: Pacing Intervals (30 Minutes)**

Misc. Notes: take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 3**. Once you are finished with your warmup, your goal is to settle into your HR Z3 (no higher or lower) and complete a 10 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 5-minute rest interval, spin easy and allow your HR to get back into HR Z1.

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: Heart Rate Pyramids: 15 Minutes

Settle into upper HR Z2 and maintain for 3 minutes.

Recover by spinning easy for 2 minutes in HR Z1 (no higher for optimum recovery)

Repeat 3x

Warm 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 allows for 85-90 cadence & HR Z1

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

- **(Time Pending - Immediately following your above workout) Complete Racing Solutions Abdominal & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Push Up-Knee to Shoulder: [how to video](#)

Abdominal Chris Cross: [how to video](#)

Abdominal Open Rotation: [how to video](#)

Ab Hip Risers: [how to video](#)

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



Tuesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**

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

Workout notes: utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.

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. Note: cold fluids absorb better than warm fluids helping hydration.

Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

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

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

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

Workout Notes: Like all of your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. As we have discussed previously, the more times you work smart NOT hard on the track (i.e., bouncing off of the faces of everything) the faster and more consistent your lap times will become. Though you may not realize this, workouts like this are intended to create a "memory" within your body and muscles what it "feels" to be fast, smooth and in total control. If you feel like you are not in control - do NOT slow down. Instead focus on breathing deep FIRST to bring the heart rate down (which will make the speed feel easy).

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.



Wednesday

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

- **Complete Racing Solutions Row: Incremental Pacing Intervals (6000 Meters)**

Misc. Notes: pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z2 and Z3 easily visible for quick reference and maximum productivity.

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. Note: cold fluids absorb better than warm fluids helping hydration.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Display: Distance Load Level: 3 Distance: 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

Main Set: Pacing Pyramids

Load Level: 5 Pull Rate: 25 plus

1000 Meter at low end of HR Z2 (no rest right into the next 1000 meters)

1000 Meter at high end of HR Z2 (no rest right into the next 1000 meters)

1000 Meter at low end of HR Z3 (no rest right into the next 1000 meters)

1000 Meter at high end of HR Z3 (no rest right into your cool down)

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

- **Complete Racing Solutions Bike: Heart Rate Pyramid Workout (30 Minutes)**

Misc. Notes: you will need your HR numbers for Zone 2. During your main set you will begin at your low end of HR Z2 and every 1 minute you will increase your intensity/effort by 5 beats and then hold for 1 minutes; continue going up the pyramid until you hit the upper range of HR Z2 (no higher). After you reach the high end of HR Z2, then walk back down the pyramid 5 beats at a time for 1-minute durations (the exact opposite you did walking up the pyramid).

WARNING: IF YOU PUSH TOO HARD TOO SOON, YOU WILL NOT BE ABLE TO COME BACK DOWN THE PYRAMID CORRECTLY.

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. Note: cold fluids absorb better than warm fluids helping hydration.

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

Duration: 5 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 Pyramids: 20 Minutes

Notes: beginning at the lower end of HR Z2 hold for 1 minute; then bump up your intensity by 5 beats & hold for 1 minute. Repeat until you hit the upper end of HR Zone 2. Once you hit the upper end of HR Z2, come down by 5 beats every minute until you hit your lower end of HR Z2.

Warm 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

- **(If Time Permits - Immediately following your above workout) Complete Racing Solutions Abdominal & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Push Up-Knee to Shoulder: [how to video](#)

Abdominal Criss Cross: [how to video](#)

Abdominal Open Rotation: [how to video](#)

Ab Hip Risers: [how to video](#)

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

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

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

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

Workout Notes: This set will challenge the balance component of your program. If you can't transition from on the gas to the brakes quickly - this set will frustrate you. Relax and stay mentally focused on each set's main focus. Keep in mind that there are two races: to the first turn and then from the first turn to the finish line. Practice balanced starts so that you don't have to think, just simply perform!



Thursday

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

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**

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

Workout notes: utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.

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. Note: cold fluids absorb better than warm fluids helping hydration.

Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

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

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. Note: cold fluids absorb better than warm fluids helping hydration.

Workout Notes: to keep you mentally focused, you will need to focus on maintaining your speed and consistency from set to set. This workout is going to break the problem that most racers experience - getting slower as the race transpires. This set is going to hold you accountable on three levels: lap times, average heart rate and a tight rest interval. Due to the intensity levels and duration of this set, it is imperative that you come to this workout well hydrated and fed.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

Friday

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

- **Complete Rest Day**

Misc. Notes Take a few extra minutes each day this week and stretch your hips, quads and hamstrings. To facilitate your stretching efforts, roll each muscle group with a foam roller. The foam roller will create vasodilation of the blood vessels within the muscle tissue which will bring fresh oxygen plus any specialized cells such as leucocytes – white blood cells that kill any germs in your system; this avoids any downtime associated with an energy robbing virus. There are five different types of leukocytes, but they are all produced and derived from a multi-potent cell in the bone marrow known as hematopoietic stem cell. Also, by evaluating your resting heart rate every morning, you can identify when your body is under attack from a virus (this will be represented in the form of an elevated heart rate and an unusual drop in body weight).

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.



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 #2**

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. Note: cold fluids absorb better than warm fluids helping hydration.

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 of the bike for an extended period of time.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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.
- **(Afternoon Workout) Complete Racing Solutions Bike: 1 Mile Sprint Intervals (30 Minutes)**

Workout Notes: to maximize your productivity, err on the side of easy for the 1-mile seated interval (HR Z2 should feel very comfortable). This will allow you the gap of maximum effort and speed for the 2nd 1-mile interval. During the interval, focus on optimized pedal mechanics to activate and engage all of the muscles that are available to facilitate riding fast (quads, gluts, calves, inner thighs, hips, lower back, core, etc.).

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. Note: cold fluids absorb better than warm fluids helping hydration.

Warm up (HR Zone 1)

Duration: 3 miles

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Stretches: dismount & [stretch your lower body](#)

Main Performance Block: 10 Miles

1-mile (seated) HR Zone 2: with your cadence between 70-80 & the tallest gearing combination that you push while staying within HR Zone 2, cover 1 mile as efficiently as possible.

1-mile (seated) No HR Limitations: capture the elapsed time it takes you to complete 1 mile interval as fast as you can; after you complete 1 mile, reduce the load levels and spin easy for 1 mile (1:1 Work to Rest Ratio).

REPEAT 5X FOR A TOTAL OF 10 MILES

Elapsed Time Interval #1:

Ending HR:

Elapsed Time Interval #2:

Ending HR:

Elapsed Time Interval #3:

Ending HR:

Elapsed Time Interval #4:

Ending HR:

Elapsed Time Interval #5:

Ending HR:

Warm down (HR Zone 2 or less)

Duration: 2 Miles (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

- **(Time Pending - Immediately following your bike workout) Complete Racing Solutions Abdominal & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Push Up-Knee to Shoulder: [how to video](#)

Abdominal Criss Cross: [how to video](#)

Abdominal Open Rotation: [how to video](#)

Ab Hip Risers: [how to video](#)

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.



Sunday

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

- **(Morning Workout) Complete Racing Solutions MX: Speed Workout - Choice**

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

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

Workout Notes: choose either speed workout from the week; keep a close eye on your heart rate to ensure that you are getting the most out of the workout.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

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

Miss. 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).

- **(Afternoon Workout) Complete Racing Solutions Row: 5 Minute Distance Challenge (30-40 Minutes)**

Misc. Notes: pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z2 easily visible for quick reference and maximum productivity.

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. Note: cold fluids absorb better than warm fluids helping hydration.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Display: Distance Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe

Main Set: Distance Challenge

Load Level: 5 Pull Rate: 25 plus

3 Minutes – Distance Covered at the upper end of HR Z2

Rest 2 Minutes – HR Z1 (no higher for maximum productivity)

Repeat 4 Times

Distance Covered Interval #1:

Distance Covered Interval #2:

Distance Covered Interval #3:

Distance Covered Interval #4:

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

Complete Racing Solutions MX Speed Workout #1 Workout Focus: Late Moto Speed Total Ride Time: 60 Minutes		
	Description	
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 Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel as needed	Intensity Less Than 50%
Main Set #1	Set Focus: Pre-Race Routine Workout Protocol: Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific. This will eliminate race day confusion-what you want from your start & what you have practiced. Moto Specific Heart Rate Zone - Low # High # Elapsed Times: Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Elapsed Times: Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: Set Recap Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity Too Short To Evaluate
Main Set #2	Set Focus: Negative Split Moto - 20 Minutes in Duration Max Workout Protocol: Hold your pace for the first five laps and then pick up the pace for the last five laps During the first five laps, if you fall off the pace by more than 2 seconds (minus a mistake) then stop, re-group and re-start the interval 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: Set Recap Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 75-80% 85-90%
Main Set #3	Set Focus: Negative Split Moto - 20 Minutes in Duration Max Workout Protocol: Strive to maintain the same heart rate average, but be 2 seconds faster during the last five laps. The only way you can make this happen is to breathe through your belly and be smooth everywhere! 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: Set Recap Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 75-80% 85-90%
Main Set #4	Set Focus: Negative Split Moto - 20 Minutes in Duration Max Workout Protocol: This set is about riding as fast as you can while staying within the indicated HR zone AND not falling off pace by more than 1 second. This set is what your body will relate to on race day so be mentally focused! 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: Set Recap Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 85-90% 85-90%
Warm Down	5 Minutes of easy riding - nothing structured or intense; allow the HR to come down slowly Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	40%

Complete Racing Solutions MX Speed Workout #2 Overall Focus: Speed, Speed, Speed! Total Ride Time: 90 Minutes		
	Description	
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 Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel as needed	Intensity Less Than 50%
Main Set #1 Workout Protocol: Set Recap	Focus: Warm the muscles up/Break a Sweat (15 Minute Moto) 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 within your HR zones 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-watch your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 75-80%
Main Set #2 Workout Protocol: Elapsed Times: Elapsed Times: Set Recap	Set Focus: Opening lap speed Complete 10 starts plus 1 lap sprint. On race day, your body will emulate what you practice so stay mentally focused & specific. Moto Specific Heart Rate Zone - Low # High # Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95% 90-95%
Main Set #3 Misc. Thoughts Workout Protocol: Elapsed Times: Set Recap	Set Focus: High Intensity/Lactate Tolerance These intervals need to be aggressive; you should hit your 95% number by the end of the one lap 1 Lap Sprint (2 Minute Lap Time Max) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95%
Main Set #4 Misc. Thoughts Workout Protocol: Elapsed Times: Set Recap	Set Focus: High Intensity/Lactate Tolerance These intervals need to be aggressive; you should hit your 95% number by the end of lap two 2 Lap Sprints (4 Minutes Max Time) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95%
Main Set #5 Workout Protocol: Elapsed Times: Set Recap	Set Focus: High Intensity/Lactate Tolerance 3 Lap Sprints (6 Minutes Max Time) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95%
Warm Down	5 Minutes of Easy riding - nothing structured or intense; allow the HR to come down slowly Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	40%

▪ **Complete Racing Solutions MX Speed Workout #2**

Workout Notes: to keep you mentally focused, you will need to focus on maintaining your speed and consistency from set to set. This workout is going to break the problem that most racers experience - getting slower as the race transpires. This set is going to hold you accountable on three levels: lap times, average heart rate and a tight rest interval. Due to the intensity levels and duration of this set, it is imperative that you come to this workout well hydrated and fed.

Complete Racing Solutions Aerobic MX Workout #1							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 1 minute stretch - head to toe; hydrate if needed										40%	
Main Set #1		Focus: First Turn Transitions										Intensity	
Protocols:		Your focus needs to be on your transition from on the gas to on the brakes 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:		50%			
Elapsed Times:		Interval 5 Time:		Interval 6 Time:		Interval 7 Time:		Interval 8 Time:		50%			
Elapsed Times:		Interval 9 Time:		Interval 10 Time:		Interval 11 Time:		Interval 12 Time:		50%			
Elapsed Times:		Fastest Time:		Slowest Time:		Average Time:							
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel as needed											
Main Set #2		Focus: Muscular Endurance										Intensity	
Protocols:		20 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 - 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 / Re-hydrate with Energy Fuel as needed										75%	
												75%	
												75%	
Main Set #3		Focus: Muscular Endurance & Strength										Intensity	
Protocols:		15 Minute Moto - Even Paced / Take the smoothest lines every lap 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:		75%	
Elapsed Times:		Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:		75%	
Elapsed Times:		Lap 11 Time:		Lap 12 Time:		Lap 13 Time:		Lap 14 Time:		Lap 15 Time:		75%	
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 as needed											
Main Set #4		Focus: Muscular Endurance & Strength										Intensity	
Protocols:		15 Minute Moto - Even Paced / Take the roughest lines every lap 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:		75%	
Elapsed Times:		Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:		75%	
Elapsed Times:		Lap 11 Time:		Lap 12 Time:		Lap 13 Time:		Lap 14 Time:		Lap 15 Time:		75%	
Elapsed Times:		Fastest Lap Time:		Slowest Lap Time:		Average Lap Pace:							
Protocols:		15 Minute Moto - Even Paced / Take the smoothest lines every lap											
Main Set #5		Focus: Muscular Endurance & Strength										Intensity	
Protocols:		15 Minute Moto - Even Paced / Take the smoothest lines every lap											
Elapsed Times:		Lap 1 Time:		Lap 2 Time:		Lap 3 Time:		Lap 4 Time:		Lap 5 Time:		75%	
Elapsed Times:		Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:		75%	
Elapsed Times:		Lap 11 Time:		Lap 12 Time:		Lap 13 Time:		Lap 14 Time:		Lap 15 Time:		75%	
Elapsed Times:		Fastest Lap Time:		Slowest Lap Time:		Average Lap Pace:							
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink											
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):

Complete Racing Solutions Aerobic MX Workout #2 Workout Focus: Muscular Endurance and Strength		
	Description	
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 as needed	Intensity Less Than 40%
Main Set #1 Protocols:	Set Focus: Starts With First Turns For Time 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	Intensity N/A
Main Set #2 Protocols: Elapsed Times: Average HR: Max HR:	Set Focus: Timed Moto Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85%
Main Set #3 Protocols: Elapsed Times: Average HR: Max HR:	Set Focus: Timed Moto 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! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85%
Main Set #4 Protocols: Elapsed Times: Average HR: Max HR:	Set Focus: Timed Moto 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! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85%
Main Set #5 Protocols: Elapsed Times: Average HR: Max HR:	Set Focus: Timed Moto 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! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85%
Main Set #6 Protocols:	Set Focus: Starts & Transitions 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	Intensity 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):		
Super Slow Challenge				
Warm Up				
Concept 2 ™ Row or Spin on Bike - 15 minutes Easy (no shorter)				
CYCLE ONE			Date	Date
Single Leg Step onto Bench				
Weight (Moderate)				
Reps – Right Leg (6-8 Reps: 4” count up and 4” count down)				
Weight (Same as Set #1)				
Reps – Left Leg (6-8 Reps: 4” count up and 4” count down)				
Abdominal Crunch on Fit Ball w/Weight				
Instructional Video: Abdominal Crunch on Fit Ball				
Weight (Moderate)				
Rep 1 (6-8 Reps: 4” count up and 4” count down)				
Weight (Same as Set #1)				
Rep 2 (6-8 Reps: 4” count up and 4” count down)				
Military Spiders Off Bench				
Instructional Video: Military Spiders Off Bench				
As many as you can complete in 30 seconds				
CYCLE TWO			Date	Date
Single Leg - Good Mornings				
Instructional Video: Single Leg Good Mornings				
Weight (Moderate)				
Reps – Right Leg (6-8 Reps: 4” count up and 4” count down)				
Weight (Same as Set #1)				
Reps – Left Leg (6-8 Reps: 4” count up and 4” count down)				
Pike-Push Ups on Fit Ball				
Note: Hands Shoulder Width Apart-Elbows at 90 Degrees at Bottom				
Instructional Video: Pike-Push Ups on Fit Ball				
Rep 1 (6-8 Reps: 4” count up and 4” count down)				
Stretch & move to next exercise				
Rep 2 (6-8 Reps: 4” count up and 4” count down)				
(After Both Sets of Both Exercises) Side Skaters				
Instructional Video: Side Skaters				
As many as you can complete in 30 seconds				
Stretch & move to next exercise				



Super Slow Challenge Continued		
CYCLE THREE	Date	Date
Bicep Curls w/Dumbbells (up to 90 Degree-no higher) – Instructional Video		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Lat Pull Over-Triceps Extension		
Instructional Video: Lat Pull Over-Triceps Extension		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Jump Rope with Eyes Closed		
Stars Instructional Video		
As many as you can complete in 30 seconds		
CYCLE FOUR	Date	Date
Arm & Leg Extension		
Instructional Video: Arm & Leg Extension		
Weight (Light)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Hanging Leg Lifts (Bring Your Knees to Your Chest)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
As many as you can complete in 30 seconds		

Super Slow Challenge Continued		
CYCLE FIVE	Date	Date
Single Leg Push Ups Off of Bench		
Instructional Video: Single Leg Push Ups Off of Bench		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Single Leg Shoulder Press		
Instructional Video: Single Leg Push Ups Off of Bench		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Side Skaters		
Instructional Video: Side Skaters		
As many as you can complete in 30 seconds		
Instructional Video – Rowing		
2000 Meter Rowing	Date	Date
Warm up for 200 Meters - Low Intensity (Damper Setting 2)		
1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
1 Minute Rest Interval		
Bicycle Sprints		
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE	Date	Date
4 Minute Interval at 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
2 Minute Rest Interval		
4 Minute Interval at 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
2 Minute Rest Interval		