



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

**Phase One**  
**6 Weeks**  
**3/6**  
**Develop Maximum Strength & Improve Aerobic Base**

**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.**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (25 Minutes)**

**Workout Notes:** don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (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 – you may surprise yourself to find that you can adjust your gearing, increase your speed, and not increase your HR.

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

**Warm Up: HR Zone 1**

**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 Performance Block: 15 minutes (HR Zone 2)**

**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 10 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

**Warm down: HR Zone 1**

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

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

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

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

**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).

- **(Immediately following your bike) Complete Racing Solutions Core Work**

**Workout notes:** complete each of the following exercises for 30 seconds; 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.

**Standing Abdominal Twists:** [click here for video](#)

**Abdominal Pike on Fit Ball:** [click here for video](#)

**Abdominal Roll Out on Fit Ball:** [click here for video](#)

**Ab Crunch on Fit Ball:** [click here for the video link](#)

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **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/meal.



## Tuesday

- **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 #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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

**Workout Notes:** this workout is designed to keep you mentally focused on being smooth – lap times are irrelevant in terms of speed, but rather consistency and “how” you are creating the lap times. The fastest riders in the world “look” smooth and as a result they are fast. Most amateur riders “look” fast, but are nowhere close to the same speed – think about this and take it to the track. Execution of skills & drills will create the consistency we are looking for.

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (30 Seconds)**

**Note: if you rode this morning, discard these protocols and focus on eating and getting to bed early enough for 8-9 hours**

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

**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deeply and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

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

**Speed of Lift:** quick and smooth

**Repetitions:** as many as you can complete in 30 seconds with proper form OR number of reps as listed

**Sets:** 2

**Rest Interval:** none in between exercises; 1 minute in between cycles

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **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/meal.



## Wednesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Bike: Heart Rate Ladder Workout (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 warm-up, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75-85) – continue to “push the pace” until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number – repeat in 20-minute blocks.

### Warm up (HR Zone 1):

**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 (HR Z3)

**Misc. Notes:** Toggle between your lower and upper number in **HR Z3** for 15 minutes

### Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 10 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

- **(Immediately following your HR Ladders) Complete Racing Solutions Core Work**

**Workout notes:** complete each of the following exercises for 30 seconds; 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.

- **Standing Abdominal Twists:** [click here for video](#)
- **Abdominal Roll Out on Fit Ball:** [click here for video link](#)

**Abdominal Pike on Fit Ball:** [click here for video](#)

**Ab Crunch on Fit Ball:** [click here for the video](#)

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **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/meal.

## 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 #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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

**Workout Notes:** Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels.

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of low blood sugar and fluids - so plan ahead. Also just like race day, the track will break down and you should strive to focus on maintaining your momentum where ever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't short change yourself!

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

**Note: if you rode this morning, discard these protocols and focus on eating and getting to bed early enough for 8-9 hours**

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (30 Seconds)**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]

**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

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

**Speed of Lift:** quick and smooth

**Repetitions:** as many as you can complete in 30 seconds with proper form OR number of reps as listed

**Sets:** 2

**Rest Interval:** none in between exercises; 1 minute in between cycles



## Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **Complete Rest Day**  
**Misc. Notes:** allowing yourself to sleep and not wake up with an alarm will decrease the amount of cortisol in your blood [Note: cortisol is a hormone that is released into the blood when the body is highly stressed and referred to within the human performance community as a fat magnet]. In addition to lowering your blood cortisol levels, waking up without an alarm helps you determine what your optimum amount of sleep is given and how your body is responding to the volume & intensity of training that you are maintaining. Remember, it is not what you do in training that makes you stronger, but rather what you do regarding your nutrition and hydration.
- **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/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 #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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).  
  
**Workout Notes:** this workout is designed to keep you mentally focused on being smooth – lap times are irrelevant in terms of speed, but rather consistency and “how” you are creating the lap times. The fastest riders in the world “look” smooth and as a result they are fast. Most amateur riders “look” fast, but are nowhere close to the same speed – think about this and take it to the track. Execution of skills & drills will create the consistency we are looking for.  
**Post Workout Protocols**
  - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
  - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **2 Hour Nap After Lunch**  
**Misc. Notes:** as you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.
- **Evening Protocols**  
**Flexibility:** 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/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 #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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

**Workout Notes:** Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels. This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of low blood sugar and fluids - so plan ahead. Also just like race day, the track will break down and you should strive to focus on maintaining your momentum where ever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't short change yourself!

### Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **2 Hour Nap After Lunch**

**Misc. Notes:** if logistically possible, do not wake yourself up from this nap with an alarm. Just out of curiosity, see how many hours you sleep. This will provide us a clear indicator of your fatigue; the big question is where this fatigue is coming from: intensity levels, duration levels, food intake, hydration levels, hours of sleep and consistency in your recovery protocols (stretching and trigger point therapy). Remember that your health and ultimately your performance is a direct result of your consistency in all these performance areas (some that require sweating and some that don't!).
- **(\*\* If You Were Able to Nap – Complete Before Dinner) Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (30 Seconds)**

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

**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

**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.

**Speed of Lift:** quick and smooth

**Repetitions:** as many as you can complete in 30 seconds with proper form OR number of reps as listed

**Sets:** 2

**Rest Interval:** none in between exercises; 1 minute in between cycles

**Post Workout Protocols**

  - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
  - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **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/meal.

Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges			
Warm Up			
Concept 2™ Rower or Spin on Bike - 10 minutes Easy			
CYCLE ONE			
Pike - Push Up - Pike (30 Seconds)			
<a href="#">Instructional Video: Pike-Push Up-Pike</a>	Date	Date	Date
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
Isolated Leg & Frankenstein's on Bench			
<a href="#">Instructional Video: Isolated Leg on Bench</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
CYCLE TWO			
Air Squats			
<a href="#">Instructional Video: Air Squats</a>	Date	Date	Date
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
Hamstring Press-Extension on Fit Ball			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
CYCLE THREE			
Overhead Extension-Triceps Press (Not Fast-Good Form)			
<a href="#">Instructional Videos: Overhead Extension-Triceps Press</a>	Date	Date	Date
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
Step Up & Calf Raises (no weight)			
<a href="#">Instructional Video: Step up &amp; Calf Raise</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			

CYCLE FOUR	Date	Date	Date
<b>Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)</b>			
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>Individual Chest Press on Fit Ball</b>			
<a href="#">Instructional Video: Individual Chest Press on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
CYCLE FIVE	Date	Date	Date
<b>Incline Press on Fit Ball</b>			
<a href="#">Instructional Video: Incline Press on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>Rear Deltoid</b>			
<a href="#">Instructional Videos: Rear Deltoid</a>			
<b>Weight (Light – easy muscle to tear)</b>			
<b>Set 1 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (Goal 6-8 reps with perfect form-no momentum)</b>			
CYCLE SIX	Date	Date	Date
<b>Chest Fly with Deep Pause on Fit Ball</b>			
<a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>Side Skaters</b>			
<a href="#">Instructional Videos: Side Skaters (Inner Thigh)</a>			
<b>Set 1 (good form – land lightly)</b>			
<b>Set 2 (good for – land lightly – strive to surpass Set #1)</b>			

CYCLE SEVEN	Date	Date	Date
<b>Abs: Knees to Chest</b>			
<a href="#">Instructional Video: Hanging Knees to Chest</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>Abs: Open Rotation</b>			
<a href="#">Instructional Videos: Abs-Open Rotation</a>			
<b>Set 1 (as many as you can complete in 30 seconds-PER SIDE)</b>			
<b>Set 2 (as many as you can complete in 30 seconds-PER SIDE)</b>			
<b>Abs: Hip Risers</b>			
<a href="#">Instructional Videos: Hip Risers</a>			
<b>Set 1 (as many as you can complete in 30 seconds-PER SIDE)</b>			
<b>Set 2 (as many as you can complete in 30 seconds-PER SIDE)</b>			
<b>10 Minutes - Bike Intervals</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
Warm up for 2 Minutes - Low Intensity (Light Load Levels)			
Note: increase the load levels to MODERATE			
1 Minutes @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minutes @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minutes @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minutes @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minutes @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			





Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Elapsed Time	15 Minutes of easy riding on the track - increase the intensity slightly every 5 min - very easy! Stretch passively (no bouncing) from head to toe	< 40%
Main Set #1-Starts	Set Focus: Opening Lap Intensity - Consistency Challenge	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:	70-75%
Elapsed Times:	Interval 6:      Interval 7:      Interval 8:      Interval 9:      Interval 10:	70-75%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	
Main Set #2-20 Min. Moto	Set Focus: Intensive Endurance	Intensity
Workout Protocol:	During this 20 minute moto, your goal is to "feel" yourself getting slightly faster and validating with slightly faster lap times. The question to answer is "how" are you increasing your speed? Ideally your speed isn't achieved by more effort, but rather, faster transitions from gas to brakes. 5 Minutes at 75% - smooth lines/maintain momentum 5 Minutes at 80% - non optimum lines/move the bike with your muscles - not momentum 10 Minutes at 85% - smooth lines/maintain momentum	75% 80% 85%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	
Main Set #3-Starts	Set Focus: Opening Lap Intensity - Consistency Challenge	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:	70-75%
Elapsed Times:	Interval 6:      Interval 7:      Interval 8:      Interval 9:      Interval 10:	70-75%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	
Main Set #4-20 Min. Moto	Set Focus: Intensive Endurance	Intensity
Workout Protocol:	Use your lap times from Main Set #2 and see how close you can come to them (now that the track has broken down) at the same intensity levels. The best riders in the world are able to maintain a low heart rate in rough riding conditions by focusing on being smooth and relaxed. 5 Minutes at 75% - smooth lines/maintain momentum 5 Minutes at 80% - non optimum lines/move the bike with your muscles - not momentum 10 Minutes at 85% - smooth lines/maintain momentum	75% 80% 85%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	
Main Set #5-Turns for 15 minutes	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 <a href="#">Energy Fuel</a>	70-75%
	REPEAT THE STARTS/15 MIN MOTO/15 MIN MOTO/TURNS	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%



<b>Complete Racing Solutions MX Speed Workout #1</b>		
<b>Workout Focus: Consistent Race Speed</b>		<b>Total Ride Time: 60 Minutes</b>
<b>Description</b>		
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b>	<b>Intensity</b>
	<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 Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	<b>Less Than 50%</b>
<b>Main Set #1</b>	<b>Focus: Smooth start and fast five (5) laps</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High #	<b>90-95%</b>
<b>Elapsed Times:</b>	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
<b>Elapsed Times:</b>	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
<b>Main Set #2</b>	<b>Focus: Smooth start and fast three (3) laps</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #	<b>90-95%</b>
<b>Elapsed Times:</b>	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
<b>Elapsed Times:</b>	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
<b>Main Set #3</b>	<b>Focus: Smooth start and fast two (2) laps</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #	<b>90-95%</b>
<b>Elapsed Times:</b>	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR:	
	Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
<b>Elapsed Times:</b>	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR:	
<b>Warm Down</b>	Easy riding - nothing structured or intense; allow the HR to come down slowly	<b>40%</b>
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	

### Complete Racing Solutions MX Speed Workout #1

**Workout Notes:** Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels.

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of low blood sugar and fluids - so plan ahead. Also, just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!