



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 3
6 Weeks
5/6
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**
Mental Notes: take 10 minutes and complete these two things (5 minutes each): [Diaphragmic Breathing](#) & Pressing your lower back to the floor. Repeat throughout the day as often as your schedule permits.
Diaphragmic Breathing: learning how to control your breathing and change your style of breathing: either through your chest or your belly. Belly breathing – activating the diaphragm muscle, is more effective in delivering oxygen to your working muscles.
Pressing your Lower Back: to release the tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), you need to [foam roll your quads](#) and then isolate and [stretch the quadriceps](#).
- **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)
Diaphragmic 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: the fun part of this workout is when you realize that when you take the non-optimum lines, you appreciate the optimum lines. This will interpret into higher levels of momentum and speed will be the by-product. Like the notes indicate, don't worry about lap times but instead focus on the physics of the motorcycle and how to move it around with the brake, throttle, and clutch. Focus on using your strength & balance to move the bike around - put the bike where you want/need it to be.
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)
Diaphragmic 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]

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

Workout Notes: This workout is going to fun as well as challenging by changing up your intensity and duration levels throughout each set. As we discuss regularly, teaching your body to change "gears" specific to your heart rate is the quickest way to find new levels of speed. How many times have we discussed that sometimes you actually go faster when you "slow down"? Due to the nature of physics, the smoother your ride the faster your lap times; however, it is not a mindset that is widely accepted within the moto world. Stay focused on smooth lines, good technique and deep belly breathing to keep your overall heart rate under control.

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.



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 #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.

Workout Notes: strive to be consistent for all three main sets. If you have more than a two second deviation, then your average speed needs to increase slightly, or you need to slow down your initial pace. Remember, the idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. Wear your HR monitor to help keep yourself honest throughout this 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).

- **(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**

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

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

Workout Notes: This workout is going to fun as well as challenging by changing up your intensity and duration levels throughout each set. As we discuss regularly, teaching your body to change "gears" specific to your heart rate is the quickest way to find new levels of speed. How many times have we discussed that sometimes you actually go faster when you "slow down"? Due to the nature of physics, the smoother your ride the faster your lap times; however, it is not a mindset that is widely accepted within the moto world. Stay focused on smooth lines, good technique and deep belly breathing to keep your overall heart rate under control.

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 Speed Workout - Choice**

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

Workout Notes: your goal is to be better than your last workout by 1-2%. Get creative on your line choices so that you don't fatigue yourself by bouncing off of everything, but instead you find new speeds by riding smart and efficiently.

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 2–3-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 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 Aerobic Workout #1**

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

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

Workout Notes: This workout is going to fun as well as challenging by changing up your intensity and duration levels throughout each set. As we discuss regularly, teaching your body to change "gears" specific to your heart rate is the quickest way to find new levels of speed. How many times have we discussed that sometimes you actually go faster when you "slow down"? Due to the nature of physics, the smoother your ride the faster your lap times; however, it is not a mindset that is widely accepted within the moto world. Stay focused on smooth lines, good technique and deep belly breathing to keep your overall heart rate under control.

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



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Complete Racing Solutions Youth Strength and Cardio Combo Set			
Warm Up			
Jog - Concept 2 TM Row or Spin on Bike (BMX-MTB-Road) - 10 min. Easy			
CYCLE ONE			
3/4 Abdominal Sit Ups			
Instructional Video: 3/4 Sit Ups			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			
Clean & Jerk/Shoulder Press On One Leg			
Instructional Video: Indo Board Clean and Jerk Shoulder Press			
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)			
Squat Thrusters - Instructional Video			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			
CYCLE TWO			
Fragmented Pike Position (Goal 60 Seconds)			
Instructional Video: Pike Position			
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			
Instructional Video: Honest Push Up			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			
Box Hops - 30 Seconds (80% Effort - Even)			
Instructional Video: Rear Deltoid Lift			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			

CYCLE THREE			
Rotator Cuff Rotation on Fit Ball			
Instructional Video: Rotator Cuff Rotation on Fit Ball			
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			
Instructional Video: Lat Pull Over-Triceps Extension			
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)			
Squat Thrusters - Instructional Video			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			
CYCLE FOUR			
Single Leg - Good Mornings - Shoulder Press			
Instructional Video: Single Leg - Good Mornings - Shoulder Press			
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			
Instructional Video: Rear Deltoid on Single Leg			
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			
Instructional Video: Deep Squat with Curls			
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)			
Instructional Video: Rear Deltoid Lift			
Reps Completed in 30 Seconds			
Reps Completed in 30 Seconds			

CYCLE FIVE			
Hamstring Press-Extension on Fit Ball			
Instructional Video: Hamstring Press with Extension			
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			
Instructional Video: Single Leg Calf Raises			
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)			
Stars Instructional Video			
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			
Instructional Video: Side Skaters			
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			
Instructional Video: Superman Strength Exercise			
Reps Completed in 30 Seconds (Smooth range of motion)			
Reps Completed in 30 Seconds (Smooth range of motion)			
Stars Instructional Video			
Box Hops - 30 Seconds (80% Effort - Even)			
Instructional Video: Rear Deltoid Lift			
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



Complete Racing Solutions Speed MX Workout #1							Workout Focus: Consistent Race Speed							Total Ride Time: 60 Minutes						
		Description																		
Warm Up		Focus: Gradual Warm Up												Intensity						
Workout Protocol:		Instructional Video on how to set up the Concept 2 Rower												Less Than 40%						
		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																		
Main Set #1		Set Focus: Consistency Challenge with your start and first turn												Intensity						
Workout Protocol:		Complete 10 starts - through the first turn and down the entire first straight (be aggressive!)												Too Short To Measure						
		Keep a close eye on your body position - attack, looking up and using your legs/core combination																		
		Take your time from the start to the end of the first straight away																		
Elapsed Times:		Interval 1:		Interval 2:		Interval 3:		Interval 4:		Interval 5:		Too Short To Measure								
Elapsed Times:		Interval 6:		Interval 7:		Interval 8:		Interval 9:		Interval 10:										
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		Set Focus: Body Balance - Timing of faster cornering												Intensity						
Workout Protocol:		Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner.												Too Short To Measure						
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #3		Set Focus: Aerobic Endurance (15 Minute Moto)												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 15 minutes												75-80%						
		Moto Specific Heart Rate Zone - Low # High #																		
		Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number																		
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 #4		Set Focus: Aerobic Endurance (15 Minute Moto)												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 15 minutes												75-80%						
		Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number																		
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #5		Set Focus: Aerobic Endurance (15 Minute Moto)												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 15 minutes												75-80%						
		Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number																		
		Rest For 10 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)												< 40%						
		Pre-Riding Weight:						Post-Riding Weight:												
		Total Fluids Consumed:						Loss/Gain												



Complete Racing Solutions Aerobic MX Workout #1 <div> Workout Focus: Aerobic Enhancement Total Ride Duration: 120 </div>		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Elapsed Time	10 Minutes of easy riding on the track - increase the intensity slightly every 5 min - very easy! Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	40%
Main Set #1	Set Focus: Aerobic Endurance/Warm the Body Up	Intensity
Workout Protocol:	While following your heart rate numbers relevant to the indicated intensity levels, see how smooth and consistent you can be - even with taking the non-optimum lines. Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 10 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum 10 Minutes at 80-85% - smooth lines/maintain momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Main Set #2	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval	
Elapsed Times:	Keep a close eye on your body position - attack, looking up and using your legs/core combination Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #3	Set Focus: Intensive Endurance	Intensity
Workout Protocol:	Similar to Set #1 with edited durations; however, your focus is to be smooth Moto Specific Heart Rate Zone - Low # High # 5 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum 15 Minutes at 80-85% - smooth lines/maintain momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Main Set #4	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus two laps (be aggressive yet smooth) - 1 Minute Rest Interval	
Elapsed Times:	Keep a close eye on your body position - attack, looking up and using your legs/core combination Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #5	Set Focus: Body Balance - Timing of faster cornering	Intensity
Workout Protocol:	Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75%
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	



<div> <div>Complete Racing Solutions Speed MX Workout #2</div> <div>Workout Focus: Aerobic Enhancement</div> <div>Total Ride Duration: 100 Minutes</div> </div>		
	Description	Intensity
Warm Up	Set Focus: Gradual Warm Up	
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Instructional Video - Stretching head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Reaction Time & Transitions	Intensity
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A
Main Set #2	Set Focus: Intensive Endurance	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 20 minutes Note: First Five Laps - non optimum lines / Last Five Laps - optimum lines, maximum momentum 80% Heart Rate Number: 85% Heart Rate Number:	
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:	Fastest Lap Time: Average Heart Rate: Max Heart Rate:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Intensive Endurance	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 20 minutes Note: First Five Laps - non optimum lines / Last Five Laps - optimum lines, maximum momentum 80% Heart Rate Number: 85% Heart Rate Number:	
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:	Fastest Lap Time: Average Heart Rate: Max Heart Rate:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Intensive Endurance	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 20 minutes Note: First Five Laps - non optimum lines / Last Five Laps - optimum lines, maximum momentum 80% Heart Rate Number: 85% Heart Rate Number:	
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:	Fastest Lap Time: Average Heart Rate: Max Heart Rate:	
	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)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	