



7 Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
6 Weeks
5/6
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 Report Card to log this information for evaluation purposes**
- **Complete Rest Day**
Mental Notes: most of our biggest frustrations are a result of letting the little things get by us; for example, when we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later: dishes in the sink, beds not made, etc. You jump in the car in a rush to “make up time” and as a result we end up using more gas, wearing our tires out faster and increase our risk of getting a ticket (for either speeding or running a red light) – which only increases the cost of our insurance. Ironically, all these aggravations could have been alleviated if we had got up on time; however, this still isn’t the actual issue. The reason why you went to bed late, which made you too tired to get up on time. The point here, is step back two or three steps with each frustration that you are dealing with to maximize your complete potential in every area of life.
- **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 on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
Mental Imagery: after implementing 10-15 deep belly 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 Report Card to log this information for evaluation purposes**
- **(Morning 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).
- **(If You Did NOT Lift This Morning - Afternoon Workout) Complete Racing Solutions Bike: Intensity Intervals (30 Minutes)**
Workout Notes: to maximize the productivity of this workout, have Energy Fuel available every 10-15 minutes. When you begin your fast intervals, refrain from becoming “scared” of riding fast – instead focus on how efficient you are pedaling when you pick up the pace. Watch for energy robbing elements: choppy pedal mechanics, shoulders bobbing, looking down at your legs (versus looking ahead 20 yards).
Warm Up:
Duration: 5 minutes Intensity Level: **HR Z1** for 2 miles – **Z2** for 3 miles
Cadence: 80 or less Gearing: small up front – middle back (low load levels)
Main Set #1 (20 Minutes)
3 Minutes at **HR Z3 (no taller)** – tallest gear combination you can maintain 85-90 cadence ranges
2 Minutes at **HR Z2** – easy spinning; you can't go too easy during this block.
Repeat 4 times.
Cool Down:
Duration: 5 minutes Intensity Level: **HR Z2** for 2 miles – **Z1** for 3 miles
Cadence: 80 or less Gearing: small up front – middle back (low load levels)



Wednesday

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

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

[Please reference the spreadsheet at the bottom of this document]

Workout notes: this workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

If You Did NOT Ride This Morning - Choose One (1) of the following for your afternoon workout:

- **Complete Racing Solutions Row: HR Intensity Blocks (30-40 Minutes)**

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 [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: 5 Distance: 1000 Meters Pull Rate: 20-25 Stretch from head to toe.

Main Set: 1000 Meters-picking up the pace every 200 meters from HRZ 2 up to HR Z3 (no higher): Repeat 5x

Load Level: 7 Pull Rate: 25-35

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: 5 Duration: 500 Meters Pull Rate: less than 25 Stretch from head to toe.

- **Complete Racing Solutions Bike: Intensity Distance Intervals (30-40 Minutes)**

Workout Notes: this workout is going to generate high levels of lactic acid towards 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 [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 (8 Miles)

1 Mile at **HR Z2** – tallest gear combination you can maintain 85-90 cadence range

1 Mile at **HR Z4** – tallest gear combination you can maintain 90 plus cadence

No Rest in between intervals - Repeat 4 times.

Cool Down:

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

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

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **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 on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly 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 Report Card to log this information for evaluation purposes
- **(Morning 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).
- **(If You Did NOT Lift This Morning - Afternoon Workout) Complete Racing Solutions Bike: Aerobic Intervals (30 Minutes)**

Workout Notes: the intensity is low; however, the benefits are enormous – aerobic function.

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.

Warm Up:

Duration: 5 miles
Cadence: 80 or less

Intensity Level: **HR Z1** for 2 miles – **Z2** for 3 miles
Gearing: small up front – middle back (low load levels)

Main Set #1 (20 Minutes)

3 Minutes at the High End of **HR Z2** – tallest gear combination you can maintain 85-90 cadence ranges but HR Z2
2 Minutes at the Low End of **HR Z2** – tallest gear combination you can maintain 90 plus cadence but bottom of HR Z2
Repeat 4 times.

Cool Down:

Duration: 5 miles
Cadence: 80 or less

Intensity Level: **HR Z2** for 2 miles – **Z1** for 3 miles
Gearing: small up front – middle back (low load levels)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.
- **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 on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
 - Mental Imagery:** after implementing 10-15 deep belly 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.



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
Choose One (1) of the following for your morning workout:
- **Complete Racing Solutions Row: HR Intensity Intervals (30-35 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 [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: 1000 Meters **Pull Rate:** 20-25 **Stretch from head to toe**

Main Set#1: Load Level: 7 Pull Rate: 25-35
250 Meters at hard intensity (stay with HR Z3)
250 Meters at an easy effort (within HR Z2)
Repeat 6x

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**

Post Workout Protocols

 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.
- **Complete Racing Solutions Bike: Power Interval Workout (30 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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm Up:

| | |
|---------------------|---|
| Duration: 5 Minutes | Intensity Level: HR Z1 |
| Cadence: 80 or less | Gearing: small up front – middle back (low load levels) |

Main Set: 20 Minutes

3 Minutes at high end of **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 4 times

Cool Down:

| | |
|---------------------|---|
| Duration: 5 Minutes | Intensity Level: HR Z1 |
| Cadence: 80 or less | Gearing: small up front – middle back (low load levels) |

Post Workout Protocols

 - **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte
- **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 on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly 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 Report Card 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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout Notes: this workout is going to test your hydration and fluid intake to ensure that you know what your perspiration rate is specific to race pace. Please weight yourself prior to gearing up and then capture your body weight in the exact same clothes that you did prior to the ride (minus your socks). Also, keep good documentation of your fluid intake (of any type - sports drink or water) and note that at the bottom of your spreadsheet so that we can determine your gain/loss and the percentage of gain/loss. This information is what we will be utilizing to fine tune your race day nutritional strategy.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.
- **2 Hour Nap After Lunch**
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 - Afternoon Workout) Complete Racing Solutions Bike: Speed Blocks (30 Minutes)**
Workout Notes: mentally focus on improving your aerobic base with fragmented effort levels; at no time do you want your HR to rise above **HR Z3**. If you find it difficult to keep your HR low, then lighten your gear combinations and focus on optimizing your pedal mechanics.

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.

Warm Up: HR Zone 1

Duration: 5 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Performance Block #1: 20 minutes

3 Minutes in the tallest gear combo you can optimize while staying within **HR Z3** (no higher)

2 Minutes easy spin (**HR 2** or lower); you can't go too easy here.

Repeat 4X.

Cool 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

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.
- **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 on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
Mental Imagery: after implementing 10-15 deep belly 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.
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.



Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**

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

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: 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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **2 Hour Nap After Mid-Day 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 (60" on – 30" 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 60 seconds of one exercise (unless noted otherwise), rest for 30 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 10-12 reps comfortably within the 60 seconds (this will reduce your risk of injury); during the second set, bump the weight up slightly so that you are working hard at the end of the 30 seconds

Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 in between cycles

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **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 on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly 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.



THE SCIENCE OF PERFORMANCE

| | | |
|---|-------------|-------------|
| Timed Challenge Phase 4 | | |
| Warm Up | | |
| Concept 2 TM 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 | Date | Date |
| Air Squats | | |
| 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 | Date | Date |
| Stars-30 Seconds as Fast as Possible | | |
| 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 | Set Focus: Aerobic Enhancement & Speed | Total Duration: 125 Minutes | |
| | Description | | Intensity |
| 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 | | Less Than 50% |
| Main Set #1 | Set Focus: Perfect Execution of Pre-Race Routine and Starts | | Intensity |
| Workout Protocol: | Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific. | | |
| Elapsed Times: | Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: | | Too Short To Evaluate |
| Elapsed Times: | Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: | | |
| Performance Recap: | Fastest Lap Time: Average Lap Pace: Average Heart Rate: | | |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Main Set #2 | Set Focus: Teach Your Body to Pick Up The Pace As Needed | | Intensity |
| Workout Protocol: | Your goal is to stay aerobic (based on your actual heart rate) for the first 20 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 15 minutes | | |
| Performance Recap: | Moto Specific Heart Rate Zone - Low # High # 20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR: | | 80-85% |
| Performance Recap: | 15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | 90-95% |
| Main Set #3 | Set Focus: High Intensity/Lactate Tolerance | | Intensity |
| Workout Protocol: | Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing | | |
| Performance Recap: | Moto Specific Heart Rate Zone - Low # High # 20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR: | | 80-85% |
| Performance Recap: | 15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | 90-95% |
| Main Set #4 | Set Focus: High Intensity/Lactate Tolerance | | Intensity |
| Workout Protocol: | Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing | | |
| Performance Recap: | Moto Specific Heart Rate Zone - Low # High # 20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR: | | 80-85% |
| Performance Recap: | 15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | 90-95% |
| | Pre-Riding Weight: | Post-Riding Weight: | |
| | Total Fluids Consumed: | Loss/Gain | |

▪ **Complete Racing Solutions Speed MX Workout #1**

Workout notes: this workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

| Complete Racing Solutions MX Speed Workout #2 | | |
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| Workout Focus: Incremental Intensity / Lactate Tolerance | | Total Ride Time: 60 Minutes |
| | Description | |
| Warm Up | 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 Workout Protocol: Elapsed Times: Elapsed Times: | Set Focus: Body Balance and Reaction Time 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. Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Fastest Interval: Average Interval: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | Intensity Relaxed |
| Main Set #2 Workout Protocol: Elapsed Times: Elapsed Times: | Set Focus: Lactate Tolerance / Internal Pacing 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 # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio) | Intensity 90-95% 95-100% |
| Main Set #3 Workout Protocol: Elapsed Times: Elapsed Times: | Set Focus: Lactate Tolerance / Internal Pacing 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 # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio) | Intensity 90-95% 95-100% |
| Main Set #4 Workout Protocol: Elapsed Times: Elapsed Times: | Set Focus: Lactate Tolerance / Internal Pacing 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 # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio) Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | Intensity 90-95% 95-100% |
| Main Set #5 Workout Protocol: Elapsed Times: Elapsed Times: | Set Focus: Body Balance and Reaction Time Repeat Set #1 - Compare times for evaluation purposes Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Fastest Interval: Average Interval: | Intensity Relaxed |
| Warm Down | Easy riding - nothing structured or intense; allow the HR to come down slowly | 40% |



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| | Pre-Riding Weight: Total Fluids Consumed: | Post-Riding Weight: Loss/Gain |
| Complete Racing Solutions Aerobic MX Workout #1 | | |
| | 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 | 80-85% |
| 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 #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 | 80-85% |
| | Fastest Time: Average Time: Average Heart Rate: | |
| 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 | 80-85% |
| | Fastest Time: Average Time: Average Heart Rate: | |
| Warm Down | 10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) | Less than 40% |
| | Pre-Riding Weight: Total Fluids Consumed: | Post-Riding Weight: Loss/Gain |