



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 2
6 Weeks
5/6
Enhanced Strength, Endurance & Lactate Tolerance

Intensity Note:

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

Monday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**
[Please refer to the spreadsheet at the bottom of this document]

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

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

Post Workout Protocols

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

If you Didn't Ride This Morning - Complete ONE of the following workouts for your afternoon workout:

- **Complete Racing Solutions Bike: Heart Rate Ladder Workout (35 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 2**. Once you are finished with your warm-up, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75-85) – continue to "push the pace" until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number.

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

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

Main Set#1: Heart Rate Pyramids: 10 Minutes

Misc. Notes: Toggle between your lower and upper number in **HR Z2** for 10 minutes

Transition Set: 5 minutes very easy; strive to get the HR into Z1 (no higher for optimum productivity)

Main Set#2: Heart Rate Pyramids: 10 Minutes

Misc. Notes: Toggle between your lower and upper number in **HR Z2** for 10 minutes

Warm Down (HR Zone 1): Keep a close eye on your HR level for the final 10 minutes

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Misc.: don't dismount until your heart rate is within HR Z1

OR

Complete Racing Solutions Row: Incremental Pacing Intervals (6500 Meters)

Misc. Notes: complete a 500-meter interval at **80-85% effort** after your warm-up; use this time as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

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

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: less than 25

Stretch from head to toe



Baseline 500 Meter Interval: complete a 500-meter interval at **80-85% effort**; **1 Minute Rest Interval**
Display 500 Meters – 1 Minute Rest Interval
Load Level: 5 Pull Rate: 25 plus Elapsed Time:

Main Set: Pacing Pyramids – Repeat all 3 x 500 x 3 Sets = 4500
Load Level: 5 Pull Rate: 25 plus
500 Meter Baseline plus 10 seconds – Rest 1 Minute
500 Meter Baseline plus 5 seconds – Rest 1 Minute
500 Meters at Baseline Pace – Rest 1 Minute

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Distance: 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

Post Workout Protocols

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

▪ **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Tuesday

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

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



Wednesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
(Morning Workout) Complete Racing Solutions MX: 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 you the much-needed electrolytes

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

Post Workout Protocols

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

If you Didn't Ride This Morning - Complete ONE of the following workouts for your Afternoon Workout:

- **Complete Racing Solutions Bike: Heart Rate Ladder Workout (30 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 2**. Once you are finished with your warm-up, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75-85) – continue to "push the pace" until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number.

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

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

Main Set: Heart Rate Pyramids: 30 Minutes

Misc. Notes: Toggle between your lower and upper number in **HR Z2** for 30 minutes

Warm Down (HR Zone 1): Keep a close eye on your HR level for the final 10-minutes

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Misc.: don't dismount until your heart rate is within HR Z1

- **Complete Racing Solutions Row: Fragmented Interval Workout (30 Minutes)**

Workout notes: this workout is going to create a high level of fatigue – both mentally and physically so come to this workout well hydrated, fed and rested (ideally complete this workout in the morning before beginning your day if logistically possible).

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

Warm up for 10 minutes (HR Zone 1) – Longer than normal to avoid pulling a muscle or straining an attachment

Load level 3

Intensity: **HR Zone 2** or less; relaxed and with perfect form (straight back, leading with your legs, pull rate 25-30)

REPEAT THE FOLLOWING FOR 20 Minutes

Display Setting: 500-meter interval with 1-minute rest

Load Levels: 5

400 Meters: 85% Effort with straight back; leading with your legs

100 Meter Sprint (HR Zone 3+); your goal is to keep the pull chain tight the entire 100 meters; lead with your legs for maximum power production.

Stretch & hydrate as needed for optimum results

Warm down: 5 minutes

Load level 3

Intensity: **HR Zone 2** or less; relaxed and with perfect form (straight back, leading with your legs, pull rate 25-30)

Post Workout Protocols

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



Thursday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(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**
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Friday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Rest Day**
 - Misc. Notes** Allow yourself to sleep in today and put an increased emphasis on quality food with large quantities. Remember, these two elements are the foundation of a healthy body that is strong and resilient. Keep in mind that the muscles that you have today are a result of what you ate over the last six months – you are literally what you ate, so plan ahead and be smart.
- **Evening Protocols**
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes (Morning Workout) Complete Racing Solutions MX: Aerobic Workout #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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

Workout Notes: This workout will seem easy initially, but by the second set you will have to strive to maintain your lap times by not throwing more effort into your laps, but rather by staying relaxed and focusing on your breathing. You will find that if you begin to tighten up and shallow breathe through your chest (verses your belly), you will begin to miss your lines more frequently and have a difficult time holding your lap times. Work smart, not hard during this workout. You should finish this workout feeling fresh - not chewed up.

Post Workout Protocols

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

- **2 Hour Nap After Mid-Day Meal**

Misc. Notes: immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body with the building blocks necessary to repair your muscles.

- **(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**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



Sunday

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

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

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

Workout Overview: When you get finished with this workout, you will have taught your body how to function in an optimum state of aerobic efficiency. Most riders think that the only way to pull down their lap time is to throw more effort into each lap - this only causes them to tighten up and ultimately slow down. During this workout, as the duration increases, you need to focus on your belly breathing and body position on the bike. The more relaxed you are, there will be an increase in the blood flow to the working muscles (providing more oxygen) and the easier the interval will become. Stay smart and mentally focused.

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes
- **2 Hour Nap After Mid-Day Meal**
Miss. Notes: research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein & fat (they only thing that satisfies your appetite).
- **Evening Protocols**
Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



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Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		
	Description	HR Zone
Warm Up	Focus: Gradual Warm Up	
Protocols:	Complete 15 minutes of bicycling or rowing-even for 10 minutes / 30" on/off for last 5 minutes Stretch your calves, hamstrings, and lower back prior to moving onto Main Set #1	1
Main Set #1	Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	HR Zone
Protocols:	Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	3
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
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	
Main Set #2	Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	HR Zone
Protocols:	Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	3
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
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	
Main Set #3	Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	HR Zone
Protocols:	Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	3
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
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	
Main Set #4	Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	HR Zone
Protocols:	Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	3
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
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	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	
	Post Workout: stretch passively from head to toe; pay extra attention to your overly tight areas. This will prevent future injury sites from developing. Eat a complete meal within 20 minutes of completing this workout. Please don't underestimate the power of a proper recovery meal. You will feel the results in your future workouts.	

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Holding Aerobic Pace as Duration Increases		
	Description	HR Zone
Warm Up	Focus: Gradual Warm Up	
Protocols:	Complete 15 minutes on either your rower or your bike on the trainer / stretch immediately You want to be sweating really well before you move onto your motorcycle	
Main Set #1	Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	HR Zone
Protocols:	Complete a start (with drop of gate if possible) and then complete 10 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	High 2
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
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	
Main Set #2	Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	HR Zone
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	High 2 Low 3
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	
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	
Main Set #3	Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	HR Zone
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	High 2 Low 3
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	
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	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	1
	Post Workout: stretch passively from head to toe; pay extra attention to your overly tight areas. This will prevent future injury sites from developing. Eat a complete meal within 20 minutes of completing this workout. Please don't underestimate the power of a proper recovery meal. You will feel the results in your future workouts.	

Workout Overview: When you get finished with this workout, you will have taught your body how to function in an optimum state of aerobic efficiency. Most riders think that the only way to pull down their lap time is to throw more effort into each lap - this only causes them to tighten up and ultimately slow down. During this workout, as the duration increases, you need to focus on your belly breathing and body position on the bike. The more relaxed you are, there will be an increase in the blood flow to the working muscles (providing more oxygen) and the easier the interval will become. Stay smart and mentally focused.