



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 3
6 Weeks
2/6
Enhanced Strength | 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 – 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**
Misc. Notes: if logistically possible, sleep in and don't begin your day with an alarm; instead wake up when your body is ready (Note: this may mean that you need to go to bed a little early to fit your personal schedule). Before getting out of bed, lay flat on your back and relax; focus on diaphragmic breathing and maximizing your oxygen uptake. After you become completely relaxed, I want you to get the small of your back (right above your butt) flat on your bed. If you are not able to keep your lower back flat on the bed, take some extra time and foam roll your quads, ITB and glutes. By doing this, you will improve the range of motion within your hips and legs – this will enhance your biomechanics as an athlete.
- **Evening Protocols**
Misc. Notes: when you lay down to go to sleep, your goal is to get to sleep as quickly as possible, sleep as deep as possible and stay there as long as possible. If your brain doesn't have enough sugar to last through the night, you will wake up – not an ideal scenario when it comes to recovering from your day of training. An additional focus of getting to sleep quickly is associated with your body's production of hGH (human growth hormone). Human growth hormone is what makes you leaner and incorporates with other hormones necessary for complete recovery from the workloads associated with your training. With this being said, consume a highly dense snack or smoothie to help satisfy your brains need for sugar (from your liver) and your muscles needs for amino acids.

Tuesday

- **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]
Workout Notes: This set is going to teach you how much faster you can go when you focus on staying aerobic for 95% of your total ride time. Your last set will feel easy due to fact that you have been aerobic for the majority of your workout. Pay close attention to your heart rate to ensure that you have the energy stored to drop the hammer during set number five.
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **(If you were NOT able to ride this morning – Afternoon Workout) 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:** please reference Monday's notes



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card 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: this day needs to be approached as if it was a national - food, warm up, etc. The mental side of this workout is for you to familiarize your body with what you expect from it on race day: perfect execution of all the homework you have put into your racing. With your focus being on producing the fastest laps possible, your sight lap needs to be focused and productive. Have fluids and calories (exactly what you want to consume on race day) available to maintain your blood sugar levels (to maintain mental clarity and energy) throughout the entire 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 tomorrow's workouts more productive).

- **(If you didn't ride this morning – Complete the Following) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout notes: come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

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.

Weight: choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

Speed of Lift: quick off the bottom, slow (3 count) back to your starting point

Rep Count:

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

Sets: 2

Post Workout Protocols

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

- **Evening Protocols:** please reference Monday's notes



Thursday

- **Body Analysis:** please use your Coach Robb Report Card 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]

Workout Notes: this workout is going to assess your aerobic capacity on the track. Pay close attention to your heart rate levels throughout each 30-minute moto; if your heart rate goes beyond your 85% heart rate number, you need to slow down and smooth out on the track. Keep in mind that if you go beyond 85%, we will not have an accurate evaluation of your aerobic function on the bike. Taking the smooth lines includes smooth throttle, clutch and brake control everywhere on the track. Focus on landing on the backsides of all the jumps to keep your momentum as high as possible, with the least amount of energy.

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 didn't ride this morning, complete one (1) of the following:

- **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

- **Evening Protocols:** please reference Monday's notes



Friday

- **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]

Workout Notes: as the workout focus header implies, this workout is going to challenge you on creating opening lap speed and then being able to find the fastest lines and duplicate the speed interval after interval. Remember, it doesn't help you to go fast for one lap and then fall off pace, your goal is to create a consistent speed for as many laps as the moto is long. Due to the high level of intensity, your morning breakfast needs to be loaded with protein and carbs (pancakes, waffles, toast, etc.). Maintaining your blood sugar in between sets will improve the overall quality and outcome of 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).

- **(If you didn't ride this morning – Complete the Following) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout notes: come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

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.

Weight: choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

Speed of Lift: quick off the bottom, slow (3 count) back to your starting point

Rep Count:

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

Sets: 2

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:** please reference Monday's notes



Saturday

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

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

Workout Notes: duplicate one of your speed workouts from earlier in the week. Strive to be quicker and more consistent than you were the last time you completed the protocols.

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 after lunch**

Misc. Notes: the growth hormones released during your nap will be your biggest asset when it comes to overall physical improvement. Try to eat a complete meal prior to your nap to enhance the quality.

If you didn't ride this morning, complete one (1) of the following:

- **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

- **Evening Protocols:** please reference Monday's notes



Sunday

- **Body Analysis** – please use your Coach Robb Report Card 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]

Workout Notes: duplicate one of your speed workouts from earlier in the week. Strive to be quicker and more consistent than you were the last time you completed the protocols.

Post Workout Protocols

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

- **2 Hour Nap After 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 the building blocks necessary to repair your muscles.

If you didn't ride this morning, complete one (1) of the following:

- **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)

- **Evening Protocols:** please reference Monday's notes

Combo Weight Workout – Muscular Endurance Phase 1			
Warm Up		Date	Date
10 Minute Warm Up: Easy spin on the bicycle or even temp pull on the Concept 2 rower			
Lower Body Cycle: No Rest in between exercises - 1 Minute rest at the end of the complete cycle			
Walking Lunges - 20 Steps (Out and Back)			
Instructional Videos: Walking Lunges			
Weight (Moderate)			
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Weight (Moderate)			
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Single Leg - Good Mornings			
Instructional Video: Single Leg-Good Morning			
Weight (Moderate)			
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Weight (Moderate)			
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Single Leg - Calf Risers			
Instructional Video: Single Leg Calf Raises			
Weight (Moderate)			
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Weight (Moderate)			
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Side Skaters			
Instructional Video: Side Skaters			
Rep 1 (as many as you can complete in 30 seconds)			
Rep 2 (as many as you can complete in 30 seconds)			
Static Wall Squats (Goal 60 Seconds)			
Instructional Video: Static Wall Squats			
Duration #1 (Pause and stretch your quads when you are finished to alleviate a muscle pull)			
Duration #2 (Pause and stretch your quads when you are finished to alleviate a muscle pull)			

Core & Lower Back Cycle (No Rest in between exercises - 1 Minute rest at the end of the complete cycle)	Date	Date
Pike Position (Goal 60 Seconds)		
Instructional Video: Pike Position		
Duration #1 (Roll over on your back and reach up and extend your toes - stretch your core)		
Duration #2 (Roll over on your back and reach up and extend your toes - stretch your core)		
Ab Roll Out On Fit Ball		
Instructional Video: Abdominal Roll out on Fit Ball		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Abdominals On Fit Ball		
Instructional Video: Abdominal Crunch on Fit Ball		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Pike - Push Up - Pike (30 Seconds)		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 30 seconds)		
Rep 2 (as many as you can complete in 30 seconds)		
Super Man's On Belly		
Instructional Video: Superman Strength Exercise		
Rep 1 (8-10 with good form – slow movement the entire range of motion)		
Rep 2 (8-10 with good form – slow movement the entire range of motion)		

Instructional Video – Rowing		
2000 Meter Rowing		
Warm up for 200 Meters - Low Intensity		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		

Bicycle Sprints		
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		



Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Duration: 2 Hours		
	Description	
Warm Up	Set Focus: generate blood flow into all the working muscles	Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	Less Than < 40%
Main Set #1	Set Focus: Reaction Time & First Turn Aggression	Intensity
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Aerobic Enhancement / Internal Pacing	Intensity
Workout Protocol:	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 30 minutes. Note: first fifteen minutes take the optimum lines and maintain optimum momentum last fifteen minutes take the non-optimum lines & focus on belly breathing Moto Specific Heart Rate Zone - Low # High #	
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%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Reaction Time & First Turn Aggression	Intensity
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Focus: Aerobic Enhancement / Internal Pacing	Intensity
Workout Protocol:	Same notes as Set #2 - 30-minute straight moto with consistent lap times beginning to end.	
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%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Sprint Speed	Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	2 Lap Elapsed Time Int. #1: 2 Lap Elapsed Time Int. #2:	95-100%
Elapsed Times:	2 Lap Elapsed Time Int.#3: 2 Lap Elapsed Time Int. #4:	95-100%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	

Complete Racing Solutions MX Speed Workout #1							
Workout Focus: Opening Speed				Total Ride Time: 60 Minutes			
		Description					
Warm Up		Set Focus: Gradual Warm Up				Intensity	
		Instructional Video on how to set up the Concept 2 Rower				Less Than 50%	
		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					
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.				Too Short To Evaluate	
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #2		Set Focus: Opening Lap Speed				Intensity	
Workout Protocol:		This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity.				90-95% 90-95% 90-95% 90-95% 90-95%	
		Moto Specific Heart Rate Zone - Low # High #					
Rest Interval Performance Times:		5 Minutes (no more or less) - Stretch and hydrate as necessary					
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Performance Times:		Lap 1 Time:	Lap 2 Time:	Avg. Time:	Avg. HR:		
Recap:		Fastest Lap Time:		Average Lap Pace: Average Heart Rate:			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #3		Set Focus: Hold Consistent Times At An Aerobic Effort				Intensity	
Workout Protocol:		Hold your pace for 30 minutes				80-85% 85-90%	
		Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals.					
		Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		Lap 5 Time:
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:		Lap 10 Time:
Performance Recap:		Fastest Lap Time:		Average Lap Pace: Average Heart Rate:			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate					
Main Set #4		Set Focus: Hold Consistent Times At An Aerobic Effort				Intensity	
Workout Protocol:		Hold your pace for 30 minutes				80-85% 85-90%	
		With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate.					
		Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		Lap 5 Time:
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:		Lap 10 Time:
Performance Recap:		Fastest Lap Time:		Average Lap Pace: Average Heart Rate:			
Warm Down		5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down				< 40%	
		Pre-Riding Weight:		Post-Riding Weight:			
		Total Fluids Consumed:		Loss/Gain			

Complete Racing Solutions Aerobic MX Workout #2		
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 Stretch passively (no bouncing) from head to toe	< 50%
Main Set #1	Focus: Moving the bike with your core	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) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Incremental
Main Set #2	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:	100%
Elapsed Times:	Interval 5 Time: Interval 6 Time: Interval 7 Time: Interval 8 Time:	100%
Elapsed Times:	Interval 9 Time: Interval 10 Time: Interval 11 Time: Interval 12 Time:	100%
Elapsed Times:	Fastest Time: Slowest Time: Average Time:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Focus: Muscular Endurance & Strength	Intensity
Protocols:	30 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:	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%
	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: Muscular Endurance & Strength	Intensity
Protocols:	20 Minute Moto - Even Paced / Take the roughest lines every lap	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
Protocols:	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)	< 50%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	

Complete Racing Solutions MX Speed Workout #2							Workout Focus: Consistent Race Speed		Total Ride Time: 90 Minutes	
		Description								
Warm Up		Set Focus: Gradual Warm Up						Intensity		
		Instructional Video on how to set up the Concept 2 Rower						Less Than		
		Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo						50%		
		Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel								
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.						Too Short To Evaluate		
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel								
Main Set #2		Set Focus: Race Day (6 Lap Sprints)						Intensity		
Workout Protocol:		This set is designed to see how both your speed and endurance is developing; your mindset needs to be focused as if it was race day of a big national. Follow your plan and fly!								
		Moto Specific Heart Rate Zone - Low # High #								
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:	90-95%		
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary								
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:	90-95%		
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary								
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:	90-95%		
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary								
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:	90-95%		
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary								
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:	90-95%		
		Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary								
Performance Recap:		Fastest Lap Time:		Deviation:		Average Heart Rate:				
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel								
Main Set #3		Set Focus: Opening Lap Speed						Intensity		
Workout Protocol:		NOTE: IF YOU ARE EXHAUSTED FROM SET #2, DON'T ATTEMPT THIS SET, YOU ARE DONE FOR DAY								
		Your goal is to be as fast or faster than Set #2 - Volume is down, speed goes up!								
		Moto Specific Heart Rate Zone - Low # High #								
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%			
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%			
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%			
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%			
Performance Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. HR:	Rest: 3 Minutes	90-95%			
Performance Recap:		Fastest Lap Time:		Deviation:		Average Heart Rate:				
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel								
Warm Down		5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down						< 40%		