



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

**Phase 3**  
**6 Weeks**  
**4/6**  
**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:** take a few minutes and review how prepared you are for tomorrow: do you know when you are going to be tonight to ensure that you get eight hours of sleep? Do you have your schedule outlined as to where you will be when? Are you clearly focused on the purpose of each workout? Do you have the necessary pre-workout fluids and calories to optimize your training efforts? By taking 10 minutes and answering these questions will facilitate your efforts of improving by 1% every day. As athletes, frequently we feel that we need to make huge improvements in our actual performance, but ironically, most of the athletic improvements take place when the preparation is optimized.
- **Evening Protocols**  
**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.

**Tuesday**

- **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]**  
**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.  
  
**Workout Notes:** please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels. This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of insufficient calories and fluids - so plan ahead. Also, just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!  
**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).
- **(Afternoon Workout) Complete Racing Solutions Youth Strength and Cardio Combo Set (40 Minutes)**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**  
**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.  
**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.  
**Speed of Lift:** quick and smooth  
**Repetitions:** as many as you can complete in 30 seconds with proper form OR number of reps as listed  
**Sets:** 2  
**Rest Interval:** none in between exercises; 1 minute in between cycles  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols**  
**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



## Wednesday

- **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:** if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

### Post Workout Protocols

- **Flexibility:** complete 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).

- **(Afternoon workout) Complete Racing Solutions Running – Rower or Bike (MTB – BMX – Road Bike): Pacing Intervals (35')**

**Workout notes:** the intensity is going to be high; however, the duration will be short. Focus on the rest interval – you want to allow for complete recovery for maximum results.

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

### Warm up (HR Zone 1):

**Duration:** 10 minutes

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

### REPEAT THE FOLLOWING FOR 20 Minutes

#### 2 Minutes at a Fast Pace (up to HR Z3 but not higher)

Get up to speed quickly and hold your intensity with optimized form to reduce the risk of injury

#### 3 Minute Recovery Block (complete recovery is imperative)

You should feel fresh and eager to start the next interval – if not, add more recovery time

Repeat 4x

**Cool Down (HR Zone 1):** Keep a close eye on your HR level for the final 5 minutes

**Duration:** 5 minutes

**Misc.:** stretch and hydrate before moving to your post workout 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).

- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



#### Thursday

- **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 (Same as Tuesday Intentionally)**

[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.

**Workout Notes:** please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels.

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of insufficient calories and fluids - so plan ahead. Also just like race day, the track will break down and you should strive to focus on maintaining your momentum where ever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

#### 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).

- **(Afternoon Workout) Complete Racing Solutions Youth Strength and Cardio Combo Set (40 Minutes)**

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

**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

**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.

**Speed of Lift:** quick and smooth

**Repetitions:** as many as you can complete in 30 seconds with proper form OR number of reps as listed

**Sets:** 2

**Rest Interval:** none in between exercises; 1 minute in between cycles

#### Post Workout Protocols

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

- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



## Friday

- **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 (Same as Wednesday Intentionally)**  
[Please refer to the spreadsheet at the bottom of this document]

**Workout Notes:** if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

### Post Workout Protocols

- **Flexibility:** complete 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).
- **(Afternoon Workout) Complete Racing Solutions Run – Row- Bike (MTB–BMX–Road Bike): Even Tempo (40 Minutes)**  
**Workout Notes:** the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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

### Warm Up: HR Zone 1

**Duration:** 10 minutes

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

### Main Performance Block: 25 minutes (HR Zone 2)

**Set Notes:** comfortable pace; stay relaxed and focused on good form to optimize both your efficiency and reduce your risk of injury.

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

**Duration:** 5 minutes (no shorter)

**Misc. Notes:** stretch your lower back, calves, and quads after the cool down

### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols**  
**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



## 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 #1**

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

**Workout Notes:** if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

### Post Workout Protocols

- **Flexibility:** complete 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 Nap After Mid-Day Meal**

**Misc. Notes:** at this point in the week, your body should be eager to catch a few extra hours of sleep. Strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child doses off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.

- **(Afternoon Workout) Complete Racing Solutions Youth Strength and Cardio Combo Set (40 Minutes)**

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

**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

**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.

**Speed of Lift:** quick and smooth

**Repetitions:** as many as you can complete in 30 seconds with proper form OR number of reps as listed

**Sets:** 2

**Rest Interval:** none in between exercises; 1 minute in between cycles

### Post Workout Protocols

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

- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



## 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 #1 (Same as Tuesday Intentionally)**

[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.

**Workout Notes:** please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels.

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of insufficient calories and fluids - so plan ahead. Also just like race day, the track will break down and you should strive to focus on maintaining your momentum where ever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

### 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 Nap After Lunch**

**Misc. Notes:** once you wake up from your 2 to 3-hour nap; take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.

- **(Afternoon Workout) Complete Racing Solutions Run – Row- Bike (MTB–BMX–Road Bike): Even Tempo (40 Minutes)**

**Workout Notes:** the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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

### Warm Up: HR Zone 1

**Duration:** 10 minutes

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

### Main Performance Block: 25 minutes (HR Zone 2)

**Set Notes:** comfortable pace; stay relaxed and focused on good form to optimize both your efficiency and reduce your risk of injury.

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

**Duration:** 5 minutes (no shorter)

**Misc. Notes:** stretch your lower back, calves, and quads after the cool down

### Post Workout Protocols

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

- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



<b>Complete Racing Solutions MX Speed Workout #1</b>	<b>Workout Focus: Consistent Speed</b>	<b>Total Ride Time: 60 Minutes</b>	
	<b>Description</b>		<b>Intensity</b>
<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 a bike easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>		<b>Less Than 50%</b>
<b>Set #1</b>	<b>Focus: Smooth Riding at a Specific Effort</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Over the next 15 minutes, maintain the highest rate of speed while staying consistent for the entire duration (good throttle, clutch and brake control to maximize your momentum). Moto Specific Heart Rate Zone - Low # High #		
<b>Elapsed Times:</b>	15 Minute Interval #1: Average HR: Max HR:		<b>85-90%</b>
	Rest For 15 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	15 Minute Interval #1: Average HR: Max HR:		<b>85-90%</b>
	Rest For 15 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
<b>Set #2</b>	<b>Focus: Smooth Riding at a Specific Effort</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain good body position and momentum (accomplish this by squeezing your knees & looking ahead) Moto Specific Heart Rate Zone - Low # High #		
<b>Elapsed Times:</b>	10 Minute Interval #1: Average HR: Max HR:		<b>90-95%</b>
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	10 Minute Interval #1: Average HR: Max HR:		<b>90-95%</b>
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
<b>Set #3</b>	<b>Focus: Smooth Riding at a Specific Effort</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to breath through your stomach verses your chest to maximize your oxygen uptake Moto Specific Heart Rate Zone - Low # High #		
<b>Elapsed Times:</b>	5 Minute Interval #1: Average HR: Max HR:		<b>95-100%</b>
	Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
<b>Elapsed Times:</b>	5 Minute Interval #1: Average HR: Max HR:		<b>95-100%</b>
<b>Warm Down</b>	Easy riding - nothing structured or intense; allow the HR to come down slowly		<b>40%</b>
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain		

### Complete Racing Solutions MX Speed Workout #1

**Workout Notes:** please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels. This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of insufficient calories and fluids - so plan. Also, just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

#### Post Workout Protocols

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





Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		Total Ride Time: 45 Minutes
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	Less Than 40%
Main Set #1	Focus: Aerobic Endurance (25 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for 25 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes  Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
Performance Recap:	Fastest Time:                      Average Time:                      Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Focus: Aerobic Endurance (25 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for 25 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes  Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
	Fastest Time:                      Average Time:                      Average Heart Rate:	
Main Set #3	Focus: Aerobic Endurance (25 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for 25 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes  Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
	Fastest Time:                      Average Time:                      Average Heart Rate:	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	Less than 40%
	Pre-Riding Weight:                      Post-Riding Weight: Total Fluids Consumed:                      Loss/Gain	

#### Complete Racing Solutions MX Aerobic Workout #1

**Workout Notes:** if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

#### Post Workout Protocols

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



Complete Racing Solutions Youth Strength and Cardio Combo Set			
Warm Up			
Jog - Concept 2 <sup>TM</sup> Row or Spin on Bike (BMX-MTB-Road) - 10 min. Easy			
CYCLE ONE			
3/4 Abdominal Sit Ups			
<a href="#">Instructional Video: 3/4 Sit Ups</a>			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			
Clean & Jerk/Shoulder Press On One Leg			
<a href="#">Instructional Video: Indo Board Clean and Jerk Shoulder Press</a>			
Weight Set #1 (Load - hit 8 reps easily!)			
Reps Completed			
Weight Set #2 (Load - hit 8 reps easily!)			
Reps Completed			
Squat Thrusters - 30" (80% Effort)			
<a href="#">Squat Thrusters - Instructional Video</a>			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			
CYCLE TWO			
Fragmented Pike Position (Goal 60 Seconds)			
<a href="#">Instructional Video: Pike Position</a>			
Goal 60 Seconds: 20" 2 Feet on Ground/20" Right/20" Left Foot Only			
Goal 60 Seconds: 20" 2 Feet on Ground/20" Right/20" Left Foot Only			
Honest Push Ups			
<a href="#">Instructional Video: Honest Push Up</a>			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			
Box Hops - 30 Seconds (80% Effort - Even)			
<a href="#">Instructional Video: Rear Deltoid Lift</a>			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			

CYCLE THREE			
Rotator Cuff Rotation on Fit Ball			
<a href="#">Instructional Video: Rotator Cuff Rotation on Fit Ball</a>			
Weight (Err on the side of caution here) - move slowly			
Rep 1 (Goal 8 reps)			
Weight (Err on the side of caution here) - move slowly			
Rep 2 (Goal 8 reps)			
Lat Drop-Triceps Press on Fit Ball			
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>			
Weight Set #1 (Load - hit 8 reps easily!)			
Reps Completed			
Weight Set #2 (Load - hit 8 reps easily!)			
Reps Completed			
Squat Thrusters - 30" (80% Effort)			
<a href="#">Squat Thrusters - Instructional Video</a>			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			
CYCLE FOUR			
Single Leg - Good Mornings - Shoulder Press			
<a href="#">Instructional Video: Single Leg - Good Mornings - Shoulder Press</a>			
Weight Set #1 (Load - hit 8 reps easily!)			
Reps Completed			
Weight Set #2 (Load-struggle to hit 5 reps)			
Reps Completed			
Rear Deltoid on Single Leg			
<a href="#">Instructional Video: Rear Deltoid on Single Leg</a>			
Weight (Err on the side of caution here) - move slowly			
Rep 1			
Weight (Err on the side of caution here) - move slowly			
Rep 2			
Deep Squats/Bicep Curl on Folded Towel			
<a href="#">Instructional Video: Deep Squat with Curls</a>			
Weight Set #1 (Load - hit 8 reps easily!)			
Reps Completed			
Weight Set #2 (Load-struggle to hit 5 reps)			
Reps Completed			
Box Hops - 30 Seconds (80% Effort - Even)			
<a href="#">Instructional Video: Rear Deltoid Lift</a>			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			

CYCLE FIVE			
Hamstring Press-Extension on Fit Ball			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
Reps Completed in 30 Seconds (Keep your hips as high as possible)			
Reps Completed in 30 Seconds (Keep your hips as high as possible)			
Single Leg - Calf Risers			
<a href="#">Instructional Video: Single Leg Calf Raises</a>			
Reps Completed in 30 Seconds (Slow with a straight spine)			
Reps Completed in 30 Seconds (Slow with a straight spine)			
Stars - 30 Seconds (80% Effort - Even)			
<a href="#">Stars Instructional Video</a>			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			

CYCLE SIX			
Static Wall Squats (Goal 60 Seconds)			
Elapsed Time with Toes off of the Ground			
Elapsed Time with Toes off of the Ground			
Side Skaters			
<a href="#">Instructional Video: Side Skaters</a>			
Reps Completed in 30 Seconds (Jump a consistent distance each time)			
Reps Completed in 30 Seconds (Jump a consistent distance each time)			
Super Man's On Belly			
<a href="#">Instructional Video: Superman Strength Exercise</a>			
Reps Completed in 30 Seconds (Smooth range of motion)			
Reps Completed in 30 Seconds (Smooth range of motion)			
<a href="#">Stars Instructional Video</a>			
Box Hops - 30 Seconds (80% Effort - Even)			
<a href="#">Instructional Video: Rear Deltoid Lift</a>			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			

### Complete Racing Solutions Youth Strength and Cardio Combo Set (40 Minutes)

**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

**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.

**Speed of Lift:** quick and smooth

**Repetitions:** as many as you can complete in 30 seconds with proper form OR number of reps as listed

**Sets:** 2

**Rest Interval:** none in between exercises; 1 minute in between cycles