



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 13
6 Weeks
4/6
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: pay close attention to your daily food intake and your daily performance results; at the end of each workout, you should feel like you could have gone a little longer or harder. However, if you are experiencing feelings of hunger (hollowed stomach, growling stomach, etc.), then you need to bump up your calories – start with 50-100 extra calories (1 bottle of [Energy Fuel](#) or half of a banana) and evaluate if it is enough. Ironically, the human body is like a car, if it runs out of fuel, it isn't going to be very productive. If you consistently run out of fuel during your workouts, you will yield less productivity from the workout as well as add stress to your body physically and psychologically.
- **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 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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Sets: 2
Duration: 50 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** – please reference Monday's notes & links.



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Complete One of the Following) Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (60 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 [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: 15 minutes (no shorter)

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: 1 Mile Intervals at HR Z2 (No Higher): 40 Minutes

1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**

½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**

Repeat for 40 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: 500 Meter Aerobic Intervals (60 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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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

Load Level: 3

Duration: 15 Minutes (no shorter)

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 40 Minutes

Load Level: 5

500 Meter Interval: Fastest pace you can maintain while settling into **HR Z2**

1 Minute Recovery: Lower your effort to bring your **HR into Z1**

Repeat for 40 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: 3

Distance: 5 Minutes

Pull Rate: less than 25

[Stretch from head to toe](#)

- **(Immediately Following Cross Training Workout) Complete Racing Solutions (CRS) 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 [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **Evening Protocols** – please reference Monday's notes & links.

Thursday

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

- **(Morning 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 [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 [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **Evening Protocols** – please reference Monday's notes & links.



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Complete One of the Following) Complete Racing Solutions Bike: 5 Minute Intensity Blocks (60 Minutes)**
 - Misc. Notes:** these intervals are designed to push you both mentally & physically so begin this work out fresh: hydrated, rested, properly fed, and topped off with your Energy Fuel (for optimum muscle contraction). As you go through the first 5-minute set, remember that you have to complete 9 more intervals, so don't blow yourself up by going too hard!
 - 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 **Gearing:** small chain ring up front, middle rear gearing
 - Cadence:** 80-90 (no higher/lower) **Misc.:** stretch and hydrate before moving into your main set
 - Main Set: Intensity Based Intervals: 10 x 5 Minutes**
 - 2-Minute Interval: Fastest pace you can maintain while in the lower end of **HR Z2**
 - 2 Minute Interval: Pick up the pace by 1 mile per hour and slip into the upper end of **HR Z3**
 - 1 Minute Standing Interval: Pick up the pace and maintain for 1 minute (dig deep here!) **NO HR LIMIT**
 - Repeat the 5 Minute blocks 10 times for a total of 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: Intensity Blocks (60 Minutes)**
 - Misc. Notes:** set your monitor to straight time for the duration of the workout.
 - 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 and 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: Intensity Based Intervals: 10 x 5 Minutes**
 - Load Level: 5** **Duration:** 500 Meters **Pull Rate:** 25-30
 - 2-Minute Interval: Fastest pace you can maintain while in the lower end of **HR Z2**
 - 2 Minute Interval: Pick up the pace by 2-5 seconds and slip into the upper end of **HR Z3**
 - 1 Minute Sprint Interval: Drop the hammer for 1 minute (dig deep here!) **NO HR LIMIT**
 - Repeat the 5 Minute blocks 10 times for a total of 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 Racing Solutions (CRS) 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 [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **Evening Protocols – please reference Monday's notes & 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 incremental workout is going to push your anaerobic and aerobic engine specific to your heart rate intensity zones on the motorcycle. With this in mind, please take the time to jot down the heart rate numbers relevant to the indicated heart rate percentages. You will notice that during sets #3 and #4, you will be taking the non-optimum lines forcing you to create the wanted speeds & momentum. During set #5 you will be taking the optimum lines which will allow you to keep your heart rate low and your overall times (ideally) faster. During this workout, you will have plenty of opportunities to apply your belly breathing skills; by implementing this skill, you will "teach" your body to stay relaxed while going fast.

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: immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's swim. When you wake up, immediately consume a fruit smoothie and a serving of [amino acids](#) to provide your body with the building blocks necessary to repair your muscles.
- **Evening Protocols** – please reference Monday'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: the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smoothly, yet efficiently. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can achieve faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart not hard!

- **2-Hour Nap After Mid-Day Meal – please reference yesterday's notes**
- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo with Brief Accelerations Blocks (60 Minutes)**

Workout notes: during this workout "feel" for the power that you are generating at a low heart rate. The "tension" that you are creating within the muscles will become "familiar" to your brain, and your speed will get faster at the same heart rate.

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: 15 Minutes (HR Zone 1)

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

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

REPEAT THE FOLLOWING FOR 40 MINUTES

4 minutes at an Even Effort @ HR Zone 2 (No higher)

With optimized pedal mechanics, spin the tallest gear combination that you can while staying in your **HR Z2**. At the end of the 4 minutes, gear up and gently stand up into your **1-minute acceleration**.

1 Minute Acceleration (Low-End HR Z3)

With an even distribution of your weight over the pedals and a slight pull of the bars, accelerate over 1 minute; if your pedal stroke gets choppy because you have run out of gear, sit down – gear up and stand back up. If your HR gets into the upper ranges of **HR Z3** – you have gone too hard. At the end of 1 minute, sit back down, lighten your gear combination & settle back into your **4 Minute/HR Z2 Block**.

Repeat 10x for 40 minutes – Keep in mind, that speed is not the focus but rather optimized pedal mechanics

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 allows for 85-90 cadence & HR Z1

Cadence: 85-90

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

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

Misc. Notes: during this workout "feel" for the power that you are generating at a low heart rate. The "tension" that you are creating within the muscles will become "familiar" to your brain, and your speed will get faster at the same heart rate.

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 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 from head to toe**

Main Set#1 (20 Minutes): Have your HR Zones written down and easily visible during this workout to eliminate missing your intensity levels

Load Level: 6 **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

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

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

Repeat for a total of 20 minutes

Transition Set: 5 minutes of easy pulling/active recovery – strive to get your HR into Z1 for the majority of this 5 minutes

Main Set#2 (20 Minutes): Heart Rate Acceleration

Load Level: 6 **Pull Rate:** 25+

Accelerate until you reach the upper end of your **HR Z3** (no higher)

Recover by pulling easy until your HR reaches your lowest number in **HR Z2**

Repeat for 20 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**

▪ **(Immediately Following Cross Training Workout) Complete Racing Solutions (CRS) 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 [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

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



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		
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 (No Higher)		
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: 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				Less Than
		Ride either a bike or Concept 2 Rower easily for 10 minutes - even tempo				50%
		Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel				
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.				Too Short To Evaluate
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel				
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 #				
Rest Interval		5 Minutes (no more or less) - Stretch and hydrate as necessary				
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:
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:
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:
Performance						80-85%
Recap:		Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel				80-85%
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:
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:
Performance						80-85%
Recap:		Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:
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				

Complete Racing Solutions 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			
		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			
Main Set #1		Set Focus: Reaction Time & Transitions			
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			
Main Set #2		Set Focus: Aerobic Enhancement / Negative Split			
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:	75-80%
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	75-80%
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 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			
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:	75-80%
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	75-80%
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 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			
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:	75-80%
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	78-80%
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 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			
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			
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):