



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

**Phase 1**  
**6 Weeks**  
**2/6**  
**Enhanced Strength – Endurance - Speed**

**Intensity Note:**

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

**Monday**

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

**Misc. Notes:** Research supports increased salt intake – this was the title of an article written by sports dietician Bob Seebohar where he reviewed eight scientific articles published in a medical research journal in addition to consulting with a world class endurance athlete (Joanna Zeiger). Here is a recap of what he extracted from the articles:

  1. Symptoms of low salt levels: dizziness, nausea, vomiting, throbbing headache, swollen hands & a bloated stomach
  2. Sodium losses range from 3.0-5.5 grams per hour (depending on intensity, temperature & humidity levels)
  3. Steps to offset low sodium levels:
    - a. Increase sodium intake by preloading 3 to 4 grams of sodium 12 to 24 hours before a hard workout or race
    - b. Consume between 800-1500 milligrams of sodium per hour (and follow your thirst levels) of training or racing
    - c. Consume a sports drink that contains 150-200 milligrams of sodium per hour (Note: [Energy Fuel](#) provides 160 mg per serving).

Researchers agree that high sodium diets can blunt or possibly even reverse the expected decrease in sweat sodium during heat acclimatization. The bottom line is that current research supports adding more sodium to the diet in preparation for racing in the heat, and when you add the real-life experiences of world class athletes like Joanna it is hard to argue with the results!
- **Evening Protocols**

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

**Diaphragmatic Breathing:** [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

**Tuesday**

- **Body Analysis – please use your Coach Robb Body Analysis to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions MX Speed Workout #1**

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

**Workout Notes:** Like all of your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. As we have discussed previously, the more times you work smart NOT hard on the track (i.e. bouncing off of the faces of everything) the faster and more consistent your lap times will become. Though you may not realize this, workouts like this are intended to create a "memory" within your body and muscles what it "feels" to be fast, smooth and in total control. If you feel like you are not in control - do NOT slow down. Instead focus on breathing deep FIRST to bring the heart rate down (which will make the speed feel easy).

**Post Workout Protocols**

  - **Flexibility:** isolate each muscle in your lower body and hold each stretch for 8-10 seconds – [Complete Series](#)
  - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **(If You Didn't Ride This Morning) Complete the following: Complete Racing Solutions Strength and Cardio Combo Set (30 Minutes in Duration)**

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

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

**Complete the following 8 times:**

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

Rest 30 Seconds

[Jump Rope](#) 50 times – continue jumping until you get all 50 in (no matter how many times you catch your feet)

Rest 1 Minute

**Run Sprints – measure off a distance that has you going all out for 15 seconds (no longer)**

Complete 15 Sprints with a 1:00 minute recovery (no shorter); during your recovery stretch and keep your legs constantly moving)

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

**Post Workout Protocols**

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

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)



**Diaphragmatic Breathing:** [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

### Wednesday

- **Body Analysis** – please use your Coach Robb Body Analysis to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**

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

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

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

#### Post Workout Protocols

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

- **(If you didn't ride this morning - Complete Racing Solutions BMX or MTB | Dirt Jumping Free Ride (1 Hour Maximum))**

**Misc. Notes:** nothing structured; however, focus on one thing: momentum on the backside of jumps; acceleration from lip to lip, etc. Fun factor high – productivity higher! Remember to hydrate every 20-30 minutes for the entire time you are out there.

#### Post Workout Protocols

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

- **(Immediately following your above workout) Complete Racing Solutions Abdominal & Lower Back Work**

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

**Push Up-Knee to Shoulder:** [how to video](#)

**Abdominal Chris Cross:** [how to video](#)

**Abdominal Open Rotation:** [how to video](#)

**Ab Hip Risers:** [how to video](#)

#### Post Workout Protocols

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

- **Evening Protocols**

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

**Diaphragmatic Breathing:** [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

### Thursday

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

**Workout Notes:** to keep you mentally focused, you will need to focus on maintaining your speed and consistency from set to set. This workout is going to break the problem that most racers experience - getting slower as the race transpires. This set is going to hold you accountable on three levels: lap times, average heart rate and a tight rest interval. Due to the intensity levels and duration of this set, it is imperative that you come to this workout well hydrated and fed.

#### Post Workout Protocols

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

- **(If You Didn't Ride This Morning) Complete the following: Complete Racing Solutions Strength and Cardio Combo Set (30 Minutes in Duration)**

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

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

**Complete the following 8 times:**

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

Rest 30 Seconds

[Jump Rope](#) 50 times – continue jumping until you get all 50 in (no matter how many times you catch your feet)

Rest 1 Minute

**Run Sprints – measure off a distance that has you going all out for 15 seconds (no longer)**

Complete 15 Sprints with a 1:00 minute recovery (no shorter); during your recovery stretch and keep your legs constantly moving)

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



#### Post Workout Protocols

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

#### Friday

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

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

- **Evening Protocols**

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

**Diaphragmatic Breathing:** [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

#### Saturday

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

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

**Workout Notes:** This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful for you to produce the lowest time per set. Keep a close eye on your rest interval - you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, simple stop, stretch and resume - failure to stretch could result in a torn muscle which will take you off of the bike for an extended period of time.

#### Post Workout Protocols

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

- **2 Hour Power Nap after lunch**

**Misc. Notes:** if possible, schedule this nap so that you are laying down within 15 minutes of finishing your post run meal; keep the room as dark and as cool as possible; before laying down consume 6-8 ounces of Energy Fuel to provide your body a dose of much needed electrolytes (lost through sweat); the replenishment of these electrolytes will improve your results within tomorrow workload.

- **(If you didn't ride this morning - Complete Racing Solutions BMX or MTB | Dirt Jumping Free Ride (1 Hour Maximum))**

**Misc. Notes:** nothing structured; however, focus on one thing: momentum on the backside of jumps; acceleration from lip to lip, etc. Fun factor high – productivity higher! Remember to hydrate every 20-30 minutes for the entire time you are out there.

#### Post Workout Protocols

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

- **(Immediately following your above workout) Complete Racing Solutions Abdominal & Lower Back Work**

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

**Push Up-Knee to Shoulder:** [how to video](#)

**Abdominal Chris Cross:** [how to video](#)

**Abdominal Open Rotation:** [how to video](#)

**Ab Hip Risers:** [how to video](#)

#### Post Workout Protocols

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

- **Evening Protocols**

**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

**Diaphragmatic Breathing:** [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



## Sunday

- **Body Analysis** – please use your Coach Robb Body Analysis to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout - Choice**  
[Please refer to the spreadsheet at the bottom of this document]  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.  
  
**Workout Notes:** choose either speed workout from the week; keep a close eye on your heart rate to ensure that you are getting the most out of the workout.  
**Post Workout Protocols**
  - **Flexibility:** isolate each muscle in your lower body and hold each stretch for 8-10 seconds – [Complete Series](#)
  - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **2 Hour Power Nap after lunch**  
**Misc. Notes:** if possible, schedule this nap so that you are laying down within 15 minutes of finishing your post run meal; keep the room as dark and as cool as possible; before laying down consume 6-8 ounces of [Energy Fuel](#) to provide your body a dose of much needed electrolytes (lost through sweat); the replenishment of these electrolytes will improve your results within tomorrow workload.
- **(If You Didn't Ride This Morning) Complete the following: Complete Racing Solutions Strength and Cardio Combo Set (30 Minutes in Duration)**  
**Warm up by running for 10 minutes – nice and easy (no sprints or fast paced– keep your HR low)**  
**Stretch from head to toe – don't bounce, simply stretch and hold for 5 seconds**  
**Complete the following 8 times:**
  - 20 [Indo Board Push Ups](#) – keep your hands under your arm pits (not too wide)
  - Rest 30 Seconds
  - [Jump Rope](#) 50 times – continue jumping until you get all 50 in (no matter how many times you catch your feet)
  - Rest 1 Minute**Run Sprints – measure off a distance that has you going all out for 15 seconds (no longer)**  
Complete 15 Sprints with a 1:00 minute recovery (no shorter); during your recovery stretch and keep your legs constantly moving)  
During your sprints, focus on relaxing and accelerating smoothly; once you get to top speed strive to relax
- Post Workout Protocols**
  - **Flexibility:** isolate each muscle in your lower body and hold each stretch for 8-10 seconds – [Complete Series](#)
  - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **Evening Protocols**  
**Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels  
**Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)  
**Diaphragmatic Breathing:** [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



<b>Complete Racing Solutions MX Speed Workout #1</b> <b>Workout Focus: Late Moto Speed</b> <b>Total Ride Time: 60 Minutes</b>		
	Description	
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b> <a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a> as needed	<b>Intensity</b> Less Than 50%
<b>Main Set #1</b>  <b>Workout Protocol:</b>  Elapsed Times:  Elapsed Times: Set Recap	<b>Set Focus: Pre-Race Routine</b> Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.  This will eliminate race day confusion-what you want from your start & what you have practiced. Moto Specific Heart Rate Zone - Low # High # Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>          Too Short To Evaluate
<b>Main Set #2</b>  <b>Workout Protocol:</b>  Elapsed Times: Elapsed Times: Set Recap	<b>Set Focus: Negative Split Moto - 20 Minutes in Duration Max</b> Hold your pace for the first five laps and then pick up the pace for the last five laps During the first five laps, if you fall off the pace by more than 2 seconds (minus a mistake) then stop, re-group and re-start the interval Moto Specific Heart Rate Zone - Low # High # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>       75-80% 85-90%
<b>Main Set #3</b>  <b>Workout Protocol:</b> Elapsed Times: Elapsed Times: Set Recap	<b>Set Focus: Negative Split Moto - 20 Minutes in Duration Max</b> Strive to maintain the same heart rate average, but be 2 seconds faster during the last five laps. The only way you can make this happen is to breathe through your belly and be smooth everywhere! Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>       75-80% 85-90%
<b>Main Set #4</b>  <b>Workout Protocol:</b> Elapsed Times: Elapsed Times: Set Recap	<b>Set Focus: Negative Split Moto - 20 Minutes in Duration Max</b> This set is about riding as fast as you can while staying within the indicated HR zone AND not falling off pace by more than 1 second. This set is what your body will relate to on race day so be mentally focused! Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	<b>Intensity</b>       85-90% 85-90%
<b>Warm Down</b>	5 Minutes of easy riding - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	



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Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Muscular Endurance and Strength		
	Description	
<b>Warm Up</b>	<b>Focus: Gradual Warm Up</b>	<b>Intensity</b>
<b>Protocols:</b>	Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle 1 minute stretch - head to toe; hydrate if needed	<b>40%</b>
<b>Main Set #1</b>	<b>Focus: First Turn Transitions</b>	<b>Intensity</b>
<b>Protocols:</b>	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!	
<b>Elapsed Times:</b>	Interval 1 Time:    Interval 2 Time:    Interval 3 Time:    Interval 4 Time:	<b>50%</b>
<b>Elapsed Times:</b>	Interval 5 Time:    Interval 6 Time:    Interval 7 Time:    Interval 8 Time:	<b>50%</b>
<b>Elapsed Times:</b>	Interval 9 Time:    Interval 10 Time:    Interval 11 Time:    Interval 12 Time:	<b>50%</b>
<b>Elapsed Times:</b>	Fastest Time:    Slowest Time:    Average Time:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a> as needed	
<b>Main Set #2</b>	<b>Focus: Muscular Endurance</b>	<b>Intensity</b>
<b>Protocols:</b>	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)	<b>75%</b> <b>75%</b> <b>75%</b>
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel as needed	
<b>Main Set #3</b>	<b>Focus: Muscular Endurance &amp; Strength</b>	<b>Intensity</b>
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the smoothest lines every lap 15 Minute Moto - Even Paced (Beginning to End)	
<b>Elapsed Times:</b>	Lap 1 Time:    Lap 2 Time:    Lap 3 Time:    Lap 4 Time:    Lap 5 Time:	<b>75%</b>
<b>Elapsed Times:</b>	Lap 6 Time:    Lap 7 Time:    Lap 8 Time:    Lap 9 Time:    Lap 10 Time:	<b>75%</b>
<b>Elapsed Times:</b>	Lap 11 Time:    Lap 12 Time:    Lap 13 Time:    Lap 14 Time:    Lap 15 Time:	<b>75%</b>
<b>Elapsed Times:</b>	Fastest Lap Time:    Slowest Lap Time:    Average Lap Pace:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel as needed	
<b>Main Set #4</b>	<b>Focus: Muscular Endurance &amp; Strength</b>	<b>Intensity</b>
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the roughest lines every lap 15 Minute Moto - Even Paced (Beginning to End)	
<b>Elapsed Times:</b>	Lap 1 Time:    Lap 2 Time:    Lap 3 Time:    Lap 4 Time:    Lap 5 Time:	<b>75%</b>
<b>Elapsed Times:</b>	Lap 6 Time:    Lap 7 Time:    Lap 8 Time:    Lap 9 Time:    Lap 10 Time:	<b>75%</b>
<b>Elapsed Times:</b>	Lap 11 Time:    Lap 12 Time:    Lap 13 Time:    Lap 14 Time:    Lap 15 Time:	<b>75%</b>
<b>Elapsed Times:</b>	Fastest Lap Time:    Slowest Lap Time:    Average Lap Pace:	
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the smoothest lines every lap	
<b>Main Set #5</b>	<b>Focus: Muscular Endurance &amp; Strength</b>	<b>Intensity</b>
<b>Protocols:</b>	15 Minute Moto - Even Paced / Take the smoothest lines every lap	
<b>Elapsed Times:</b>	Lap 1 Time:    Lap 2 Time:    Lap 3 Time:    Lap 4 Time:    Lap 5 Time:	<b>75%</b>
<b>Elapsed Times:</b>	Lap 6 Time:    Lap 7 Time:    Lap 8 Time:    Lap 9 Time:    Lap 10 Time:	<b>75%</b>
<b>Elapsed Times:</b>	Lap 11 Time:    Lap 12 Time:    Lap 13 Time:    Lap 14 Time:    Lap 15 Time:	<b>75%</b>
<b>Elapsed Times:</b>	Fastest Lap Time:    Slowest Lap Time:    Average Lap Pace:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink	
<b>Warm Down</b>	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	<b>40%</b>



Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

Beginning Weight:

Ending Weight:

Loss Gain (Loss):

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Muscular Endurance and Strength		
	Description	
Warm Up	Set Focus: Gradual Warm Up	Intensity
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a> as needed	Less Than 40%
Main Set #1	Set Focus: Starts With First Turns For Time	Intensity
Protocols:	10 Starts with a firstturn and timed to a point just out of the corner Clock starts when the gate drops, and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Timed Moto	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines	80-85%
Elapsed Times:		
Average HR:		
Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Timed Moto	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines	80-85%
Elapsed Times:	Goal: within 2 seconds of your previous set - hold yourself accountable here!	
Average HR:		
Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Timed Moto	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines	80-85%
Elapsed Times:	Goal: within 2 seconds of your previous set - hold yourself accountable here!	
Average HR:		
Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Timed Moto	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines	80-85%
Elapsed Times:	Goal: within 2 seconds of your previous set - hold yourself accountable here!	
Average HR:		
Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #6	Set Focus: Starts & Transitions	Intensity
Protocols:	10 Starts with a firstturn and timed to a point just out of the corner Clock starts when the gate drops, and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A





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Warm Down	10 Minutes of play riding - nothing structured or intense (HR Level Zone 2-No Higher)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	