



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

**Phase 2**  
**8 Weeks**  
**2/8**  
**Enhanced Endurance, Strength & Lactate Tolerance**

**Intensity Note:**

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

**Monday**

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

- **Complete Racing Solutions Row: Incremental Pacing Intervals (6000 Meters)**

**Misc. Notes:** complete a 500-meter interval at 90-95% effort after your warm-up; use this time as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

**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: 500 Meters    Pull Rate: less than 25    Stretch from head to toe**

**Baseline 500 Meter Interval: complete a 500-meter interval at 90-95% effort; 1 Minute Rest Interval**  
**Display 500 Meters – 1 Minute Rest Interval**  
**Load Level: 5    Pull Rate: 25 plus    Elapsed Time:**

**Main Set: Pacing Pyramids**

**Load Level: 5    Pull Rate: 25 plus**

500 Meter Baseline plus 10 seconds – Rest 1 Minute

500 Meter Baseline plus 5 seconds – Rest 1 Minute

Repeat 4 Times – Strive to hold goal pace for all three intervals; hold yourself accountable here!

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

- **Complete Racing Solutions Bike: Pacing Intervals (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 warmup, your goal is to settle into your HR Z3 (no higher or lower) and complete a 10 minute "interval". Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your HR Z3. During your 5-minute rest interval, spin easy and allow your HR to get back into HR Z1.

**Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning

**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**

Settle into upper HR Z2 and maintain for 3 minutes.

Recover by spinning easy for 2 minutes in HR Z1 (no higher for optimum recovery)

Repeat 3x

**Warm 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 allows for 85-90 cadence & HR Z1

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

- **(Time Pending - Immediately following your above workout) Complete Racing Solutions 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 - 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



## Tuesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]  
**Workout notes:** utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.  
  
**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. Note: cold fluids absorb better than warm fluids helping hydration.  
  
**Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)**  
**Post Workout Protocols**
  - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **(Afternoon Workout) Complete Racing Solutions MX: Speed Workout #1**  
[Please refer to the spreadsheet at the bottom of this document]  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.  
  
**Workout Notes:** Like all of your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. As we have discussed previously, the more times you work smart NOT hard on the track (i.e., bouncing off of the faces of everything) the faster and more consistent your lap times will become. Though you may not realize this, workouts like this are intended to create a "memory" within your body and muscles what it "feels" to be fast, smooth and in total control. If you feel like you are not in control - do NOT slow down. Instead focus on breathing deep FIRST to bring the heart rate down (which will make the speed feel easy).  
**Post Workout Protocols**
  - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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 and meal.



## Wednesday

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

- **Complete Racing Solutions Row: Incremental Pacing Intervals (6000 Meters)**

**Misc. Notes:** pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z2 and Z3 easily visible for quick reference and maximum productivity.

**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. Note: cold fluids absorb better than warm fluids helping hydration.

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

**Display: Distance Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe**

### Main Set: Pacing Pyramids

**Load Level: 5 Pull Rate: 25 plus**

1000 Meter at low end of HR Z2 (no rest right into the next 1000 meters)

1000 Meter at high end of HR Z2 (no rest right into the next 1000 meters)

1000 Meter at low end of HR Z3 (no rest right into the next 1000 meters)

1000 Meter at high end of HR Z3 (no rest right into your cool down)

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

**Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe**

- **Complete Racing Solutions Bike: Heart Rate Pyramid Workout (30 Minutes)**

**Misc. Notes:** you will need your HR numbers for Zone 2. During your main set you will begin at your low end of HR Z2 and every 1 minute you will increase your intensity/effort by 5 beats and then hold for 1 minutes; continue going up the pyramid until you hit the upper range of HR Z2 (no higher). After you reach the high end of HR Z2, then walk back down the pyramid 5 beats at a time for 1-minute durations (the exact opposite you did walking up the pyramid).

**WARNING:** IF YOU PUSH TOO HARD TOO SOON, YOU WILL NOT BE ABLE TO COME BACK DOWN THE PYRAMID CORRECTLY.

**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. Note: cold fluids absorb better than warm fluids helping hydration.

**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 Pyramids: 20 Minutes

**Notes:** beginning at the lower end of HR Z2 hold for 1 minute; then bump up your intensity by 5 beats & hold for 1 minute. Repeat until you hit the upper end of HR Zone 2. Once you hit the upper end of HR Z2, come down by 5 beats every minute until you hit your lower end of HR Z2.

**Warm 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

- **(If Time Permits - Immediately following your above workout) Complete Racing Solutions 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 - total of 2 sets.

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

**Abdominal Criss Cross:** [how to video](#)

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

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

### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **(Afternoon 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 of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Workout Notes:** This set will challenge the balance component of your program. If you can't transition from on the gas to the brakes quickly - this set will frustrate you. Relax and stay mentally focused on each set's main focus. Keep in mind that there are two races: to the first turn and then from the first turn to the finish line. Practice balanced starts so that you don't have to think, just simply perform!



## Thursday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]  
**Workout notes:** utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.  
  
**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. Note: cold fluids absorb better than warm fluids helping hydration.  
  
**Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)**  
**Post Workout Protocols**
  - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **(Afternoon Workout) Complete Racing Solutions MX: Speed Workout #2**  
**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. Note: cold fluids absorb better than warm fluids helping hydration.  
  
**Workout Notes:** to keep you mentally focused, you will need to focus on maintaining your speed and consistency from set to set. This workout is going to break the problem that most racers experience - getting slower as the race transpires. This set is going to hold you accountable on three levels: lap times, average heart rate and a tight rest interval. Due to the intensity levels and duration of this set, it is imperative that you come to this workout well hydrated and fed.  
**Post Workout Protocols**
  - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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 and meal.

## Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **Complete Rest Day**  
**Misc. Notes** Take a few extra minutes each day this week and stretch your hips, quads and hamstrings. To facilitate your stretching efforts, roll each muscle group with a foam roller. The foam roller will create vasodilation of the blood vessels within the muscle tissue which will bring fresh oxygen plus any specialized cells such as leucocytes – white blood cells that kill any germs in your system; this avoids any downtime associated with an energy robbing virus. There are five different types of leukocytes, but they are all produced and derived from a multi-potent cell in the bone marrow known as hematopoietic stem cell. Also, by evaluating your resting heart rate every morning, you can identify when your body is under attack from a virus (this will be represented in the form of an elevated heart rate and an unusual drop in body weight).
- **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 and 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 #2**

**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. Note: cold fluids absorb better than warm fluids helping hydration.

**Workout Notes:** This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful for you to produce the lowest time per set. Keep a close eye on your rest interval - you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, simple stop, stretch and resume - failure to stretch could result in a torn muscle which will take you off of the bike for an extended period of time.

### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Mid-Day Meal**  
**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 workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.
- **(Afternoon Workout) Complete Racing Solutions Bike: 1 Mile Sprint Intervals (30 Minutes)**  
**Workout Notes:** to maximize your productivity, err on the side of easy for the 1-mile seated interval (HR Z2 should feel very comfortable). This will allow you the gap of maximum effort and speed for the 2<sup>nd</sup> 1-mile interval. During the interval, focus on optimized pedal mechanics to activate and engage all of the muscles that are available to facilitate riding fast (quads, gluts, calves, inner thighs, hips, lower back, core, etc.).

**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. Note: cold fluids absorb better than warm fluids helping hydration.

### Warm up (HR Zone 1)

**Duration:** 3 miles

**Cadence:** 80-85 (no higher/lower)

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

**Stretches:** dismount & [stretch your lower body](#)

### Main Performance Block: 10 Miles

**1-mile (seated) HR Zone 2:** with your cadence between 70-80 & the tallest gearing combination that you push while staying within HR Zone 2, cover 1 mile as efficiently as possible.

**1-mile (seated) No HR Limitations:** capture the elapsed time it takes you to complete 1 mile interval as fast as you can; after you complete 1 mile, reduce the load levels and spin easy for 1 mile (1:1 Work to Rest Ratio).

**REPEAT 5X FOR A TOTAL OF 10 MILES**

Elapsed Time Interval #1:

Ending HR:

Elapsed Time Interval #2:

Ending HR:

Elapsed Time Interval #3

Ending HR:

Elapsed Time Interval #4:

Ending HR:

Elapsed Time Interval #5:

Ending HR:

### Warm down (HR Zone 2 or less)

**Duration:** 2 Miles (no shorter)

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

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

- **(Time Pending - Immediately following your bike workout) Complete Racing Solutions 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 - total of 2 sets.

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

**Abdominal Criss Cross:** [how to video](#)

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

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

### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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 and meal.









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Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Muscular Endurance and Strength		
	Description	
<b>Warm Up</b>	<b>Focus: Gradual Warm Up</b>	<b>Intensity</b>
<b>Protocols:</b>	Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle 1 minute stretch - head to toe; hydrate if needed	40%
<b>Main Set #1</b>	<b>Focus: First Turn Transitions</b>	<b>Intensity</b>
<b>Protocols:</b>	Your focus needs to be on your transition from on the gas to on the brakes Take your time from the drop of the gate to a point right after the first turn -stay focused!	
<b>Elapsed Times:</b>	<b>Interval 1 Time:</b> <b>Interval 2 Time:</b> <b>Interval 3 Time:</b> <b>Interval 4 Time:</b>	50%
<b>Elapsed Times:</b>	<b>Interval 5 Time:</b> <b>Interval 6 Time:</b> <b>Interval 7 Time:</b> <b>Interval 8 Time:</b>	50%
<b>Elapsed Times:</b>	<b>Interval 9 Time:</b> <b>Interval 10 Time:</b> <b>Interval 11 Time:</b> <b>Interval 12 Time:</b>	50%
<b>Elapsed Times:</b>	<b>Fastest Time:</b> <b>Slowest Time:</b> <b>Average Time:</b>	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a> as needed	
<b>Main Set #2</b>	<b>Focus: Muscular Endurance</b>	<b>Intensity</b>
<b>Protocols:</b>	20 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better) 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better)	75%
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel as needed	75%
		75%
<b>Main Set #3</b>	<b>Focus: Muscular Endurance &amp; Strength</b>	<b>Intensity</b>
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the smoothest lines every lap 15 Minute Moto - Even Paced (Beginning to End)	
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b> <b>Lap 2 Time:</b> <b>Lap 3 Time:</b> <b>Lap 4 Time:</b> <b>Lap 5 Time:</b>	75%
<b>Elapsed Times:</b>	<b>Lap 6 Time:</b> <b>Lap 7 Time:</b> <b>Lap 8 Time:</b> <b>Lap 9 Time:</b> <b>Lap 10 Time:</b>	75%
<b>Elapsed Times:</b>	<b>Lap 11 Time:</b> <b>Lap 12 Time:</b> <b>Lap 13 Time:</b> <b>Lap 14 Time:</b> <b>Lap 15 Time:</b>	75%
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b> <b>Slowest Lap Time:</b> <b>Average Lap Pace:</b>	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel as needed	
<b>Main Set #4</b>	<b>Focus: Muscular Endurance &amp; Strength</b>	<b>Intensity</b>
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the roughest lines every lap 15 Minute Moto - Even Paced (Beginning to End)	
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b> <b>Lap 2 Time:</b> <b>Lap 3 Time:</b> <b>Lap 4 Time:</b> <b>Lap 5 Time:</b>	75%
<b>Elapsed Times:</b>	<b>Lap 6 Time:</b> <b>Lap 7 Time:</b> <b>Lap 8 Time:</b> <b>Lap 9 Time:</b> <b>Lap 10 Time:</b>	75%
<b>Elapsed Times:</b>	<b>Lap 11 Time:</b> <b>Lap 12 Time:</b> <b>Lap 13 Time:</b> <b>Lap 14 Time:</b> <b>Lap 15 Time:</b>	75%
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b> <b>Slowest Lap Time:</b> <b>Average Lap Pace:</b>	
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the smoothest lines every lap	
<b>Main Set #5</b>	<b>Focus: Muscular Endurance &amp; Strength</b>	<b>Intensity</b>
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the smoothest lines every lap	
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b> <b>Lap 2 Time:</b> <b>Lap 3 Time:</b> <b>Lap 4 Time:</b> <b>Lap 5 Time:</b>	75%
<b>Elapsed Times:</b>	<b>Lap 6 Time:</b> <b>Lap 7 Time:</b> <b>Lap 8 Time:</b> <b>Lap 9 Time:</b> <b>Lap 10 Time:</b>	75%
<b>Elapsed Times:</b>	<b>Lap 11 Time:</b> <b>Lap 12 Time:</b> <b>Lap 13 Time:</b> <b>Lap 14 Time:</b> <b>Lap 15 Time:</b>	75%
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b> <b>Slowest Lap Time:</b> <b>Average Lap Pace:</b>	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	
<b>Warm Down</b>	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%



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Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.		
Beginning Weight:	Ending Weight:	Loss Gain (Loss):

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Muscular Endurance and Strength		
	Description	
<b>Warm Up</b>	<p><b>Set Focus: Gradual Warm Up</b></p> <p><a href="#">Instructional Video on how to set up the Concept 2 Rower</a></p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo</p> <p>Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a> as needed</p>	<p><b>Intensity</b></p> <p>Less Than 40%</p>
<b>Main Set #1</b>	<p><b>Set Focus: Starts With First Turns For Time</b></p> <p><b>Protocols:</b> 10 Starts with a first turn and timed to a point just out of the corner</p> <p>Clock starts when the gate drops and ends when you cross your mark point - be smooth!</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	<p><b>Intensity</b></p> <p>N/A</p>
<b>Main Set #2</b>	<p><b>Set Focus: Timed Moto</b></p> <p><b>Protocols:</b> Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines</p> <p><b>Elapsed Times:</b></p> <p><b>Average HR:</b></p> <p><b>Max HR:</b></p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	<p><b>Intensity</b></p> <p>80-85%</p>
<b>Main Set #3</b>	<p><b>Set Focus: Timed Moto</b></p> <p><b>Protocols:</b> Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines</p> <p>Goal: within 2 seconds of your previous set - hold yourself accountable here!</p> <p><b>Elapsed Times:</b></p> <p><b>Average HR:</b></p> <p><b>Max HR:</b></p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	<p><b>Intensity</b></p> <p>80-85%</p>
<b>Main Set #4</b>	<p><b>Set Focus: Timed Moto</b></p> <p><b>Protocols:</b> Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines</p> <p>Goal: within 2 seconds of your previous set - hold yourself accountable here!</p> <p><b>Elapsed Times:</b></p> <p><b>Average HR:</b></p> <p><b>Max HR:</b></p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	<p><b>Intensity</b></p> <p>80-85%</p>
<b>Main Set #5</b>	<p><b>Set Focus: Timed Moto</b></p> <p><b>Protocols:</b> Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines</p> <p>Goal: within 2 seconds of your previous set - hold yourself accountable here!</p> <p><b>Elapsed Times:</b></p> <p><b>Average HR:</b></p> <p><b>Max HR:</b></p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	<p><b>Intensity</b></p> <p>80-85%</p>
<b>Main Set #6</b>	<p><b>Set Focus: Starts &amp; Transitions</b></p> <p><b>Protocols:</b> 10 Starts with a first turn and timed to a point just out of the corner</p> <p>Clock starts when the gate drops and ends when you cross your mark point - be smooth!</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	<p><b>Intensity</b></p> <p>N/A</p>





THE SCIENCE OF PERFORMANCE

<b>Super Slow Challenge Continued</b>		
<b>CYCLE THREE</b>		
	Date	Date
<b>Bicep Curls w/Dumbbells (up to 90 Degree-no higher) – <a href="#">Instructional Video</a></b>		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
<b>Lat Pull Over-Triceps Extension</b>		
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
<b>Jump Rope with Eyes Closed</b>		
<a href="#">Stars Instructional Video</a>		
As many as you can complete in 30 seconds		
<b>CYCLE FOUR</b>		
	Date	Date
<b>Arm &amp; Leg Extension</b>		
<a href="#">Instructional Video: Arm &amp; Leg Extension</a>		
Weight (Light)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
<b>Hanging Leg Lifts (Bring Your Knees to Your Chest)</b>		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
<b>Military Spiders Off Bench</b>		
<a href="#">Instructional Video: Military Spiders Off Bench</a>		
As many as you can complete in 30 seconds		



# COMPLETE RACING SOLUTIONS

THE SCIENCE OF PERFORMANCE

<b>Super Slow Challenge Continued</b>		
<b>CYCLE FIVE</b>		
	Date	Date
<b>Single Leg Push Ups Off of Bench</b>		
<a href="#">Instructional Video: Single Leg Push Ups Off of Bench</a>		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
<b>Single Leg Shoulder Press</b>		
<a href="#">Instructional Video: Single Leg Push Ups Off of Bench</a>		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
<b>Side Skaters</b>		
<a href="#">Instructional Video: Side Skaters</a>		
As many as you can complete in 30 seconds		
<a href="#">Instructional Video – Rowing</a>		
<b>2000 Meter Rowing</b>		
	Date	Date
Warm up for 200 Meters - Low Intensity (Damper Setting 2)		
<b>1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time</b>		
1 Minute Rest Interval		
<b>25 Pushups with your eyes closed</b>		
1 Minute Rest Interval		
<b>1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time</b>		
1 Minute Rest Interval		
<b>25 Pushups with your eyes closed</b>		
1 Minute Rest Interval		
<b>Bicycle Sprints</b>		
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE		
	Date	Date
<b>4 Minute Interval at 80-85% Effort - Distance Covered</b>		
1 Minute Rest Interval		
<b>25 Pushups with your eyes closed</b>		
2 Minute Rest Interval		
<b>4 Minute Interval at 80-85% Effort - Distance Covered</b>		
1 Minute Rest Interval		
<b>25 Pushups with your eyes closed</b>		
2 Minute Rest Interval		