



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 13
6 Weeks
1/6
Race Specific Speed, Strength, and Endurance

Intensity Note:

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

Monday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete Rest Day**
Misc. Notes: let your focus for today be to optimize your range of motion throughout your entire body. This includes maintaining your hydration levels (half of your body weight in ounces of water); consistent consumption of fruits and vegetables (loaded with natural electrolytes and water) and spending 15-20 minutes of [foam rolling, isolated stretching, and dynamic stretches](#). By improving your range of motion (i.e., reducing the amount of restriction within the muscles) will improve both your strength & endurance from the inside out.
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Face your fear of Failure](#)" – [video link](#)

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: this workout will yield high results if you pay close attention to your heart rate during the first 15 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high-intensity levels. Fluid & calorie intake will be the key to a productive workout here.
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are familiar with a longer duration.
Pre-Hydration & Nutrition: 10-15 minutes before this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Sets: 2
Duration: 40 Seconds (unless otherwise noted)
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 [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes

Complete One of the Following for your Morning Workout:

- **Complete Racing Solutions Row: HR Intensity Blocks (60-70 Minutes)**

Workout Notes: this workout is going to acclimate your body to stay 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 before 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:** 2000 Meters **Pull Rate:** 20-25 **Stretch from head to toe**

Main Set#1: 5 x 1000 Meters: pick up the pace every 200 meters up to HR Z3 (no higher)

Load Level: 7 **Pull Rate:** 25-35

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

Main Set#2: 5 x 1000 meters: HR Z3 (no higher or lower) - 500 meters/ Active Recovery: HR Z2 or less (no higher)

Load Level: 7 **Pull Rate:** 25+

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

Load Level: 3 **Duration:** 1000 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 tomorrow's workouts more productive).

- **Complete Racing Solutions Even Tempo Bike (90 Minutes)**

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

Pre-Hydration & Nutrition: 10-15 minutes before 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: 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 Performance Block (HR Zone 2): 1:15

Set Notes: Keep your cadence between 85-95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves, and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 minutes.

Cool 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 gets you into HR Z1

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

Post Workout Protocols

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

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



Thursday

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

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

Workout Notes: don't let the intensity levels throw you off, if you maintain 80-85% for 90 minutes, you will find that you have plenty of energy for the last set. Make a mental decision to NOT increase your effort (based on your heart rate) even though you will be comfortable enough to do so. Keep in mind that this workout needs to be completed within your aerobic intensity zones to ensure that you are ready for your high-intensity workouts during the rest of the week.

Post Workout Protocols

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

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout**

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

Workout Notes: these exercises are familiar with a longer duration.

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

Sets: 2

Duration: 40 Seconds (unless otherwise noted)

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).

Speed of Lift: consistent through the entire range of motion

Rest Interval: none in between exercises; 1:00 in between cycles

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

Friday

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

Complete One (1) of the following for your morning workout:

- **Complete Racing Solutions Row: Heart Rate Intensity Blocks (55 Minutes)**

Misc. Notes: for maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels" like increases your familiarity with the intensity and associated speed. This awareness also provides you feedback regarding how long you can maintain the various intensity levels (keep in mind the inverse relationship of volume & intensity – the higher the intensity, the lower the duration you can maintain and visa versa).

Pre-Hydration & Nutrition: 10-15 minutes before 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 leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Duration: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

Main Set#1: Have your HR Zones written down and easily visible during this workout to eliminate missing your intensity levels

Load Level: 7 **Pull Rate:** 25-35

Settle into each HR Zone as quickly as possible and then settle into the effort level with perfect form and deep breathing

15 Minutes: Upper range (5 beats of your top number) of **HR Z2**

15 Minutes: Lower range (5 beats of your low number) of **HR Z3**

15 Minutes: Upper range (5 beats of your top number) of **HR Z3**

Total of 45 minutes

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

Load Level: 2

Duration: 5 Minutes

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 tomorrow's workouts more productive).

- **Complete Racing Solutions Bike: Heart Rate Intervals (75 Minutes)**

Misc. Notes: For this workout, you will need your HR zone numbers specific to **HR Z2 and Z3**; the interval doesn't begin until you get within the indicated HR zone numbers.



Pre-Hydration & Nutrition: 10-15 minutes before 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: 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 Performance Block: 75 Minutes (HR Zone 3)

Set Notes: the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

5 Minutes **High End of HR Z4** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

10 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary

Repeat 4x for a total of 60 minutes of work

Cool 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 gets you into **HR Z1**

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

Post Workout Protocols

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

▪ **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

Saturday

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

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

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

Workout Notes: 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 insufficient calories 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 detail and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

Post Workout Protocols

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

- **2 Hour Power Nap after lunch**

Misc. Notes: think about this nap as a shortcut to the top! The extra two hours of rest and recovery will ensure that your body is getting the necessary hGH (human growth hormone) along with a time to simply relax: mentally and physically. You have earned this extra dose of sleep, so take full advantage of it.

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

Psychology: concept video "[Face your fear of Failure](#)" – [video link](#)



Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX Aerobic Workout #2**

[Please reference the spreadsheet at the bottom of this document]

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 the last lap. If possible, try to wear your HR monitor to help keep you 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 tomorrow's workouts more productive).

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

Misc. Notes: snacks are a key component to the quality of your nap. Mix things up with a multi-grain bagel with some almond butter and an avocado. This will give you the quality fat and protein needed to satisfy your appetite and feed your muscles for additional muscle growth.

- **(Afternoon Workout – No Nap, No Evening Ride) Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (90')**

Workout Notes: 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 before 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: 20 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: 60 minutes (HR Zone 2)

Set Notes: with your cadence between 75-85; the 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. Hydrate with [Energy Fuel](#), [Complete Red](#) & [Purples](#) to maintain your blood sugar & energy levels.

Warm down: 10 Minutes (HR Zone 1)

Duration: 10 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 before 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 tomorrow's workouts more productive).

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



Complete Racing Solutions Combo Weight Workout	Date	Date
Easy Row or Spin on Bike - 10 minutes		
Stretch - Head to Toe		
Full Body Stretch - Instructional Video		
Cycle 1		
Marching Bridge		
Instructional Video - Marching Bridge		
Rep Count - Right Leg		
Rep Count - Left Leg		
Rep Count - Right Leg		
Rep Count - Left Leg		
Low Back Extension off of Fit Ball		
Instructional Video - Low Back Extension off of Fit Ball		
Reps Set #1		
Reps Set #2		
Single Leg Step Up with Weight		
Instructional Video - Single Leg Step Up with Weight		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 2		
Hanging Abdominal Knee Raises (Goal 8 Reps)		
Instructional Video - Hanging Abdominal Knee Raises		
Reps Set #1		
Reps Set #2		
Chest Fly with Pause on Fit Ball		
Instructional Video - Chest Fly on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
2 Legged Box Hops - 60 seconds		
Instructional Video - 2-Legged Box Hops		
Reps Set #1		
Reps Set #2		



Cycle 3		
Flat Bench Press on Fit Ball		
Instructional Video - Flat Bench Press on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
Hamstring Press with Extension on Fit Ball		
Instructional Video - Hamstring Press with Extension on Fit Ball		
Reps Set #1		
Reps Set #2		
Push Up - Knee to Shoulder		
Instructional Video - Push Up-Knee to Shoulder		
Reps Set #1		
Reps Set #2		
Biceps - 14's		
Instructional Video - Bicep 14's		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 4		
Abdominal Criss Cross		
Instructional Video - Abdominal Criss Cross		
Reps Set #1		
Reps Set #2		
Single Leg Push Ups		
Instructional Video - Single Leg Push Ups		
Reps Set #1		
Reps Set #2		
Abdominal Open Rotation		
Instructional Video - Abdominal Open Rotation		
Reps Set #1		
Reps Set #2		
Abdominal - Hip Risers		
Instructional Video - Abdominal Hip Risers		
Rep Count Right		
Rep Count Left		
Rep Count Right		
Rep Count Left		



Complete Racing Solutions MX Speed Workout #1	Workout Focus: Aerobic Enhancement & Speed	Total Duration: 90 Minutes	
	Description		Intensity
Warm Up	Set Focus: Gradual Warm Up		
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Less Than 50%
Main Set #1	Set Focus: Perfect Execution of Pre-Race Routine and Starts		Intensity
Workout Protocol:	Complete 10 starts with your emphasis being on transitioning from over the gate to shifting up and pulling back on the bars for a deeper hook-up of the rear wheel.		
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:		Too Short To Evaluate
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:		
Performance Recap:	Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #2	Set Focus: Aerobic Enhancement		Intensity
Workout Protocol:	Your goal is to stay aerobic (based on your actual heart rate) for the first 10 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 5 minutes		
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #		
Performance Recap:	15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:		80-85%
Performance Recap:	5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR:		90-95%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Set Focus: Aerobic Enhancement		Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing		
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #		
Performance Recap:	15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:		80-85%
Performance Recap:	5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR:		90-95%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #4	Set Focus: Aerobic Enhancement		Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing		
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #		
Performance Recap:	15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:		80-85%
Performance Recap:	5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR:		90-95%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
	Pre-Riding Weight: Post-Riding Weight:		
	Total Fluids Consumed: Loss/Gain		



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Complete Racing Solutions MX Speed Workout #2		Workout Focus: Consistent Speed	Total Ride Time: 2 Hours	
	Description			Intensity
Warm Up	Set Focus: Gradual Warm Up			
	Instructional Video on how to set up the Concept 2 Rower Ride a bike or Concept 2 rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel			Less Than 50%
Set #1	Focus: Smooth Riding at a Specific Effort			Intensity
Workout Protocol:	Over the next 20 minutes, maintain the highest rate of speed while staying consistent for the entire duration (good throttle, clutch, and brake control to maximize your momentum). Moto Specific Heart Rate Zone - Low # High #			
Elapsed Times:	20 Minute Interval #1: Average HR: Max HR:			85-90%
	Rest For 20 Minutes - Stretch from head to toe / Re-hydrate			
Elapsed Times:	20 Minute Interval #1: Average HR: Max HR:			85-90%
	Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel			
Set #2	Focus: Smooth Riding at a Specific Effort			Intensity
Workout Protocol:	Your goal is to maintain good body position and momentum (accomplish this by squeezing your knees & looking ahead) Moto Specific Heart Rate Zone - Low # High #			
Elapsed Times:	15 Minute Interval #1: Average HR: Max HR:			90-95%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate			
Elapsed Times:	15 Minute Interval #1: Average HR: Max HR:			90-95%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel			
Set #3	Focus: Smooth Riding at a Specific Effort			Intensity
Workout Protocol:	Your goal is to breathe through your stomach versus your chest to maximize your oxygen uptake Moto Specific Heart Rate Zone - Low # High #			
Elapsed Times:	5 Minute Interval #1: Average HR: Max HR:			90-95%
	Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel			
Elapsed Times:	5 Minute Interval #1: Average HR: Max HR:			90-95%
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly			40%
	Pre-Riding Weight: Post-Riding Weight:			
	Total Fluids Consumed: Loss/Gain			

Complete Racing Solutions MX Speed Workout #2

Workout 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 insufficient calories 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 detail and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

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 Aerobic MX Workout #2		
Workout Focus: Muscular Endurance and Strength		
	Description	Intensity
Warm Up - 10 Minutes	Focus: Gradual Warm Up	
Protocols:	C2 Row or Bike for 10 minutes - break a solid sweat before moving over to your motorcycle Stretch for 5 minutes - head to toe; hydrate if needed	40%
Main Set #1	Focus: Starts & Transitions	Intensity
Protocols:	10 Minutes of starts - use your core; keep your upper body relaxed 10 Minutes of first turn transition - push with the outer knee and keep the inner knee pressed up Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A
Main Set #2	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	
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 Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	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	
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 Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	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	
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 Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Elapsed Times:	Fastest Time: Slowest Time: Average Time: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Focus: Starts & Transitions	Intensity
Protocols:	10 Minutes of starts - use your core; keep your upper body relaxed 10 Minutes of first turn transition - push with the outer knee and keep the inner knee pressed up Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with SPORTS DRINK	N/A N/A
Warm Down	10 minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout. Beginning Weight: Ending Weight: Loss Gain (Loss):	40%