



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

**Phase 2**  
**6 Weeks**  
**2/6**  
**Enhanced Endurance – Strength – Lactate Tolerance**

**Intensity Note:**

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

**Monday**

- **Body Analysis – please use your Coach Robb Body Analysis to log this information for evaluation purposes**
- **Complete Rest Day**  
**Misc. Notes:** Take a few extra minutes each day this week and stretch your hips, quads, and hamstrings. To facilitate your stretching efforts, roll each muscle group with a foam roller. The foam roller will create vasodilation of the blood vessels within the muscle tissue which will bring fresh oxygen plus any specialized cells such as leucocytes – white blood cells that kill any germs in your system; this avoids any downtime associated with an energy robbing virus. There are five different types of leukocytes, but they are all produced and derived from a multi-potent cell in the bone marrow known as hematopoietic stem cell. Also, by evaluating your resting heart rate every morning, you can identify when your body is under attack from a virus (this will be represented in the form of an elevated heart rate and an unusual drop in body weight).
- **Evening Protocols**  
**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)  
**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack & meal.

**Tuesday**

- **Body Analysis – please use your Coach Robb Body Analysis 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]**  
**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).
- **(If you didn't ride this morning - Afternoon Workout) Complete Racing Solutions Bike: Heart Rate Ladders (45 Minutes)**  
**Misc. Notes:** take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 3**. Once you are finished with your warm-up, your goal is to toggle within HR Z3 (no higher or lower) and complete a 5 minute "interval". An important element to focus on is belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your **HR Z3**. During your 5-minute rest interval, spin easy and allow your HR to get back into HR Z2.  
**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:** very easy spin; ease into the session; stop if you feel anything tight to avoid the possibilities of tearing a muscle or straining a tendon or ligament.  
**Main Set: Heart Rate Pyramids: 3 x 10 Minutes**  
Heart Rate Ladder within HR Z3 for 5 minutes (gently accelerate – not sprint – until your HR hits the top number of HR Z3 and then without stopping, ease up on your pedaling and focus on your breathing until your HR hits the bottom end of HR Z3 – Repeat for 5 minutes  
  
After 5 minutes of HR Ladders - spin easy for 5 minutes until your HR is in HR Z2 (no higher for optimum recovery)  
**Repeat 3x for 15 minutes of total work**  
**Cool Down in HR Zone 1:** very easy spin; allow your heart rate and the overall stress on the body come down gradually; move directly into your abdominal workout below.
- **(Immediately following your bike workout) Complete Racing Solutions Core Work**  
**Workout notes:** complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.  
**Standing Abdominal Twists:** [click here for video](#)      **Abdominal Pike on Fit Ball:** [click here for video](#)  
**Abdominal Roll Out on Fit Ball:** [click here for video](#)      **Ab Crunch on Fit Ball:** [click here for the video link](#)  
**Post Workout Protocols**
  - **Flexibility:** isolate each muscle in your lower body and hold each stretch for 8-10 seconds – [Complete Series](#)



### Wednesday

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

#### Post Workout Protocols

- **Flexibility:** isolate each muscle in your lower body and hold each stretch for 8-10 seconds – [Complete Series](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **(If you didn't ride this morning - Afternoon Workout) Complete Racing Solutions Strength and Cardio Combo Set (35 Minutes in Duration)**

**Warm up by running for 10 minutes – nice and easy (no sprints or fast paced– keep your HR low)**

**Stretch from head to toe – don't bounce, simply stretch, and hold for 5 seconds**

**Complete the following 8 times:**

25 [Indo Board Push Ups](#) – keep your hands under your arm pits (not too wide)

Rest 30 Seconds

[Jump Rope](#) 60 times – continue jumping until you get all 60" in (no matter how many times you catch your feet)

Rest 1 Minute

**Run Sprints – measure off a distance that has you accelerating and up to all-out effort by the end of 20" (no longer)**

Complete 8 Sprints with a 1:00 minute recovery (no shorter); during your recovery stretch and keep your legs constantly moving)

During your accelerations, focus on relaxing and accelerating smoothly; once you get to top speed strive to relax

#### Post Workout Protocols

- **Flexibility:** isolate each muscle in your lower body and hold each stretch for 8-10 seconds – [Complete Series](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **Evening Protocols:**  
**Misc. Notes:** allow enough time to decompress from your day. Finish your evening snack, foam roll, consume 8 ounces of cold water, brush your teeth, and relax in an absolutely dark and cold room.



## Thursday

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

- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #2**

**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.

- **(If you didn't ride this morning - Afternoon Workout) Complete Racing Solutions Bike: Heart Rate Ladders (45 Minutes)**

**Misc. Notes:** take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 3**. Once you are finished with your warm-up, your goal is to toggle within HR Z3 (no higher or lower) and complete a 5 minute "interval". An important element to focus on is belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your **HR Z3**. During your 5-minute rest interval, spin easy and allow your HR to get back into HR Z2.

**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:** very easy spin; ease into the session; stop if you feel anything tight to avoid the possibilities of tearing a muscle or straining a tendon or ligament.

### **Main Set: Heart Rate Pyramids: 3 x 10 Minutes**

Heart Rate Ladder within HR Z3 for 5 minutes (gently accelerate – not sprint – until your HR hits the top number of HR Z3 and then without stopping, ease up on your pedaling and focus on your breathing until your HR hits the bottom end of HR Z3 – Repeat for 5 minutes

After 5 minutes of HR Ladders - spin easy for 5 minutes until your HR is in HR Z2 (no higher for optimum recovery)  
**Repeat 3x for 15 minutes of total work**

**Cool Down in HR Zone 1:** very easy spin; allow your heart rate and the overall stress on the body come down gradually; move directly into your abdominal workout below.

- **(Immediately following your bike workout) Complete Racing Solutions Core Work**

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

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

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

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

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

### **Post Workout Protocols**

- **Flexibility:** isolate each muscle in your lower body and hold each stretch for 8-10 seconds – [Complete Series](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **Evening Protocols:**

**Misc. Notes:** allow enough time to decompress from your day. Finish your evening snack, foam roll, consume 8 ounces of cold water, brush your teeth, and relax in an absolutely dark and cold room.

## Friday

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

- **Complete Rest Day**

**Mental Notes:** allowing yourself to sleep and not wake up with an alarm will decrease the amount of cortisol in your blood [Note: cortisol is a hormone that is released into the blood when the body is highly stressed and referred to within the human performance community as a fat magnet]. In addition to lowering your blood cortisol levels, waking up without an alarm helps you determine what your optimum amount of sleep is given how your body is responding to the volume & intensity of training that you are maintaining. Remember, it is not what you do in training that makes you stronger, but rather what you do regarding your nutrition and hydration.

- **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.



## Saturday

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

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

**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:** isolate each muscle in your lower body and hold each stretch for 8-10 seconds – [Complete Series](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **2 Hour Power Nap after lunch**  
**Misc. Notes:** if possible, schedule this nap so that you are laying down within 15 minutes of finishing your post run meal; keep the room as dark and as cool as possible; before laying down consume 6-8 ounces of Energy Fuel to provide your body a dose of much needed electrolytes (lost through sweat); the replenishment of these electrolytes will improve your results within tomorrow workload.
- **(Evening Workout) Complete Racing Solutions BMX or MTB | Dirt Jumping Free Ride (1 Hour Maximum)**  
**Misc. Notes:** nothing structured; however, focus on one thing: momentum on the backside of jumps; acceleration from lip to lip, etc. Fun factor high – productivity higher! Remember to hydrate every 20-30 minutes for the entire time you are out there.
- **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**  
**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)  
**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

## Sunday

- **Body Analysis** – please use your Coach Robb Body Analysis to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX Speed Workout - Choice**  
[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:** choose either speed workout from the week; keep a close eye on your heart rate to ensure that you are getting the most out of the workout.

### Post Workout Protocols

- **Flexibility:** isolate each muscle in your lower body and hold each stretch for 8-10 seconds – [Complete Series](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **2 Hour Power Nap after lunch**  
**Misc. Notes:** if possible, schedule this nap so that you are laying down within 15 minutes of finishing your post run meal; keep the room as dark and as cool as possible; before laying down consume 6-8 ounces of [Energy Fuel](#) to provide your body a dose of much needed electrolytes (lost through sweat); the replenishment of these electrolytes will improve your results within tomorrow workload.
- **Evening Protocols**  
**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)  
**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Late Moto Speed					Total Ride Time: 60 Minutes	
		Description						
Warm Up		Set Focus: Gradual Warm Up					Intensity	
		<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 <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> as needed					Less Than 50%	
Main Set #1		Set Focus: Pre-Race Routine					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.						
		This will eliminate race day confusion-what you want from your start & what you have practiced.						
Elapsed Times:		Moto Specific Heart Rate Zone - Low # High #						
		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:					Too Short To Evaluate	
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #2		Set Focus: Negative Split Moto - 20 Minutes in Duration Max					Intensity	
Workout Protocol:		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:					75-80%	
Elapsed Times:		Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:					85-90%	
Set 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 #3		Set Focus: Negative Split Moto - 20 Minutes in Duration Max					Intensity	
Workout Protocol:		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:					75-80%	
Elapsed Times:		Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:					85-90%	
Set 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 #4		Set Focus: Negative Split Moto - 20 Minutes in Duration Max					Intensity	
Workout Protocol:		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:					85-90%	
Elapsed Times:		Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:					85-90%	
Set Recap		Fastest Lap Time: Average Lap Pace: Average Heart Rate:						
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Warm Down		5 Minutes of 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 Aerobic Workout #1**

**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 works 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).

<b>Complete Racing Solutions MX Speed Workout #2</b> <b>Overall Focus: Speed, Speed, Speed!</b> <b>Total Ride Time: 90 Minutes</b>		
	Description	
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</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 <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> as needed	<b>Intensity</b> Less Than 50%
<b>Main Set #1</b>  <b>Workout Protocol:</b>  <b>Set Recap</b>	<b>Focus: Warm the muscles up/Break a Sweat (15 Minute Moto)</b>  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 / Re-hydrate with Energy Fuel	<b>Intensity</b>   75-80%
<b>Main Set #2</b>  <b>Workout Protocol:</b>  Elapsed Times: Elapsed Times: Set Recap	<b>Set Focus: Opening lap speed</b>  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 / Re-hydrate with Energy Fuel	<b>Intensity</b>   90-95% 90-95%
<b>Main Set #3</b>  <b>Misc. Thoughts</b> <b>Workout Protocol:</b> Elapsed Times: Set Recap	<b>Set Focus: High Intensity/Lactate Tolerance</b>  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 / Re-hydrate with Energy Fuel	<b>Intensity</b>   90-95%
<b>Main Set #4</b>  <b>Misc. Thoughts</b> <b>Workout Protocol:</b> Elapsed Times: Set Recap	<b>Set Focus: High Intensity/Lactate Tolerance</b>  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 / Re-hydrate with Energy Fuel	<b>Intensity</b>   90-95%
<b>Main Set #5</b>  <b>Workout Protocol:</b> Elapsed Times: Set Recap	<b>Set Focus: High Intensity/Lactate Tolerance</b>  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 / Re-hydrate with Energy Fuel	<b>Intensity</b>   90-95%
<b>Warm Down</b>	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 #1		
Workout Focus: Muscular Endurance and Strength		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Protocols:	Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle 1 minute stretch - head to toe; hydrate if needed	40%
Main Set #1	Focus: First Turn Transitions	Intensity
Protocols:	Your focus needs to be on your transition from on the gas to on the brakes Take your time from the drop of the gate to a point right after the first turn -stay focused!	
Elapsed Times:	Interval 1 Time:      Interval 2 Time:      Interval 3 Time:      Interval 4 Time:	50%
Elapsed Times:	Interval 5 Time:      Interval 6 Time:      Interval 7 Time:      Interval 8 Time:	50%
Elapsed Times:	Interval 9 Time:      Interval 10 Time:      Interval 11 Time:      Interval 12 Time:	50%
Elapsed Times:	Fastest Time:      Slowest Time:      Average Time:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a> as needed	
Main Set #2	Focus: Muscular Endurance	Intensity
Protocols:	20 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better) 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better)	75% 75% 75%
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel as needed	
Main Set #3	Focus: Muscular Endurance & Strength	Intensity
Protocols:	15 Minute Moto - Even Paced / Take the smoothest lines every lap 15 Minute Moto - Even Paced (Beginning to End)	
Elapsed Times:	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	75%
Elapsed Times:	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	75%
Elapsed Times:	Lap 11 Time:      Lap 12 Time:      Lap 13 Time:      Lap 14 Time:      Lap 15 Time:	75%
Elapsed Times:	Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel as needed	
Main Set #4	Focus: Muscular Endurance & Strength	Intensity
Protocols:	15 Minute Moto - Even Paced / Take the roughest lines every lap 15 Minute Moto - Even Paced (Beginning to End)	
Elapsed Times:	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	75%
Elapsed Times:	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	75%
Elapsed Times:	Lap 11 Time:      Lap 12 Time:      Lap 13 Time:      Lap 14 Time:      Lap 15 Time:	75%
Elapsed Times:	Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:	
Protocols:	15 Minute Moto - Even Paced / Take the smoothest lines every lap	
Main Set #5	Focus: Muscular Endurance & Strength	Intensity
Protocols:	15 Minute Moto - Even Paced / Take the smoothest lines every lap	
Elapsed Times:	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	75%
Elapsed Times:	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	75%
Elapsed Times:	Lap 11 Time:      Lap 12 Time:      Lap 13 Time:      Lap 14 Time:      Lap 15 Time:	75%
Elapsed Times:	Fastest Lap Time:      Slowest Lap Time:      Average Lap Pace:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	
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.

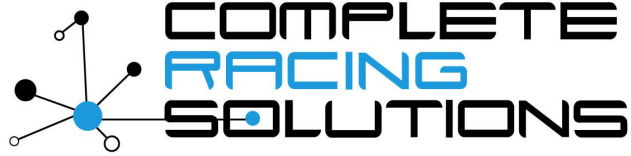
Beginning Weight:

Ending Weight:

Loss Gain (Loss):

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Muscular Endurance and Strength		
	Description	
Warm Up	Set Focus: Gradual Warm Up	Intensity
	<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> as needed	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	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	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 #4	Set Focus: Timed Moto	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	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 #6	Set Focus: Starts & Transitions	Intensity
Protocols:	10 Starts with a firstturn 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





THE SCIENCE OF PERFORMANCE

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):	