



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
6 Weeks
3/6
Race Specific Speed & 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+ (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**
- **Complete Rest Day**
Misc. Notes: to maximize your productivity during the week, review your personal goals and objectives. Then take a look at how you have your week outlined to ensure that you can implement your objectives to move one step closer to achieving your goals. Though this may sound fundamental, as athletes we tend to get busy “getting it all in” but lose focus of why we are completing a specific workout or foam roller session. One area that consistently frustrates athletes is the area of food & associated energy levels. When you are eating fresh fruit, vegetables, and lean protein, you begin to realize that these food items don’t contain an abundance of calories. Because of this situation, it is imperative that all of your food is prepped and readily available throughout the day to literally fuel your next workout and provide the necessary recovery calories to rebuild muscle and replenish depleted sugar storages in your liver and muscles.
- **Evening Protocols**
Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus 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 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](#) (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 legs.

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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).
Workout Notes: Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels. This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to become fatigued. Ironically, late race day fatigue is usually a result of low blood sugar and fluids - so plan ahead. Also, just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **(If You Did NOT Ride This Morning – Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (40” on – 20” off)**
[Please reference the spreadsheet at the bottom of the schedule]
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.
Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds
Rest Interval: 1:00 in between cycles/stretch & hydrate in between sets as needed
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**
- Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus 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 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](#) (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 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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

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:** 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).

If you did NOT ride this morning - Choose one (1) of the following for your afternoon workout:

- **Complete Racing Solutions Row: HR Pacing Blocks (40 Minutes)**

Misc. Notes: this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/ pulling a muscle.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

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: 5 Minutes Pull Rate: less than 30 Stretch from head to toe

Main Set: HR Pacing Blocks (30 minutes total)

Load Level: 5 Pull Rate: 25 plus

5 Minutes at the high end of HR Z2

5 Minutes at low end of HR Z3

2 minutes at the high end of HR Z3

Recover 3 Minutes – dismount and stretch as necessary; rehydrate with Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

Repeat the 15 Minute Block

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 5 Minutes Pull Rate: less than 25 Stretch from head to toe

- **Complete Racing Solutions Bike: Fragmented Pacing Workout (40 Minutes)**

Workout notes: this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/or pulling a muscle.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

Warm Up: HR Zone 1

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: HR Pacing Blocks (30 minutes total)

Load Level: 5 Pull Rate: 25 plus

5 Minutes at high end of HR Z2 (adjust your gearing & cadence to settle into this intensity range)

5 Minutes at low end of HR Z3 (maintain your cadence, but push a taller gear combination)

2 minutes at high end of HR Z3 (maintain your cadence, but push a taller gear – stand and accelerate if necessary)

Recover 3 Minutes – dismount and stretch as necessary; rehydrate with Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

Repeat the 15 Minute Block

Warm down: 5 Minutes (HR Zone 1)

Duration: 5 minutes (no shorter)

Gearing: small chain ring up front, middle rear gearing

Cadence: 70-80 (no higher/lower)

Misc. Notes: stretch your lower back, calves and quads prior to dismounting

Post Workout Protocols

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

▪ **Evening Protocols**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus 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 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](#) (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 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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

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:** 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).

- **(If You Did NOT Ride This Morning – Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (40" on – 20" off)**

[Please reference the spreadsheet at the bottom of the schedule]

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

Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: 1:00 in between cycles/stretch & hydrate in between sets as needed

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves



Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Complete One (1) of the following for both your Morning Workout:
- **Complete Racing Solutions Bike: Even Tempo (30 Minutes)**

Workout Notes: keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (HR Z2 or less) for maximum productivity (burn fat and enhance your aerobic engine). To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2**.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

Warm Up: HR Zone 1 (no higher ideally)
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: 20 Minutes (High end of HR Zone 2: pay close attention to not fall into Z3)
Set Notes: with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

Warm down: 5 Minutes (HR Zone 1 – no higher ideally)
Duration: 5 minutes (no shorter) **Gearing:** small chain ring up front, middle rear gearing
Cadence: 70-80 (no higher/lower) **Misc. Notes:** stretch your lower back, calves and quads prior to dismounting
- **Complete Racing Solutions Row: Even Tempo (8000 Meters)**

Misc. Notes: keep your effort within HR Z2 the entire time for maximize results and optimized recovery

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

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: Even Tempo
Load Level: 5 Pull Rate: 25 plus
 6000 Meter at middle of HR Z2

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

(Immediately after your row or bike workout) Core & Lower Back Work (10 Minutes)

Workout notes: complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.

Ab Crunch on Fit Ball – pause for 5 seconds: [click here](#) for instructional video
Pike Position with eyes closed: [click here](#) for instructional video
Plyometric pushups: [click here](#) for instructional 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**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus 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 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](#) (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 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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

Workout Notes: this workout is a combination set that will require you paying close attention to your intensity levels in order to reap the full benefits on the track. You need to "feel" the difference between what you think is fast (based on your internal RPM gauge - also known as your heart rate) and what is really fast. The more in tune you are with your true intensity levels and associated lap times is one of the most important elements to your confidence - especially on race day.

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).

2 Hour Nap After Post Ride Meal

Misc. Notes: the benefit to a nap is the release of hGH (human growth hormone); with this in mind, eat a post ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver, if it runs out of sugar, you will be woken up!

If you did NOT ride this morning - Choose one (1) of the following for your afternoon workout:

▪ **Complete Racing Solutions Row: HR Pacing Blocks (35 Minutes)**

Misc. Notes: this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/or pulling a muscle.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

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 30 Stretch from head to toe

Main Set: HR Pacing Blocks

Load Level: 5 Pull Rate: 25 plus

10 Minutes at low end of HR Z3
5 Minutes at the high end of HR Z3
5 minutes at low end of HR Z4

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 5 Minutes Pull Rate: less than 25 Stretch from head to toe

▪ **Complete Racing Solutions Bike: Fragmented Pacing Workout (35 Minutes)**

Workout notes: this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/ or pulling a muscle.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

Warm Up: HR Zone 1

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Main Set: HR Pacing Blocks

Load Level: 5 Pull Rate: 25 plus

10 Minutes at low end of HR Z3 (adjust your gearing & cadence to settle into this intensity range)
5 Minutes at high end of HR Z3 (maintain your cadence, but push a taller gear combination)
5 minutes at low end of HR Z4 (maintain your cadence, but push a taller gear – stand and accelerate if necessary)
Recover 5 Minutes – dismount and stretch as necessary; rehydrate with Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

Warm down: 5 Minutes (HR Zone 1)

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc. Notes: stretch your lower back, calves and quads prior to dismounting

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



Sunday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
If your resting heart rate is within 3 beats of normal complete Speed #1 (if not, complete Aerobic #1 below):

- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #3**

[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 **COLD Energy Fuel** to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

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

- **Complete Racing Solutions 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 **COLD Energy Fuel** to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

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

- **2 Hour Nap After Post Ride Meal**

Misc. Notes: please reference yesterday's notes.

- **(If You Did NOT Ride This Morning – Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (40" on – 20" off)**

[Please reference the spreadsheet at the bottom of the schedule]

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

Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: 1:00 in between cycles/stretch & hydrate in between sets as needed

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**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus 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 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](#) (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 legs.

Timed Challenge Phase 4		
Warm Up		
Concept 2™ Row or Spin on Bike - 10 minutes Easy		
CYCLE ONE	Date	Date
Pike - Push Up - Pike		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
Isolated Leg & Frankenstein's on Bench		
Instructional Video: Isolated Leg on Bench		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 40 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 40 seconds-hold good form)		
CYCLE TWO		
Air Squats	Date	Date
Instructional Video: Air Squats		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 40 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 40 seconds-hold good form)		
Hamstring Press-Extension on Fit Ball		
Instructional Video: Hamstring Press with Extension		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
CYCLE THREE		
Stars-30 Seconds as Fast as Possible	Date	Date
Stars Instructional Video		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		

Timed Challenge Phase 4 Continued		
CYCLE FOUR	Date	Date
Dips Off of Bench		
Instructional Videos: Triceps Dips off of the bench		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 40 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 40 seconds-hold good form)		
Bicep Curls Up to 90 Degrees		
Bicep Curls - Up to 90 Degrees		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 30 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 30 seconds-hold good form)		
CYCLE FIVE	Date	Date
Side Skaters		
Instructional Video: Side Skaters		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
Abdominal Crunch on Fit Ball		
Instructional Video: Abdominal Crunch on Fit Ball		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		

(Time Pending) Distance Intervals: Indoor Bike or Rower	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		



Complete Racing Solutions MX Speed Workout #1	Workout Focus: Consistent Race Speed	Total Ride Time: 60 Minutes	
	Description		
Warm Up	Set Focus: Gradual Warm Up		Intensity
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Less Than 50%
Main Set #1	Focus: Smooth start and fast five (5) laps		Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
Elapsed Times:	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #2	Focus: Smooth start and fast three (3) laps		Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Elapsed Times:	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Focus: Smooth start and fast two (2) laps		Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Elapsed Times:	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR:		
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly		40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain		

Complete Racing Solutions MX: Speed Workout #1

Workout Notes: Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels.

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of low blood sugar and fluids - so plan ahead. Also just like race day, the track will break down and you should strive to focus on maintaining your momentum where ever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't short change yourself!

Post Workout Protocols

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

Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Muscular Endurance and Strength		
	Description	
Warm Up	Set Focus: Gradual Warm Up	Intensity
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower 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: Starts With First Turns For Time	Intensity
Protocols:	10 Starts with a first turn and timed to a point just out of the corner Clock starts when the gate drops and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #6	Set Focus: Starts & Transitions	Intensity
Protocols:	10 Starts with a first turn and timed to a point just out of the corner Clock starts when the gate drops and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Warm Down	10 Minutes of play riding - nothing structured or intense (HR Level Zone 2-No Higher)	40%
	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 MX Speed Workout #2 Workout Focus: Late Moto Speed Minutes Total Ride Time: 60		
	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 Instructional Video on how to stretch - head to toe 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. This will eliminate race day confusion-what you want from your start & what you have practiced. Moto Specific Heart Rate Zone - Low # High # Elapsed Times: Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Elapsed Times: Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: Set Recap Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity Too Short To Evaluate
Main Set #2	Set Focus: Negative Split Moto - 20 Minutes in Duration Max Hold your pace for the first five laps and then pick up the pace for the last five laps. During the first five laps, if you fall off the pace by more than 2 seconds (minus a mistake) then stop, re-group and re-start the interval. 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: Set Recap Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 85-90% 90-95%
Main Set #3	Set Focus: Negative Split Moto - 20 Minutes in Duration Max Strive to maintain the same heart rate average but be 2 seconds faster during the last five laps. The only way you can make this happen is to breathe through your belly and be smooth everywhere! 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: Set Recap Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 85-90% 90-95%
Main Set #4	Set Focus: Negative Split Moto - 20 Minutes in Duration Max This set is about riding as fast as you can while staying within the indicated HR zone AND not falling off pace by more than 1 second. This set is what your body will relate to on race day so be mentally focused! 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: Set Recap Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 85-90% 90-95%
Warm Down	5 Minutes of easy riding - nothing structured or intense; allow the HR to come down slowly Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	40%

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Muscular Endurance and Strength		
	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 40%
Main Set #1 Protocols:	Set Focus: Starts & Transitions 5 Starts and first turn transition - remember, perfect practice makes perfect! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity N/A
Main Set #2 Protocols:	Set Focus: Fragmented Pacing Based on Heart Rate 30 Minute Moto - put the HR range on the board to hit the exact intensity levels Goal: as the intensity levels increase, don't allow yourself to start bounding off of everything! 10 Minutes - smooth lines & maximum momentum 10 Minutes - non-optimum lines & minimum momentum 10 Minutes - sprint/race effort; put your smooth lines plus momentum to work for you! Avg. HR: Max HR: Fastest Lap: Rest For 15 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85% 85-90% 90-95%
Main Set #3 Protocols:	Set Focus: Starts & Transitions 5 Starts and first turn transition - stay mentally focused for optimum results Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity N/A
Main Set #4 Protocols:	Set Focus: Fragmented Pacing Based on Heart Rate 30 Minute Moto - put the HR range on the board to hit the exact intensity levels Goal: as the intensity levels increase, don't allow yourself to start bounding off of everything! 10 Minutes - smooth lines & maximum momentum 10 Minutes - non-optimum lines & minimum momentum 10 Minutes - sprint/race effort; put your smooth lines plus momentum to work for you! Avg. HR: Max HR: Fastest Lap: Rest For 15 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85% 85-90% 90-95%
Main Set #5 Protocols:	Set Focus: Starts & Transitions 5 Starts/1st turn transition - stay mentally focused now that fatigue is settling in/just like a race! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity N/A
Main Set #6 Protocols:	Set Focus: Fragmented Pacing Based on Heart Rate 30 Minute Moto - put the HR range on the board to hit the exact intensity levels Goal: as the intensity levels increase, don't allow yourself to start bounding off of everything! 10 Minutes - smooth lines & maximum momentum 10 Minutes - non-optimum lines & minimum momentum 10 Minutes - sprint/race effort; put your smooth lines plus momentum to work for you! Avg. HR: Max HR: Fastest Lap:	Intensity 80-85% 85-90% 90-95%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Beginning Weight: Ending Weight: Loss Gain (Loss):	

Complete Racing Solutions MX: Aerobic Workout #2

Workout Notes: this workout is a combination set that will require you to pay close attention to your intensity levels in order to reap the full benefits on the track. You need to "feel" the difference between what you think is fast (based on your internal RPM gauge - also known as your heart rate) and what is really fast. The more in tune you are with your true intensity levels and associated lap times is one of the most important elements to your confidence - especially on race day.



Complete Racing Solutions MX Speed Workout #3 Overall Focus: Speed, Speed, Speed! Minutes Total Ride Time: 90		
	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 Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Intensity Less Than 50%
Main Set #1 Workout Protocol: Set Recap	Focus: Warm the muscles up/Break a Sweat (15 Minute Moto) 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 15 minutes within your HR zones Moto Specific Heart Rate Zone - Low # High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic-watch your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 75-80%
Main Set #2 Workout Protocol: Elapsed Times: Elapsed Times: Set Recap	Set Focus: Opening lap speed Complete 10 starts plus 1 lap sprint. On race day, your body will emulate what you practice so stay mentally focused & specific. Moto Specific Heart Rate Zone - Low # High # Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 90-95% 90-95%
Main Set #3 Misc. Thoughts Workout Protocol: Elapsed Times: Set Recap	Set Focus: High Intensity/Lactate Tolerance These intervals need to be aggressive; you should hit your 95% number by the end of the one lap 1 Lap Sprint (2 Minute Lap Time Max) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 90-95%
Main Set #4 Misc. Thoughts Workout Protocol: Elapsed Times: Set Recap	Set Focus: High Intensity/Lactate Tolerance These intervals need to be aggressive; you should hit your 95% number by the end of lap two 2 Lap Sprints (4 Minutes Max Time) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 90-95%
Main Set #5 Workout Protocol: Elapsed Times: Set Recap	Set Focus: High Intensity/Lactate Tolerance 3 Lap Sprints (6 Minutes Max Time) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 90-95%
Warm Down	5 Minutes of Easy riding - nothing structured or intense; allow the HR to come down slowly Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	40%