



**Training Cycle:**  
**Cycle Duration:**  
**Work Week**  
**Focus:**

**Phase 3**  
**6 Weeks**  
**5/6**  
**Enhanced Strength | Speed | Endurance**

**Intensity Note:**

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

**Monday**

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

- **Complete Racing Solutions Bike: Even Tempo/High End Aerobic Enhancement (30 Minutes)**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (HR Z2 or less) for maximum productivity (burn fat and enhance your aerobic engine). To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2**.

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

**Warm Up: HR Zone 2 or less**

**Duration:** 5 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: 20 Minutes (Low End of HR Zone 3: pay close attention to not fall into Z2)**

**Set Notes:** with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 5 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

**Warm down: 5 Minutes (HR Zone 2 or less)**

**Duration:** 5 minutes (no shorter)

**Cadence:** 70-80 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc. Notes:** stretch your lower back, calves, and quads prior to dismounting

- **Complete Racing Solutions Row: Negative Split Pacing Blocks (6,000 Meters)**

**Misc. Notes:** this workout is going to hold you accountable both mentally and physically. Have your monitor set to 500 meters/1:00 minute rest interval. Adjust the load levels as indicated to avoid pulling a muscle or straining your lower back. Breathe in on the coil in and exhale on your leg extension. Hydrate with Energy Fuel and stretch as necessary to maintain consistent results.

**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**      **Duration:** 1000 meters      **Pull Rate:** less than 30      **Stretch from head to toe**

**Main Set#1:** adjust the damper setting to five (5)

**Pull Rate:** 25-35

**Complete 500 meters at 80-85% - capture your elapsed time: this is your Baseline Number**

**Complete 4000 meters in Descending Blocks**

**Intervals #1 & #2 – maintain the same pace as your Baseline number**

**Intervals #3 & #4 – hold a pace that is 2 seconds faster than your baseline number**

**Intervals #5 & #6 – maintain the same pace as your Baseline number**

**Intervals #7 & #8 – hold a pace that is 2 seconds faster than your baseline number**

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

**Load Level: 3**      **Duration:** 500 Meters      **Pull Rate:** less than 30      **Stretch from head to toe**

- **(Immediately following your above workout-morning & evening) Core & Lower Back Work**

**Workout notes:** complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**Ab Crunch on Fit Ball – pause for 5 seconds:** [click here](#) for instructional video

**Pike Position with eyes closed:** [click here](#) for instructional video

**Plyometric push-ups:** [click here](#) for instructional video

**Post Workout Protocols**

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

- **Evening Protocols**

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

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



## Tuesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**

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

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

**Workout Notes:** the fun part of this workout is when you realize that when you take the non-optimum lines, you appreciate the optimum lines. This will interpret into higher levels of momentum and speed will be the by-product. Like the notes indicate, don't worry about lap times but instead focus on the physics of the motorcycle and how to move it around with the brake, throttle, and clutch. Focus on using your strength & balance to move the bike around - put the bike where you want/need it to be.

### 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 Combo Weight Workout: Muscular Endurance Phase 1**

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

**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

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

**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point

### Rep Count:

Upper Body the goal is to complete **8-10 reps max**  
Lower Body the goal is to complete **8-10 reps max**

**Sets:** 2

### Post Workout Protocols

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

- **Evening Protocols**

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

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

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



## Wednesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #2**  
[Please refer to the spreadsheet at the bottom of this document]

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

**Workout Notes:** This workout is going to fun as well as challenging by changing up your intensity and duration levels throughout each set. As we discuss regularly, teaching your body to change "gears" specific to your heart rate is the quickest way to find new levels of speed. How many times have we discussed that sometimes you go faster when you "slow down"? Due to the nature of physics, the smoother your ride the faster your lap times; however, it is not a mindset that is widely accepted within the moto world. Stay focused on smooth lines, good technique and deep belly breathing to keep your overall heart rate under control.

### Choose one of the following for your afternoon workout:

- **Complete Racing Solutions Bike: 1 Mile Intervals (30')**

**Misc. Notes:** this workout is all about tying in your intensity with your pace (given the environmental elements: wind, hills, heat & humidity); as you bring your speed up to HR Z3 mentally focus on using your gearing, cadence, pedal mechanics, and your position on the seat: when the road goes up, your butt needs to slide back on the seat).

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

#### Warm Up: HR Zone 1

**Duration:** 2 Miles

**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

#### Repeat the following for a total of 10 Miles.

**1 Mile at High End of HR Zone 3:** with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your **HR Zone 3 & cadence of 75-80 (pedal in full circles).**

**Recover by spinning easily for 1 mile** (Goal is to get your HR down into **HR Z2** or lower before beginning the next interval)  
**REPEAT 4X (20 MINUTES MAXIMUM)**

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

**Duration:** 2 Miles

**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**

#### 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).

- **Complete Racing Solutions Row: Distance Intervals (6500 Meters)**

**Workout Notes:** this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

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

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

**Load Level: 3**

**Distance:** 1000 Meters

**Pull Rate:** 20-25

**Stretch from head to toe**

**Main Set#1: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 3x**

**Load Level: 5**

**Pull Rate:** 30+

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

**Main Set#2: 6 x 500 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)**

**Load Level: 5**

**Pull Rate:** 30+

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

**Load Level: 3**

**Duration:** 500 Meters

**Pull Rate:** less than 25

**Stretch from head to toe**

- **(Immediately following your above workout-morning & evening) Core & Lower Back Work**

**Workout notes:** complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**Ab Crunch on Fit Ball – pause for 5 seconds:** [click here](#) for instructional video

**Pike Position with eyes closed:** [click here](#) for instructional video

**Plometric pushups:** [click here](#) for instructional video



## Thursday

- **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 #3**

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

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

**Workout Notes:** strive to be consistent for all three main sets. If you have more than a two second deviation, then your average speed needs to increase slightly, or you need to slow down your initial pace. Remember, the idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. Wear your HR monitor to help keep yourself honest throughout this workout.

### 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 Combo Weight Workout: Muscular Endurance Phase 1**

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

**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

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

**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point

### Rep Count:

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

**Sets:** 2

### Post Workout Protocols

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

- **Evening Protocols**

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

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

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

## Friday

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

**Mental Notes:** take 10 minutes and complete these two things (5 minutes each): [Diaphragmic Breathing](#) & pressing your lower back to the floor. Repeat throughout the day as often as your schedule permits.

**Diaphragmic Breathing:** learning how to control your breathing and change your style of breathing: either through your chest or your belly. Belly breathing – activating the diaphragm muscle, is more effective in delivering oxygen to your working muscles.

**Pressing your Lower Back:** to release the tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), you need to [foam roll your quads](#) and then isolate and [stretch the quadriceps](#).

- **Evening Protocols**

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

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

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



## Saturday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1 – Same as Tuesday internationally**

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

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

**Workout Notes:** the fun part of this workout is when you realize that when you take the non-optimum lines, you appreciate the optimum lines. This will interpret into higher levels of momentum and speed will be the by-product. Like the notes indicate, don't worry about lap times but instead focus on the physics of the motorcycle and how to move it around with the brake, throttle and clutch. Focus on using your strength & balance to move the bike around - put the bike where you want/need it to be.

### Post Workout Protocols

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

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

**Misc. Notes:** at this point in the week, your body should be eager to catch a few extra hours of sleep. With this in mind, strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child doses off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.

**Choose one of the following for your afternoon workout (Same as Wednesday intentionally):**

- **Complete Racing Solutions Bike: 1 Mile Intervals (30')**

**Misc. Notes:** this workout is all about tying in your intensity with your pace (given the environmental elements: wind, hills, heat & humidity); as you bring your speed up to HR Z3 mentally focus on using your gearing, cadence, pedal mechanics, and your position on the seat: when the road goes up, your butt needs to slide back on the seat).

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

### Warm Up: HR Zone 1

**Duration:** 2 Miles

**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

**Repeat the following for a total of 10 Miles.**

**1 Mile at High End of HR Zone 3:** with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your **HR Zone 3 & cadence of 75-80 (pedal in full circles).**

**Recover by spinning easily for 1 mile** (Goal is to get your HR down into **HR Z2** or lower before beginning the next interval)

**REPEAT 4X (20 MINUTES MAXIMUM)**

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

**Duration:** 2 Miles

**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**

### Post Workout Protocols

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

- **Complete Racing Solutions Row: Distance Intervals (6500 Meters)**

**Workout Notes:** this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

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

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

**Load Level: 3**

**Distance:** 1000 Meters

**Pull Rate:** 20-25

**Stretch from head to toe**

**Main Set#1: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 3x**

**Load Level: 5**

**Pull Rate:** 30+

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

**Main Set#2: 6 x 500 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)**

**Load Level: 5**

**Pull Rate:** 30+





**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3**      **Duration:** 500 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**

**Post Workout Protocols**

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

▪ **Evening Protocols**

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

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

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

**Sunday**

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #2 – Same as Wednesday internationally**

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

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

**Workout Notes:** This workout is going to fun as well as challenging by changing up your intensity and duration levels throughout the each set. As we discuss regularly, teaching your body to change "gears" specific to your heart rate is the quickest way to find new levels of speed. How many times have we discussed that sometimes you go faster when you "slow down"? Due to the nature of physics, the smoother your ride the faster your lap times; however, it is not a mindset that is widely accepted within the moto world. Stay focused on smooth lines, good technique and deep belly breathing to keep your overall heart rate under control.

**Post Workout Protocols**

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

▪ **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** once you wake up from your 2–3-hour nap; take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat actually penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**

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

**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precautions NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

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

**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point

**Rep Count:**

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

**Sets: 2**

**Post Workout Protocols**

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

▪ **Evening Protocols**

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

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

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

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



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



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



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



**\*\* Note: Complete One (1) of the following after your strength Workout \*\***

<a href="#">Instructional Video – Rowing</a>		
2000 Meter Rowing	Date	Date
Warm up for 200 Meters - Low Intensity		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		

Bicycle Sprints	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		



<b>Complete Racing Solutions Speed MX Workout #1</b> <b>Workout Focus: Consistent Race Speed</b> <b>Total Ride Time: 60 Minutes</b>		
	Description	
<b>Warm Up</b>	<b>Focus: Gradual Warm Up</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> <b>Concept 2™ Rower - 10 minutes: low intensity pulling</b> <a href="#">Instructional Video on how to stretch - head to toe</a> <b>Stretch passively (no bouncing) from head to toe</b>	<b>Less Than 40%</b>
<b>Main Set #1</b>	<b>Set Focus: Consistency Challenge with your start and first turn</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	<b>Complete 10 starts - through the first turn and down the entire first straight (be aggressive!)</b> <b>Keep a close eye on your body position - attack, looking up and using your legs/core combination</b> <b>Take your time from the start to the end of the first straight away</b>	<b>Too Short To Measure</b>
<b>Elapsed Times:</b>	<b>Interval 1:</b>	
<b>Elapsed Times:</b>	<b>Interval 2:</b>	
<b>Performance Recap:</b>	<b>Interval 3:</b>	
	<b>Interval 4:</b>	
	<b>Interval 5:</b>	
	<b>Interval 6:</b>	
	<b>Interval 7:</b>	
	<b>Interval 8:</b>	
	<b>Interval 9:</b>	
	<b>Interval 10:</b>	
	<b>Fastest Time:</b>	
	<b>Average Time:</b>	
	<b>Average Heart Rate:</b>	
	<b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></b>	
<b>Main Set #2</b>	<b>Set Focus: Body Balance - Timing of faster cornering</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	<b>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.</b> <b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></b>	<b>Too Short To Measure</b>
<b>Main Set #3</b>	<b>Set Focus: Aerobic Endurance (15 Minute Moto)</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	<b>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</b>	<b>75-80%</b>
	<b>Moto Specific Heart Rate Zone - Low #</b>	
	<b>High #</b>	
	<b>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</b>	
<b>Performance Recap:</b>	<b>Fastest Time:</b>	
	<b>Average Time:</b>	
	<b>Average Heart Rate:</b>	
	<b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></b>	
<b>Main Set #4</b>	<b>Set Focus: Aerobic Endurance (15 Minute Moto)</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	<b>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</b>	<b>75-80%</b>
	<b>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</b>	
	<b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></b>	
<b>Main Set #5</b>	<b>Set Focus: Aerobic Endurance (15 Minute Moto)</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	<b>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</b>	<b>75-80%</b>
	<b>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</b>	
	<b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></b>	
<b>Warm Down</b>	<b>10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)</b>	<b>&lt; 40%</b>
	<b>Pre-Riding Weight:</b>	<b>Post-Riding Weight:</b>
	<b>Total Fluids Consumed:</b>	<b>Loss/Gain</b>



Complete Racing Solutions Aerobic MX Workout #1 <div>             Workout Focus: Aerobic Enhancement             Total Ride Duration: 120           </div>		
	Description	
<b>Warm Up</b> Elapsed Time	<b>Focus: Gradual Warm Up</b> 10 Minutes of easy riding on the track - increase the intensity slightly every 5 min - very easy! <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe	<b>Intensity</b> 40%
<b>Main Set #1</b> Workout Protocol:	<b>Set Focus: Aerobic Endurance/Warm the Body Up</b> While following your heart rate numbers relevant to the indicated intensity levels, see how smooth and consistent you can be - even with taking the non-optimum lines. Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 10 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum 10 Minutes at 80-85% - smooth lines/maintain momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	<b>Intensity</b>  75-80% 80-85%
<b>Main Set #2</b> Workout Protocol: Elapsed Times:	<b>Set Focus: Opening Lap Intensity - Consistency Challenge</b> Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval Keep a close eye on your body position - attack, looking up and using your legs/core combination Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>  90-95%
<b>Main Set #3</b> Workout Protocol:	<b>Set Focus: Intensive Endurance</b> Similar to Set #1 with edited durations; however, your focus is to be smooth Moto Specific Heart Rate Zone - Low # High # 5 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum 15 Minutes at 80-85% - smooth lines/maintain momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>  75-80% 80-85%
<b>Main Set #4</b> Workout Protocol: Elapsed Times:	<b>Set Focus: Opening Lap Intensity - Consistency Challenge</b> Complete 5 starts plus two laps (be aggressive yet smooth) - 1 Minute Rest Interval Keep a close eye on your body position - attack, looking up and using your legs/core combination Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>  90-95%
<b>Main Set #5</b> Workout Protocol:	<b>Set Focus: Body Balance - Timing of faster cornering</b> 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	<b>Intensity</b> 75%
<b>Warm Down</b>	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

<b>Complete Racing Solutions Speed MX Workout #2</b> <b>Workout Focus: Aerobic Enhancement</b> <b>Total Ride Duration: 100 Minutes</b>		
	Description	Intensity
Warm Up	Set Focus: Gradual Warm Up	
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo <a href="#">Instructional Video - Stretching head to toe</a> Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	Less Than 40%
Main Set #1	Set Focus: Reaction Time & Transitions	Intensity
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A
Main Set #2	Set Focus: Intensive Endurance	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 20 minutes Note: First Five Laps - non optimum lines / Last Five Laps - optimum lines, maximum momentum 80% Heart Rate Number:                      85% Heart Rate Number:	
Elapsed Times:	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	80-85%
Elapsed Times:	Fastest Lap Time:      Average Heart Rate:      Max Heart Rate:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Intensive Endurance	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 20 minutes Note: First Five Laps - non optimum lines / Last Five Laps - optimum lines, maximum momentum 80% Heart Rate Number:                      85% Heart Rate Number:	
Elapsed Times:	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	80-85%
Elapsed Times:	Fastest Lap Time:      Average Heart Rate:      Max Heart Rate:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Intensive Endurance	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 20 minutes Note: First Five Laps - non optimum lines / Last Five Laps - optimum lines, maximum momentum 80% Heart Rate Number:                      85% Heart Rate Number:	
Elapsed Times:	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	80-85%
Elapsed Times:	Fastest Lap Time:      Average Heart Rate:      Max Heart Rate:	
	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)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight:      Ending Weight:      Loss Gain (Loss):	