



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 13
6 Weeks
3/6
Enhanced Speed, Endurance and Durability

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 Report Card to log this information for evaluation purposes**
- **Complete Rest Day**
Misc. Notes: the key to long-term improvement in your health, wellness, and ultimately your performance is to improve something every day by 1%. We have discussed this together previously, but what makes this concept so powerful now is the fact that you have a foundation that makes your 1% improvement that much more powerful. The bigger the base of accomplishment, the more momentum you will gain – especially when you are void of injury or illness. Remember that the muscles, tendons, ligaments, and blood chemistry are a result of what you eat and drink over the next six months – the amount of time to completely replace your body. With this in mind, plan with your eating: purchasing, prepping, and, assuming the food that is high in vitamins, minerals, and clean pr, protein sources.
- **Evening Protocols**
Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; for 90 seconds breathe without the straw; focus on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
Mental Imagery: after implementing 10-15 deep belly breaths, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
Shin Stripping: in addition to your foam [Roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for the legs.

Tuesday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions P13 Combo Strength Workout (Note Slightly Longer Duration)**
[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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
Sets: 2
Duration: 50 Seconds (unless otherwise noted)
Speed of Lift: consistent through the entire range of motion
Rest Interval: none in between exercises; 1:00 in between cycles
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **Evening Protocols** – please reference yesterday's notes & video links



Wednesday

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

- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (60 Minutes)**

Misc. Notes: For this workout, you will need to know your HR Z3 numbers (high and low specific numbers).

Pre-Hydration & Nutrition: 10-15 minutes before 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: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 minutes

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

Misc.: stretch and hydrate before moving into your main set

Main Set: Heart Rate Pacing Blocks: 50 Minutes

Settle into the low end of **HR Z3** and maintain for **7 minutes**

After 7 minutes increase your intensity to the high end of **HR Z3** and maintain for **7 minutes**.

After 3 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

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

Duration: 5 minutes

Gearing: the easiest combination that gets you into **HR Z1**

Cadence: 85-90

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

- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (60 Minutes)**

Misc. Notes: For this workout, you will need to know your HR Z3 numbers (high and low specific numbers).

Pre-Hydration & Nutrition: 10-15 minutes before 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 Z1): 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 your lower body](#)

Main Set: Heart Rate Pacing Blocks: 50 Minutes

Settle into the low end of **HR Z3** and maintain for **7 minutes**

After 7 minutes increase your intensity to the high end of **HR Z3** and maintain for **7 minutes**.

After 3 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

Cool Down (HR Z1): Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

Load Level: 2

Distance: 5 Minutes

Pull Rate: less than 25

[Stretch from head to toe](#)

- **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & Lower Back Work**

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

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

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

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

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

Post Workout Protocols

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

- **Evening Protocols** – please reference yesterday's notes & video links



Thursday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions P13 Combo Strength Workout (Note Slightly Longer Duration)**
[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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
Sets: 2
Duration: 40 Seconds (unless otherwise noted)
Speed of Lift: consistent through the entire range of motion
Rest Interval: none in between exercises; 1:00 in between cycles
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **Evening Protocols** – please reference yesterday's notes & video links

Friday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
Choose one of the following for your morning & evening workout:
- **Complete Racing Solutions Bike: Intensity Intervals (60 Minutes)**
Misc. Notes: as you go through these intervals remember that the idea is to create "muscle confusion". By cruising at a consistent (and comfortable pace) will push you aerobically; then when you push the power and upper end of your aerobic engine for the second half of the interval, you will create both power and lactate tolerance. As you begin to fatigue (mentally & physically) focus on good form to avoid any unwanted injuries (this will set us back both mentally and physically).
Pre-Hydration & Nutrition: 10-15 minutes before 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: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 10 minutes
Cadence: 80-90 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: stretch and hydrate before moving into your main set
Main Set: Intensity Based Intervals: 15 x 3 Minutes
Seated acceleration for 2:30 seconds
Standing acceleration for 30 seconds
Rest 1 Minute
Repeat the 3 Minute blocks 15 times for a total of 45 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 to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **Complete Racing Solutions Row: Intensity Intervals (60 Minutes)**
Misc. Notes: For your main set, set your monitor to 500-meter intervals plus 1:00 minute rest interval
Pre-Hydration & Nutrition: 10-15 minutes before 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 Z1): Focus on a straight back leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 **Duration:** 10 Minutes **Pull Rate:** less than 25 [Stretch your lower body](#)
Main Set #1: Intensity Based Intervals: 15 x 500 Meters
Load Level: 5 **Duration:** 500 Meters **Pull Rate:** 25-30
250 Meters – Aerobic within **HR Z2**
250 Meters – **HR Z3+** / as fast as you can cover 250 meters
1 Minute Rest Interval
Repeat 15x
Cool Down (HR Z1): Focus on a straight back leading with your legs and finishing with your arms coming to your chest.
Load Level: 2 **Distance:** 5 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**
- **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & Lower Back Work**



- **Workout notes:** complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.
- **Push Up-Knee to Shoulder:** [how to video](#)
- **Abdominal Open Rotation:** [how to video](#)
- **Abdominal Chris Cross:** [how to video](#)
- **Ab Hip Risers:** [how to video](#)

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **Evening Protocols** – please reference yesterday's notes & video links

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 #1**
[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: this workout is going to challenge you to create an opening lap speed and then be able to find the fastest lines and duplicate the speed interval after interval. Remember, it doesn't help you to go fast for one lap and then fall off the pace, your goal is to create a consistent speed for as many laps as the moto is long. Due to the high level of intensity, your pre-ride meal needs to be loaded with protein and carbs (pancakes, waffles, toast, etc.) & consumed 2 hours before beginning this workout. Maintaining your blood sugar in between sets will improve the overall quality and outcome of the workout.

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 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 Protocols** – please reference yesterday's notes and video links

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 #1**
[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: To get the most out of this workout, make sure that you allow yourself some room to pick up the pace in the second half of your main intervals. Wear a HR monitor to keep you from going too hard initially - pay close attention to the indicated intensity levels. Proper hydration will be imperative for you to optimize your time - mental clarity will be important for the last interval of starts.

- **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.
- **(Afternoon Workout – No Nap, No Evening Ride) Complete Racing Solutions Bike: Heart Rate Pacing Blocks (60 Minutes)**
Misc. Notes: your focus for this workout is to generate power and then actively recover with optimized biomechanics. Be careful not to go out too hard and blow up – this is a “habit” you want to refrain from creating. The goal is always to get progressively stronger as each interval transpires. Your heart rate monitor will be your pacing device, not your actual pace – remember, you are developing energy systems within your body, not striving to achieve some specific pace (that will come later in the season).

Pre-Hydration & Nutrition: 10-15 minutes before 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: Focus on [optimum pedal mechanics](#) right from the beginning

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: Heart Rate Pacing Blocks: 50 Minutes

200 Meters Aerobic – HR Z2 or less (After sprint effort #1, this becomes a recovery interval)

100 Meter Sprint Effort – HR Z3 plus (You have to complete 50 minutes worth of these intervals, so pace yourself)

Repeat for 50 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**

- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (60 Minutes)**



Misc. Notes: please reference the notes from above.

Pre-Hydration & Nutrition: 10-15 minutes before 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 Z1): 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 your lower body](#)

Main Set: Heart Rate Pacing Blocks: 50 Minutes

2 Minutes Aerobic – HR Z2 or less (After sprint effort #1, this becomes a recovery interval)

1 Minute Sprint Effort – HR Z3 plus (You have to complete 50 minutes worth of these intervals, so pace yourself)

Repeat for 51 minutes.

Cool Down (HR Z1): Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

Load Level: 2 **Distance:** 4 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

▪ **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & Lower Back Work**

- **Workout notes:** complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.
- **Push Up-Knee to Shoulder:** [how to video](#) **Abdominal Chris Cross:** [how to video](#)
- **Abdominal Open Rotation:** [how to video](#) **Ab Hip Risers:** [how to video](#)

Post Workout Protocols

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

▪ **Evening Protocols** – please reference Monday's notes and video links.

Complete Racing Solutions P13 Combo Strength Workout (Increase Duration to 50 Seconds)	Date	Date
Easy Row or Spin on Bike - 10 minutes		
Stretch - Head to Toe		
<u>Full Body Stretch - Instructional Video</u>		
Cycle 1		
Marching Bridge		
<u>Instructional Video - Marching Bridge</u>		
Rep Count - Right Leg		
Rep Count - Left Leg		
Rep Count - Right Leg		
Rep Count - Left Leg		
Low Back Extension off of Fit Ball		
<u>Instructional Video - Low Back Extension off of Fit Ball</u>		
Reps Set #1		
Reps Set #2		
Single Leg Step Up with Weight		
<u>Instructional Video - Single Leg Step Up with Weight</u>		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 2		
Hanging Abdominal Knee Raises (Goal 8 Reps)		
<u>Instructional Video - Hanging Abdominal Knee Raises</u>		
Reps Set #1		
Reps Set #2		
Chest Fly with Pause on Fit Ball		
<u>Instructional Video - Chest Fly on Fit Ball</u>		
Weight		
Reps Set #1		
Reps Set #2		
2 Legged Box Hops - 60 seconds		
<u>Instructional Video - 2-Legged Box Hops</u>		
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		

CRS MX Speed Workout #1		Workout Focus: Opening Speed				Total Ride Time: 60 Minutes	
	Description						
Warm Up	Set Focus: Gradual Warm Up						Intensity
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easily 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: Pre-Race Routine						Intensity
Workout Protocol:	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						Too Short To Evaluate
Main Set #2	Set Focus: Opening Lap Speed						Intensity
Workout Protocol:	This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity. Moto Specific Heart Rate Zone - Low # High # 5 Minutes (no more or less) - Stretch and hydrate as necessary						
Rest Interval	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
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 #3	Set Focus: Hold Consistent Times At An Aerobic Effort						Intensity
Workout Protocol:	Hold your pace for all 10 laps (maximum time 20 Minutes) Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals. Moto Specific Heart Rate Zone - Low # High #						
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%	
Performance	Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:		
Recap:	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #4	Set Focus: Hold Consistent Times At An Aerobic Effort						Intensity
Workout Protocol:	Hold your pace for all 10 laps (maximum time 20 minutes) With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate. Moto Specific Heart Rate Zone - Low # High #						
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%	
Performance	Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:		
Recap:							
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down						40%
	Pre-Riding Weight:		Post-Riding Weight:				
	Total Fluids Consumed:		Loss/Gain				

CRS Aerobic MX Workout #1							Workout Focus: Aerobic Enhancement / Pacing						
		Description											
Warm Up		Focus: generate blood flow into all the working muscles											
Warm Up		Set Focus: Gradual Warm Up						Intensity					
		Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easily for 10 minutes - even tempo Instructional Video - Stretching head to toe Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						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: Aerobic Enhancement / Negative Split						Intensity					
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two-second deviation) for 30 minutes. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.											
Elapsed Times:		Lap 1 Time:		Lap 2 Time:		Lap 3 Time:		Lap 4 Time:		Lap 5 Time:		75-80%	
Elapsed Times:		Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:		75-80%	
Elapsed Times:		Lap 11 Time:		Lap 12 Time:		Lap 13 Time:		Lap 14 Time:		Lap 15 Time:		90-95%	
		Fastest Lap Time:		Average Lap Pace:		Avg. Heart Rate:		Max HR:					
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel											
Main Set #3		Set Focus: Aerobic Enhancement / Negative Split						Intensity					
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two-second deviation) for 30 minutes. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.											
Elapsed Times:		Lap 1 Time:		Lap 2 Time:		Lap 3 Time:		Lap 4 Time:		Lap 5 Time:		75-80%	
Elapsed Times:		Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:		75-80%	
Elapsed Times:		Lap 11 Time:		Lap 12 Time:		Lap 13 Time:		Lap 14 Time:		Lap 15 Time:		90-95%	
		Fastest Lap Time:		Average Lap Pace:		Avg. Heart Rate:		Max HR:					
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel											
Main Set #4		Set Focus: Aerobic Enhancement / Negative Split						Intensity					
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two-second deviation) for 30 minutes. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.											
Elapsed Times:		Lap 1 Time:		Lap 2 Time:		Lap 3 Time:		Lap 4 Time:		Lap 5 Time:		75-80%	
Elapsed Times:		Lap 6 Time:		Lap 7 Time:		Lap 8 Time:		Lap 9 Time:		Lap 10 Time:		75-80%	
Elapsed Times:		Lap 11 Time:		Lap 12 Time:		Lap 13 Time:		Lap 14 Time:		Lap 15 Time:		90-95%	
		Fastest Lap Time:		Average Lap Pace:		Avg. Heart Rate:		Max HR:					
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel											
Main Set #5		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					
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):
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