



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

**Phase 4**  
**6 Weeks**  
**1/6**  
**Re-Evaluate Your 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**
- **Complete Racing Solutions (CRS): Phase 4 Plyometric Assessment**  
[Please download the spreadsheet]  
**Workout notes:** the goal is to determine how many repetitions you can complete within 60 seconds. You will complete 3 sets of each exercise with 30 seconds rest in between exercises; 1-minute rest before moving to the next exercise listed.  
**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.  
**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**  
**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels  
**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)  
**Diaphragmatic Breathing:** [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed

**Tuesday**

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **Complete Racing Solutions (CRS) Row Assessment: 1000 Meter Time Trials**  
[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:** 4 x 1000 Meter Intervals as fast as you can complete. Strive not to lose your mental focus and up pulling something - lead with your legs first and then complete the pull with a good solid pull back. At any time during this workout, if you feel something tightening up, stop and stretch/foam roll.  
**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**  
**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels  
**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)  
**Diaphragmatic Breathing:** [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



## Wednesday

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

**Complete one (1) of the following as your morning workout:**

- **Complete Racing Solutions (CRS) Bicycle Workout – 1-minute standing intervals**

**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:** keep this workout simple – **bike for 60 minutes** (stop and stretch as needed). Every 10 minutes, stand up and pedal in a tall gear easily (simply distribute your weight over the pedals and avoid bottoming out) for 1 minute and then transition back to a seated position carefully, lighten your gearing and spin easily for the next 9 minutes. Wear your HR monitor to keep the intensity under control (less than 70% is ideal) and allow for active recover within your muscles and attachments. Even though the intensity is low, drink every 15 minutes throughout this ride to maintain your hydration levels.

### **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 (CRS) Row: Even Tempo (30 Minutes)**

**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: 5 Minutes (HR Zone 1)**

**Misc. Notes:** low damper setting (1-2) and an easy pull rate; your goal is to get your heart rate up slowly and into your arms and legs. If you're struggling during these 10 minutes, simply slow down – it is your warmup.

### **Main Performance Block: 20 Minutes (HR Zone 2)**

**Set Notes:** Increase the damper to 3 and pull at a comfortable rate with proper form and within your **HR Zone 2** (no higher); breathe in while coiling in; exhale while pushing your legs out and pulling back. Stretch and hydrate every 5 minutes.

### **Warm down: 5 Minutes (HR Zone 1)**

**Misc. Notes:** slow your pull rate down until your **HR is in Zone 1**; you want to be comfortable and relaxed during these last five minutes to help get the blood out of the arms and legs and into your heart area. This will allow for better recovery.

### **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**

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

**Diaphragmatic Breathing:** [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



#### Thursday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Racing Solutions (CRS) Bike Assessment: 10 Mile Time Trial**

**[Please update your Coach Robb Performance Report Card with the results of this information]**

**Workout Notes:** Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout.

**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.

**Pre-Testing Body Weight:**

**Warm Up:** 10 minutes even spin; stretch your [low back, quads and hamstrings](#) as necessary to eliminate any tightness in any and all muscle groups

**Transition Set: 10 minutes as follows:**

**2 minutes** – 100 plus cadence (move around on the seat and toggle between aero and non-aero)

**3 minutes** – < 80 cadence; active recovery with relevant stretching

**Test Block #1 - 10 Mile Field Test (Ideally 5 Miles Out and Back)**

Keep your cadence in the **80-85 range** and your effort level under control. Once you begin your time trial, be aggressive – work on maintaining perfect form to get the max power out of your legs (use all of your muscle groups – not just your quads).

**Elapsed Time:**

**Avg. HR:**

**Ending HR:**

**Max HR:**

**Total fluids consumed:**

**Post-Testing Body Weight:**

**Cool Down:** when finished, re-hydrate and ride for a minimum of **10 minutes** – easy spin/active recovery. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes to relax any tight muscle(s) associated with the assessment. Also, consume 8-10 ounces of liquid sports drink/recovery calories & consume a complete meal within 20 minutes of this ride to replenish glycogen reserves within the muscles and the liver.

**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**

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

**Diaphragmatic Breathing:** [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed

#### Friday

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

**Misc. Notes:** to complement your dedication to your workouts, go out of your way to avoid simple sugars and white starchy foods (white potatoes, spaghetti, bread, boxed cereals, chips, etc.) and replace them complex carbohydrates in the form of fruits and vegetables. Though we discuss this frequently, think about your fruits and vegetables as the key to fresh antioxidants to offset the negative side effects of aerobic exercise. Free radicals are released during respiration – the longer and harder you train, the greater the number of free radicals is produced. Free radicals harm the health of the cells resulting in disease, premature aging and declines in athletic performance. So the next time you sit down to a plate of brightly colored fruits and vegetables, keep in mind that you are offsetting the negative side effects of free radicals and improving your healthy and ultimately performance from the inside out.

- **Evening Protocols**

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

**Diaphragmatic Breathing:** [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



## Saturday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) 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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**Workout Notes:** to maximize the productivity of this workout (i.e. keep you from going too hard), have your heart rate monitor where you can easily see it. By staying below 80% throughout the moto (based on heart rate), you will notice that you body will become relaxed and progressively get faster at the same effort (80%). Though the intensity level is moderate, don't overlook your hydration and calories to ensure that your blood sugar levels remain constant throughout the workout.

### 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).

- **Power Nap – 2 Hours**

**Misc. Notes:** just like your notes for your evening sleep, strive to consume a nutrient dense smoothie prior to lying down; the high-quality nutrients will enhance your immunity, muscles and various vascular systems. The beauty of high quality fruits and vegetables is that they are nutrient rich, calorically low but fill your belly up and provide stable blood sugar levels for up to three hours after you consume.

- **Evening Protocols**

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

**Diaphragmatic Breathing:** [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed

## Sunday

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

[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]

**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 Overview:** This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

### 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 Power Nap/Recovery Protocols**

**Misc. Notes:** with the residual fatigue from this week's testing, it will be helpful if you would take a cold bath for 10-15 minutes (fun I know) when you wake up; eat a good-sized meal and then take some ibuprofen. Schedule pending, take a hot shower and then stretch passively feeling for any hot spots – hold the range of motion for these muscles for 3-5 seconds.

- **Evening Protocols**

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

**Diaphragmatic Breathing:** [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed

Complete Racing Solutions (CRS) Row Assessment 1000 Meter Intervals		Workout Focus: Fastest Times Possible for 4 Intervals	
	Description	Intensity	
Warm Up-2000 Meters	Focus: Gradual Warm Up		
Load Level	Two Focus on good form and mentally prepare for the demands that you are going to face! Stop and stretch if you feel any tight muscles	< 40%	
Main Set #1-1000 Meter Interval	Focus: Muscular Power	Intensity	
Resistance Level	Five	As Fast As Possible	
Display Setting	Distance		
Set Notes	Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate		
Work Interval	1000 Meters for Time:      Avg. Heart Rate:      Max Heart Rate: Pull easy for half of the elapsed time to complete the interval		
Main Set #2-1000 Meter Interval	Focus: Muscular Power	Intensity	
Resistance Level	Five	As Fast As Possible	
Display Setting	Distance		
Set Notes	Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate		
Work Interval	1000 Meters for Time:      Avg. Heart Rate:      Max Heart Rate: Pull easy for half of the elapsed time to complete the interval		
Main Set #3-1000 Meter Interval	Focus: Muscular Power	Intensity	
Resistance Level	Five	As Fast As Possible	
Display Setting	Distance		
Set Notes	Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate		
Work Interval	1000 Meters for Time:      Avg. Heart Rate:      Max Heart Rate: Pull easy for half of the elapsed time to complete the interval		
Main Set #4-1000 Meter Interval	Focus: Muscular Power	Intensity	
Resistance Level	Five	As Fast As Possible	
Display Setting	Distance		
Set Notes	Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate		
Work Interval	1000 Meters for Time:      Avg. Heart Rate:      Max Heart Rate: Pull easy for half of the elapsed time to complete the interval		
Warm Down 1000 Meters	Very easy pulling - keep the stroke rate less than 25 for entire duration	< 40%	
	Beginning Weight:      Ending Weight:      Loss Gain (Loss): UPLOAD ALL OF THIS INFORMATION INTO YOUR REPORT CARD		

▪ **Complete Racing Solutions (CRS) Row Workout #1-1000 Meter Time Trials**

**Workout Notes:** 4 x 1000 Meter Intervals as fast as you can complete. Strive not to lose your mental focus and up pulling something - lead with your legs first and then complete the pull with a good solid pull back. At any time during this workout, if you feel something tightening up, stop and stretch/foam roll.

**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 (CRS) Aerobic MX Workout #1						
Workout Focus: Holding Aerobic Pace as Duration Decreases						
	Description					Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles					
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a>					Less Than 40%
	Concept 2™ Rower - 10 minutes: low intensity pulling					
	<a href="#">Instructional Video on how to stretch - head to toe</a>					
	Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>					
Main Set #1	Set Focus: Moving the bike with your core					Intensity Very Relaxed
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips					
	5 Starts - look ahead and move the bike with your thighs					
	5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over					
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #2	Set Focus: Muscular Endurance					Intensity
Protocols:	Note: these protocols are based on lap time of approximately 2 minute - adjust to fit your track					
	** Don't allow your pace to fall off by more than 2 seconds throughout the moto.					
	30 Minute Moto - Even Paced (Beginning to End)					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time:	Avg. HR#:		Max HR#:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #3	Set Focus: Muscular Endurance					Intensity
	** Strive to maintain the same pace as Set #2					
	30 Minute Moto - Even Paced (Beginning to End)					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time:	Avg. HR#:		Max HR#:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #4	Set Focus: Muscular Endurance & Speed					Intensity
	20 Minute Moto - Negative Split 2nd Half of Moto					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	90-95%
Elapsed Times:	Fastest Lap Time:	Avg. HR#:		Max HR#:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #5	Set Focus: Body Balance					Intensity Very Relaxed
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips					
	5 Starts - look ahead and move the bike with your thighs					
	5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over					
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)					40%



Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.		
Beginning Weight: Ending Weight: Loss Gain (Loss):		
<b>Complete Racing Solutions (CRS)</b> <b>Aerobic</b> <b>MX Workout #2</b>		
<b>Workout Focus: Muscular Endurance / Mental Focus / Internal Pacing</b>		
	<b>Description</b>	
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b>	<b>Intensity</b>
<b>Protocols:</b>	Easy Riding - very low intensity; keep a close eye on your HR throughout Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	<b>40%</b>
<b>Main Set #1</b>	<b>Set Focus: Moving the bike with your core</b>	<b>Intensity</b>
<b>Protocols:</b>	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	<b>Relaxed</b>
<b>Main Set #2</b>	<b>Set Focus: Muscular Endurance</b>	<b>Intensity</b>
<b>Protocols:</b>	Note: these protocols are based on lap time of approximately 2 minutes - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 20 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	
<b>Elapsed Times:</b>	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	
<b>Main Set #3</b>	<b>Set Focus: Muscular Endurance</b>	<b>Intensity</b>
	** Strive to maintain the same pace as Set #2 20 Minute Moto - Even Paced (Beginning to End)	
<b>Elapsed Times:</b>	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	
<b>Main Set #4</b>	<b>Set Focus: Muscular Endurance</b>	<b>Intensity</b>
	** Strive to maintain the same pace as Set #2 20 Minute Moto - Even Paced (Beginning to End)	
<b>Elapsed Times:</b>	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	
<b>Main Set #5</b>	<b>Set Focus: Body Balance</b>	<b>Intensity</b>
<b>Protocols:</b>	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better)	
<b>Warm Down</b>	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	<b>40%</b>
Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.		
Beginning Weight: Ending Weight: Loss Gain (Loss):		



<b>Complete Racing Solutions (CRS) MX Speed Assessment</b>	<b>Workout Focus: Consistent Race Speed</b>	<b>Total Ride Time: 60 Minutes</b>	
	<b>Description</b>		
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b>		<b>Intensity</b>
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> 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 <a href="#">Energy Fuel</a>		<b>Less Than 50%</b>
<b>Main Set #1</b>	<b>Focus: Smooth start and fast five (5) laps</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	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 #		<b>90-95%</b>
<b>Elapsed Times:</b>	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
<b>Main Set #2</b>	<b>Focus: Smooth start and fast three (3) laps</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #		<b>90-95%</b>
<b>Elapsed Times:</b>	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
<b>Main Set #3</b>	<b>Focus: Smooth start and fast two (2) laps</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #		<b>90-95%</b>
<b>Elapsed Times:</b>	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
<b>Warm Down</b>	<b>Easy riding - nothing structured or intense; allow the HR to come down slowly</b>		<b>40%</b>
	<b>Pre-Riding Weight:</b> <b>Post-Riding Weight:</b> <b>Total Fluids Consumed:</b> <b>Loss/Gain</b>		

▪ **Complete Racing Solutions (CRS) MX Speed Assessment**

**Workout Overview:** This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

**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).