



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 1
6 Weeks
3/6
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 #1**

Misc. 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

Tuesday

- **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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

Workout Notes: this workout is designed to keep you mentally focused on being smooth – lap times are irrelevant in terms of speed, but rather consistency and “how” you are creating the lap times. The fastest riders in the world “look” smooth and as a result they are fast. Most amateur riders “look” fast but are nowhere close to the same speed – think about this and take it to the track. Execution of skills & drills will create the consistency we are looking for.

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: 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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

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 low blood sugar 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:** 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 you 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: Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]

Misc. Notes: same protocols as Tuesday intentionally. Strive to complete at a different track or be “faster” at the same track by thinking outside the box for optimized productivity.

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

Workout Notes: this workout is designed to keep you mentally focused on being smooth – lap times are irrelevant in terms of speed, but rather consistency and “how” you are creating the lap times. The fastest riders in the world “look” smooth and as a result they are fast. Most amateur riders “look” fast, but are nowhere close to the same speed – think about this and take it to the track. Execution of skills & drills will create the consistency we are looking for.

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 #2**

Mental Notes: most of our biggest frustrations are a result of letting the little things get by us; for example, when we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later: dishes in the sink, beds not made, etc. You jump in the car in a rush to “make up time” and as a result we end up using more gas, wearing our tires out faster and increase our risk of getting a ticket (for either speeding or running a red light) – which only increases the cost of our insurance. Ironically, all these aggravations could have been alleviated if we had got up on time; however, this still isn't the actual issue. The reason why you went to bed late, which made you too tired to get up on time. The point here, is step back two or three steps with each frustration that you are dealing with to maximize your complete potential in every area of life.

- **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 you 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: 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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

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 low blood sugar 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!

- **2 Hour Power Nap after lunch**

Misc. Notes: as you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.

- **(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 you 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]

Workout Notes: if your morning heart rate is within 2 beats of your normal range, complete Speed #1 again. If not, implement Aerobic #1.

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.

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 logistically possible, do not wake yourself up from this nap with an alarm. Just out of curiosity, see how many hours your sleep. This will provide us a clear indicator of your fatigue; the big question is where this fatigue is coming from: intensity levels, duration levels, food intake, hydration levels, hours of sleep and consistency in your recovery protocols (stretching and trigger point therapy). Remember that your health and ultimately your performance is a direct result of your consistency in all these performance areas (some that require sweating and some that don't!).

- **(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



| Complete Racing Solutions Aerobic MX Workout #1 | | |
|---|---|-------------------|
| Workout Focus: Aerobic Enhancement | | |
| | Description | Intensity |
| Warm Up | Focus: Gradual Warm Up | |
| Elapsed Time | 15 Minutes of easy riding on the track - increase the intensity slightly every 5 min - very easy! Stretch passively (no bouncing) from head to toe | < 40% |
| Main Set #1-Starts | Set Focus: Opening Lap Intensity - Consistency Challenge | Intensity |
| Workout Protocol: | Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) 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: | 70-75% |
| Elapsed Times: | Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: | 70-75% |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | |
| Main Set #2-20 Min. Moto | Set Focus: Intensive Endurance | Intensity |
| Workout Protocol: | During this 20 minute moto, your goal is to "feel" yourself getting slightly faster and validating with slightly faster lap times. The question to answer is "how" are you increasing your speed? Ideally your speed isn't achieved by more effort, but rather, faster transitions from gas to brakes. 5 Minutes at 75% - smooth lines/maintain momentum 5 Minutes at 80% - non optimum lines/move the bike with your muscles - not momentum 10 Minutes at 85% - smooth lines/maintain momentum | 75% 80% 85% |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | |
| Main Set #3-Starts | Set Focus: Opening Lap Intensity - Consistency Challenge | Intensity |
| Workout Protocol: | Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) 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: | 70-75% |
| Elapsed Times: | Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: | 70-75% |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | |
| Main Set #4-20 Min. Moto | Set Focus: Intensive Endurance | Intensity |
| Workout Protocol: | Use your lap times from Main Set #2 and see how close you can come to them (now that the track has broken down) at the same intensity levels. The best riders in the world are able to maintain a low heart rate in rough riding conditions by focusing on being smooth and relaxed. 5 Minutes at 75% - smooth lines/maintain momentum 5 Minutes at 80% - non optimum lines/move the bike with your muscles - not momentum 10 Minutes at 85% - smooth lines/maintain momentum | 75% 80% 85% |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | |
| Main Set #5-Turns for 15 minutes | 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 | 70-75% |
| | REPEAT THE STARTS/15 MIN MOTO/15 MIN MOTO/TURNS | |
| Warm Down | 10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) | 40% |



| | | | |
|---|---|----------------------------------|---------------|
| Complete Racing Solutions MX Speed Workout #1 | Workout Focus: Consistent Race Speed | Total Ride Time: 60 Minutes | |
| | Description | | |
| Warm Up | Set Focus: Gradual Warm Up | | Intensity |
| | Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel | | Less Than 50% |
| Main Set #1 | Focus: Smooth start and fast five (5) laps | | Intensity |
| Workout Protocol: | Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High # | | 90-95% |
| Elapsed Times: | 5 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate | | |
| Elapsed Times: | 5 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| | | | |
| Main Set #2 | Focus: Smooth start and fast three (3) laps | | Intensity |
| Workout Protocol: | Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High # | | 90-95% |
| Elapsed Times: | 3 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Elapsed Times: | 3 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| | | | |
| Main Set #3 | Focus: Smooth start and fast two (2) laps | | Intensity |
| Workout Protocol: | Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High # | | 90-95% |
| Elapsed Times: | 2 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Elapsed Times: | 2 Lap Elapsed Time Int #1: Fastest Lap: Max HR: | | |
| | | | |
| Warm Down | Easy riding - nothing structured or intense; allow the HR to come down slowly | | 40% |
| | Pre-Riding Weight: Total Fluids Consumed: | Post-Riding Weight: 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 low blood sugar 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!