



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 2
8 Weeks
7/8
Enhanced Strength, Endurance & 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 afternoon workout:

- **Complete Racing Solutions Row: HR Intensity Blocks**

Workout Notes: this workout is going to acclimate your body to staying 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 prior to this workout, consume 8-10 ounces of ice 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: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 5x

Load Level: 5 Pull Rate: 25-35

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

Main Set#2: 5 x 1500 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)

Load Level: 5 Pull Rate: 25+

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 Duration: 1000 Meters Pull Rate: less than 25 Stretch from head to toe

- **Complete Racing Solutions Bike: Intensity Distance Intervals (55 Minutes)**

Workout Notes: this workout is going to generate high levels of lactic acid towards at the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

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

Warm Up:

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

Main Set #1 (15 Miles)

¾ Mile at **HR Z3** – tallest gear combination you can maintain 85-90 cadence range

¼ Mile at **HR Z2** – tallest gear combination you can maintain 90 plus cadence

Repeat 15 times

Transition Set

2 Miles at **HR Z2** – stretch & rehydrate as necessary

Main Set #1 (15 Miles)

¾ Mile at **HR Z3** – tallest gear combination you can maintain 85-90 cadence range

¼ Mile at **HR Z2** – tallest gear combination you can maintain 90 plus cadence

Repeat 10 times

Cool Down:

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

- **(Immediately following your above workout-morning & evening) Complete Racing Solutions Abdominal & Lower Back Work**

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

Superman's: [click here for video](#)

Pike-Push Up on Fit Ball: [click here for video](#)

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

Hanging Leg Lift: [click here for 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 tomorrows workouts more productive).

Tuesday

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

- **(Morning Workout) Complete Racing Solutions MX Speed Workout #1**

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

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

Workout Notes: this workout is designed to hold you accountable both mentally and physically. In our sport, late moto fatigue is usually associated with inefficiency and poor fundamentals late in a race. Look up the track and use your core to move the bike around to help save energy. Maintain proper blood sugar levels to ensure that your eye hand coordination is optimized.

Post Workout Protocols

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

- **(Afternoon 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: this is the last week of these exercises (then your entire strength program will change). Be aggressive with your effort during these strength workouts.

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

Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)

Post Workout Protocols

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

- **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, 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](#); 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 both legs.

Wednesday

Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes

- **(Morning Workout) Complete Racing Solutions MX Aerobic Workout #1**

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

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

Workout Notes: this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.

Post Workout Protocols

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

Choose one of the following for your evening workout:

- **Complete Racing Solutions Row: HR Intensity Intervals (85 Minutes)**

Misc. Notes: this workout is going to generate high levels of lactic acid towards at the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice 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: Load Level: 5 Pull Rate: 25-35

2500 Meters @ HR Z3 - 500 Meters/Active Recovery



Repeat 3x

Transition Set: 1000 Meters: **HR Z2** (stretch & rehydrate as necessary)

Main Set#2: Load Level: 5 **Pull Rate:** 25-35

1000 Meters @ HR Z4 (no lower: get their quickly): 500 Meters/Active Recovery

Repeat 3x

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 **Duration:** 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

▪ **Complete Racing Solutions Bike: Power Interval Workout (85 Minutes)**

Misc. Notes: this workout is going to acclimate your body to staying 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 pedal in full circles for maximum power output and optimized endurance.

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

Warm Up:

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

Main Set #1 (30 Minutes)

8 Minutes at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges

2 Minutes at **HR Z2** – tallest gear combination you can maintain 90 plus cadence

Repeat 3 times

Transition Set

5 Minutes at **HR Z1** – stretch & rehydrate as necessary

Main Set #2 (30 Minutes)

8 Minutes at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges

2 Minutes at **HR Z2** – tallest gear combination you can maintain 90 plus cadence

Repeat 3 times

Cool Down:

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

▪ **(Immediately following your above workout-morning & evening) Complete Racing Solutions Abdominal & Lower Back Work**

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

Superman's: [click here for video](#)

Pike-Push Up on Fit Ball: [click here for video](#)

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

Hanging Leg Lift: [click here for 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 tomorrows workouts more productive).

▪ **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, 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](#); 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 both legs.



Thursday

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

[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 ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout Notes: your ability to get progressively faster is to get both your brain and your muscles to work together. Proper implementation of your fundamentals at progressively faster speeds is the brain processing your speed and determining that it is sustainable (thanks to the muscles not getting fatigued). During your rest interval, consume 6-8 ounces of Energy Fuel to maintain your muscle and blood sugar levels along with your electrolytes for optimum muscle contraction.

Post Workout Protocols

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

- **(Afternoon 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: this is the last week of these exercises (then your entire strength program will change). With this in mind, be aggressive with your effort during these strength workouts.

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

Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)

Post Workout Protocols

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

- **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, 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](#); 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 both legs.

Friday

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

Complete Rest Day

Misc. Notes pay close attention to your food intake prior to lying down to sleep (both for your naps and evening rest). When you are sleeping, your brain is fed from the stored sugar in your liver. If your brain doesn't get enough fuel (in the form of sugar), you will not stay in the deepest level of sleep (REM 3 and 4) which will hinder your body's release of hGH (human growth hormone) resulting in reduced recovery and rejuvenation. As we have discussed previously, the only thing that satisfies hunger is protein and fat so make sure that are including high quality protein and fats to each snack and meal; when your body is satisfied with high quality food, you will sleep deeper and longer (because you don't wake up) helping improve your recovery and development of new muscle tissue (helping you improve your strength & endurance). Implement the 1% rule, improve your program (sleep, food, stretching, hydration, etc.) by 1% per day and where will you be in a month, six months or a year!

- **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, 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](#); 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 both legs.



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**
[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 ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout Notes: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

Post Workout Protocols

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

Choose one of the following for your evening workout:

- **Complete Racing Solutions Row: HR Intensity Blocks (60-70 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 of 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 prior to this workout, consume 8-10 ounces of ice 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 Duration: 10 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 you missing your intensity levels

Load Level: 5 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

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

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

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

Repeat – for a total of 30 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: Heart Rate Acceleration

Load Level: 5 Pull Rate: 25+

From HR Z1 – 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 3x

Misc. Notes: lead with your legs and a tight core to distribute the load to your legs, back and your shoulders

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: 2 Duration: 10 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

- **Complete Racing Solutions Bike: Intensity Distance Intervals (55 Minutes)**

Misc. Notes: Once you are finished with your warm-up, your goal is to settle into your HR Z3 (no higher or lower) and complete a 5 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.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [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: 80-85 (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: 4 x 10 Minutes

Settle into low end of HR Z3 and maintain for 5 minutes (Accelerate and get there quickly)

Recover by spinning easy for 5 minutes in HR Z1 (no higher for optimum recovery)

Cool Down-HR Zone 1: Keep a close eye on your HR level for the final 2 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



Repeat 5x = 15 Minutes

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: 2 Duration: 10 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

▪ **Complete Racing Solutions Bike: Power Interval Workout (60 Minutes)**

Misc. Notes: the key to maximizing your productivity during this workout is to keep a close eye on your intensity levels (no higher than HR Z3); your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves and gluts all firing to turn the pedals.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [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: 80-85 (no higher/lower)

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

Main Performance Block #1: 45 minutes (HR Zone 3)

2 Minute Tall Gear Acceleration out of the saddle interval

Big chain ring up front, hardest gear in the back stand up & focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke (pull back prior to hitting bottom dead center). Push your effort until you hit your upper end of HR Z3 by the end of the 2 minutes.

3 minute seated- event tempo with your cadence above 90 & at the lower end of HR Z3; focus on deep belly breathing to ride as fast as possible without driving your HR too high.

REPEAT THIS 5 MINUTE BLOCK 9 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

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

▪ **(Immediately following your above workout) Complete Racing Solutions Abdominal & Lower Back Work**

Workout notes: complete each of the following exercises for **20 seconds**; your rest interval is **40 seconds** as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

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

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

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

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

Post Workout Protocols

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

▪ **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, 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](#); 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 both legs.



THE SCIENCE OF PERFORMANCE

Super Slow Challenge		
Warm Up		
Concept 2™ Row or Spin on Bike - 15 minutes Easy (no shorter)		
CYCLE ONE		
	Date	Date
Single Leg Step onto Bench		
Weight (Heavy)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Slightly more than Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Abdominal Crunch on Fit Ball w/Weight		
Instructional Video: Abdominal Crunch on Fit Ball		
Weight (Heavy)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Slightly more than Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
As many as you can complete in 30 seconds		
CYCLE TWO		
	Date	Date
Single Leg - Good Mornings		
Instructional Video: Single Leg Good Mornings		
Weight (Heavy)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Slightly more than Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Pike-Push Ups on Fit Ball		
Note: Hands Shoulder Width Apart-Elbows at 90 Degrees at Bottom		
Instructional Video: Pike-Push Ups on Fit Ball		
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)		
(After Both Sets of Both Exercises) Side Skaters		
Instructional Video: Side Skaters		
As many as you can complete in 30 seconds		
Stretch & move to next exercise		



COMPLETE RACING SOLUTIONS

THE SCIENCE OF PERFORMANCE

Super Slow Challenge Continued		
CYCLE THREE		
	Date	Date
Bicep Curls w/Dumbbells (up to 90 Degree-no higher) – Instructional Video		
Weight (Heavy)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Slightly more than Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Lat Pull Over-Tricep Extension		
Instructional Video: Lat Pull Over-Tricep Extension		
Weight (Heavy)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Slightly more than Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Jump Rope with Eyes Closed		
Stars Instructional Video		
As many as you can complete in 30 seconds		
CYCLE FOUR		
	Date	Date
Arm & Leg Extension		
Instructional Video: Arm & Leg Extension		
Weight (Heavy)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Slightly more than Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Hanging Leg Lifts (Bring Your Knees to Your Chest)		
Instructional Video: Arm & Leg Extension		
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)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
As many as you can complete in 30 seconds		



THE SCIENCE OF PERFORMANCE

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



THE SCIENCE OF PERFORMANCE

Complete Racing Solutions MX Speed Workout #2		Workout Focus: Top End Speed	Total Ride Time: 2 Hours
	Description		
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		Intensity Less Than 50%
Main Set #1	Set Focus: Pre-Race Routine 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		Intensity Too Short To Evaluate
Main Set #2	Set Focus: Hold Consistent Times at An Aerobic Effort Hold your pace for all 12 laps (maximum time 25 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 # Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Interval Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Lap 11 Time: Lap 12 Time: Performance 80-85% Recap: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 80-85% 80-85%
Main Set #3	Set Focus: Opening Lap Speed Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc. Rest Interval Same amount of time it take to complete the 3 lap interval Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest for additional 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 90-95% 90-95% 90-95%
Main Set #4	Set Focus: Opening Lap Speed Take your fastest interval time from the last set and strive to get faster than this lap time Rest Interval Same amount of time it take to complete the 3 lap interval Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate:		Intensity 90-95% 90-95% 90-95%
Main Set #5	Set Focus: Opening Lap Speed Take your fastest interval time from the last set and strive to get faster than this lap time Rest Interval Same amount of time it takes to complete the 3 lap interval Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate:		Intensity 90-95% 90-95% 90-95%
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down		< 40%

▪ **Complete Racing Solutions MX Speed Workout #2**

Workout Notes: your ability to get progressively faster is to get both your brain and your muscles to work together. Proper implementation of your fundamentals at progressively faster speeds is the brain processing your speed and determining that it is sustainable (thanks to the muscles not getting fatigued). During your rest interval, consume 6-8 ounces of Energy Fuel to maintain your muscle and blood sugar levels along with your electrolytes for optimum muscle contraction.



THE SCIENCE OF PERFORMANCE

Complete Racing Solutions MX Speed Workout #3		Workout Focus: Incremental Intensity / Lactate Tolerance	Total Ride Time: 60 Minutes
		Description	
Warm Up	Focus: Gradual Warm Up		Intensity
	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 40%
Main Set #1	Set Focus: Body Balance and Reaction Time		Intensity
Workout Protocol:	Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off your breathing.		
Elapsed Times:	Interval 1:	Interval 2:	Interval 3:
Elapsed Times:	Fastest Interval:	Average Interval:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Relaxed
Main Set #2	Set Focus: Lactate Tolerance / Internal Pacing		Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:
	Fastest Lap Time:	Average Lap Pace:	Avg. HR:
	Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)		90-95% 95-100%
Main Set #3	Set Focus: Lactate Tolerance / Internal Pacing		Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:
	Fastest Lap Time:	Average Lap Pace:	Avg. HR:
	Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)		90-95% 95-100%
Main Set #4	Set Focus: Lactate Tolerance / Internal Pacing		Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:
	Fastest Lap Time:	Average Lap Pace:	Avg. HR:
	Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)		90-95% 95-100%
Main Set #5	Set Focus: Body Balance and Reaction Time		Intensity
Workout Protocol:	Repeat Set #1 - Compare times for evaluation purposes		
Elapsed Times:	Interval 1:	Interval 2:	Interval 3:
Elapsed Times:	Fastest Interval:	Average Interval:	
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly		40%



THE SCIENCE OF PERFORMANCE

Pre-Riding Weight:
Total Fluids Consumed:

Post-Riding Weight:
Loss/Gain

Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Consistent Race Speed		Total Ride Time: 2:15
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	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 < 40%
Main Set #1	Set Focus: Consistent Hole shots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Aerobic Endurance (30 Minute Moto)	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 Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Consistent Hole shots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Set Focus: Aerobic Endurance (30 Minute Moto)	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 Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Main Set #5	Set Focus: Aerobic Endurance (30 Minute Moto)	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 Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%



THE SCIENCE OF PERFORMANCE

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Aerobic Enhancement		Total Ride Time: 90 Minutes
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for 30 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85%
Performance Recap:		
Main Set #2	Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for 30 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate:	80-85%
Main Set #3	Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate:	80-85%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	Less than 40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	

Complete Racing Solutions MX Aerobic Workout #1

Workout Notes: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

Post Workout Protocols

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