



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
6 Weeks
4/6
Enhanced Endurance, Strength & Lactate Tolerance

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 Spreadsheet to log this information for evaluation purposes.**
- **Complete Rest Day**

Mental Notes: sit down with a piece of blank paper and draw a line down the middle of the paper. On the left side of the paper, jot down the five most important reasons for WHY you do what you do. On the right side of the paper next to each reason why you do what you do, think about the elements (people, locations, tools, etc.) that make the WHY possible. Though this may sound odd, your focus for today is to ensure that all your elements are ready for action throughout the rest of the week. For example, if you say that you train to be lean and strong, then visit your refrigerator and examine if you have all the fresh fruit and vegetables that you like and know improve your health and performance. If you use a blender to make your fresh smoothies, make sure that it is washed and ready to use. Continue down the list to make sure that you have everything that you need to ensure that your WHY for doing 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 Body Analysis Spreadsheet to log this information for evaluation purposes.**

- **(Morning Workout) Complete Racing Solutions Speed MX: Workout #1**

[Please reference the spreadsheet at the bottom of this document]

Workout notes: this workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **(Afternoon Workout) Complete Racing Solutions Combo Strength Workout: Timed Challenges P4 (40" on – 20" off)**

[Please reference the spreadsheet at the bottom of the schedule]

Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your 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).

Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 in between cycles

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**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



Wednesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **(Afternoon Workout) Complete Racing Solutions Cardio Combo Set (35 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 Push Ups (eyes closed) – set hands far enough apart that when your chest hits the ground, elbows at 90-degree angle

Rest 30 Seconds

[Jump Rope](#) 30 times with your eyes closed.

Rest 1 Minute

Run Sprints – measure off a distance that has you accelerating and up to all-out effort by the end of 20" (no longer)

Complete 10 Sprints with a 1:00 minute recovery (no shorter); during your recovery stretch and keep your legs constantly moving)

During your accelerations, 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**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



Thursday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** 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 & to avoid unwanted cramping.

Workout Notes: this workout is going to test your hydration and fluid intake to ensure that you know what your perspiration rate is specific to race pace. Please weight yourself prior to gearing up and then capture your body weight in the exact same clothes that you did prior to the ride (minus your socks). Also, keep good documentation of your fluid intake (of any type - sports drink or water) and note that at the bottom of your spreadsheet so that we can determine your gain/loss and the percentage of gain/loss. This information is what we will be utilizing to fine tune your race day nutritional strategy.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **(Afternoon Workout) Complete Racing Solutions Combo Strength Workout: Timed Challenges P4 (40" on – 20" off)**
- **[Please reference the spreadsheet at the bottom of the schedule]**

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: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 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**
 - Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Afternoon – Evening Workout) BMX Track | Dirt Jumping Free Ride (1 Hour Maximum)**

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

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols**
 - Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



Saturday

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

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

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 a combination set that will require you paying close attention to your intensity levels to reap the full benefits on the track. You need to "feel" the difference between what you think is fast (based on your internal RPM gauge - also known as your heart rate) and what is really fast. The more in tune you are with your true intensity levels and associated lap times is one of the most important elements to your confidence - especially on race day.

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 Post Ride Meal**
Misc. Notes: the benefit to a nap is the release of hGH (human growth hormone); with this in mind, eat a post ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver, if it runs out of sugar, you will be woken up!
- **Evening Protocols**
Flexibility: after your shower, upper body and lower body trigger point, [foam rolling and stretching exercises](#)
Nutrition: consuming a high-quality smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner (released hGH).

Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** 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 & to avoid unwanted cramping.

Workout Notes: this workout is going to test your hydration and fluid intake to ensure that you know what your perspiration rate is specific to race pace. Please weight yourself prior to gearing up and then capture your body weight in the exact same clothes that you did prior to the ride (minus your socks). Also, keep good documentation of your fluid intake (of any type - sports drink or water) and note that at the bottom of your spreadsheet so that we can determine your gain/loss and the percentage of gain/loss. This information is what we will be utilizing to fine tune your race day nutritional strategy.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.
- **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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Mid-Day Meal**
Miss. Notes: research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein & fat (they only thing that satisfies your appetite).
- **Evening Protocols**
Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

| | | |
|---|-------------|-------------|
| Timed Challenge Phase 4 | | |
| Warm Up | | |
| Concept 2™ Row or Spin on Bike - 10 minutes Easy | | |
| CYCLE ONE | Date | Date |
| Pike - Push Up - Pike | | |
| Instructional Video: Pike-Push Up-Pike | | |
| Rep 1 (as many as you can complete in 30 seconds - 30 second rest) | | |
| Rep 2 (as many as you can complete in 30 seconds – 30 second rest) | | |
| | | |
| Isolated Leg & Frankenstein's on Bench | | |
| Instructional Video: Isolated Leg on Bench | | |
| Weight (Heavy but manageable) | | |
| Rep 1 (As many reps as you can do in 30 seconds-hold good form) | | |
| Weight (Slightly heavier than Set 1) | | |
| Rep 2 (As many reps as you can do in 30 seconds-hold good form) | | |
| | | |
| CYCLE TWO | Date | Date |
| Air Squats | | |
| Instructional Video: Air Squats | | |
| Weight (Heavy but manageable) | | |
| Rep 1 (As many reps as you can do in 30 seconds-hold good form) | | |
| Weight (Slightly heavier than Set 1) | | |
| Rep 2 (As many reps as you can do in 30 seconds-hold good form) | | |
| | | |
| Hamstring Press-Extension on Fit Ball | | |
| Instructional Video: Hamstring Press with Extension | | |
| Rep 1 (as many as you can complete in 30 seconds - 30 second rest) | | |
| Rep 2 (as many as you can complete in 30 seconds – 30 second rest) | | |
| | | |
| CYCLE THREE | Date | Date |
| Stars-30 Seconds as Fast as Possible | | |
| Stars Instructional Video | | |
| Rep 1 (as many as you can complete in 30 seconds - 30 second rest) | | |
| Rep 2 (as many as you can complete in 30 seconds – 30 second rest) | | |
| | | |
| Military Spiders Off Bench | | |
| Instructional Video: Military Spiders Off Bench | | |
| Rep 1 (as many as you can complete in 30 seconds - 30 second rest) | | |
| Rep 2 (as many as you can complete in 30 seconds – 30 second rest) | | |
| | | |



| Timed Challenge Phase 4 Continued | | |
|---|------|------|
| CYCLE FOUR | | |
| Dips Off of Bench | Date | Date |
| Instructional Videos: Triceps Dips off of the bench | | |
| Weight (Heavy but manageable) | | |
| Rep 1 (As many reps as you can do in 30 seconds-hold good form) | | |
| Weight (Slightly heavier than Set 1) | | |
| Rep 2 (As many reps as you can do in 30 seconds-hold good form) | | |
| | | |
| Bicep Curls Up to 90 Degrees | | |
| Bicep Curls - Up to 90 Degrees | | |
| Weight (Heavy but manageable) | | |
| Rep 1 (As many reps as you can do in 30 seconds-hold good form) | | |
| Weight (Slightly heavier than Set 1) | | |
| Rep 2 (As many reps as you can do in 30 seconds-hold good form) | | |
| | | |
| CYCLE FIVE | | |
| Side Skaters | Date | Date |
| Instructional Video: Side Skaters | | |
| Rep 1 (as many as you can complete in 30 seconds - 30 second rest) | | |
| Rep 2 (as many as you can complete in 30 seconds – 30 second rest) | | |
| | | |
| Abdominal Crunch on Fit Ball | | |
| Instructional Video: Abdominal Crunch on Fit Ball | | |
| Rep 1 (as many as you can complete in 30 seconds - 30 second rest) | | |
| Rep 2 (as many as you can complete in 30 seconds – 30 second rest) | | |

| Bicycle Sprints on Trainer | Date | Date |
|--|------|------|
| Warm up for 2 Minutes - Low Intensity (Light Load Levels) | | |
| Note: increase the load levels to MODERATE | | |
| 1 Minute Sprint 90-95% Effort - Distance Covered | | |
| 2 Minute Rest Interval | | |
| 1 Minute Sprint 90-95% Effort - Distance Covered | | |
| 2 Minute Rest Interval | | |
| 1 Minute Sprint 90-95% Effort - Distance Covered | | |
| 2 Minute Rest Interval | | |
| 1 Minute Sprint 90-95% Effort - Distance Covered | | |
| 2 Minute Rest Interval | | |
| 1 Minute Sprint 90-95% Effort - Distance Covered | | |
| 2 Minute Rest Interval | | |

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|--|--|------------------------------------|------------------------------|
| Complete Racing Solutions MX Speed Workout #1 | Set Focus: Aerobic Enhancement & Speed | Total Duration: 125 Minutes | |
| | 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 Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel | | Less Than 50% |
| Main Set #1 | Set Focus: Perfect Execution of Pre-Race Routine and Starts | | Intensity |
| Workout Protocol: | Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific. | | |
| Elapsed Times: | Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: | | Too Short To Evaluate |
| Elapsed Times: | Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: | | |
| Performance Recap: | Fastest Lap Time: Average Lap Pace: Average Heart Rate: | | |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Main Set #2 | Set Focus: Teach Your Body To Pick Up The Pace As Needed | | Intensity |
| Workout Protocol: | Your goal is to stay aerobic (based on your actual heart rate) for the first 15 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 15 minutes | | |
| Performance Recap: | Moto Specific Heart Rate Zone - Low # High # 20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR: | | 80-85% |
| Performance Recap: | 15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR: | | 90-95% |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Main Set #3 | Set Focus: High Intensity/Lactate Tolerance | | Intensity |
| Workout Protocol: | Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing | | |
| Performance Recap: | Moto Specific Heart Rate Zone - Low # High # 20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR: | | 80-85% |
| Performance Recap: | 15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR: | | 90-95% |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Main Set #4 | Set Focus: High Intensity/Lactate Tolerance | | Intensity |
| Workout Protocol: | Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing | | |
| Performance Recap: | Moto Specific Heart Rate Zone - Low # High # 20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR: | | 80-85% |
| Performance Recap: | 15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR: | | 90-95% |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| | Pre-Riding Weight: Post-Riding Weight: | | |
| | Total Fluids Consumed: Loss/Gain | | |

▪ **Complete Racing Solutions Speed MX Workout #1**

Workout notes: this workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

| Complete Racing Solutions MX Speed Workout #2 | | |
|--|--|---|
| Workout Focus: Incremental Intensity / Lactate Tolerance | | Total Ride Time: 60 Minutes |
| | Description | |
| Warm Up | <p>Focus: Gradual Warm Up</p> <p>Instructional Video on how to set up the Concept 2 Rower</p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo</p> <p>Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel</p> | Intensity Less Than 40% |
| Main Set #1 | <p>Set Focus: Body Balance and Reaction Time</p> <p>Workout Protocol: Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off your breathing.</p> <p>Elapsed Times: Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:</p> <p>Elapsed Times: Fastest Interval: Average Interval:</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p> | Intensity Relaxed |
| Main Set #2 | <p>Set Focus: Lactate Tolerance / Internal Pacing</p> <p>Workout Protocol: With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does).</p> <p>Moto Specific Heart Rate Zone - Low # High #</p> <p>Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:</p> <p>Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:</p> <p>Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR:</p> <p>Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)</p> | Intensity 90-95% 90-95% |
| Main Set #3 | <p>Set Focus: Lactate Tolerance / Internal Pacing</p> <p>Workout Protocol: With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does).</p> <p>Moto Specific Heart Rate Zone - Low # High #</p> <p>Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:</p> <p>Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:</p> <p>Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR:</p> <p>Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)</p> | Intensity 90-95% 90-95% |
| Main Set #4 | <p>Set Focus: Lactate Tolerance / Internal Pacing</p> <p>Workout Protocol: With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does).</p> <p>Moto Specific Heart Rate Zone - Low # High #</p> <p>Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:</p> <p>Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:</p> <p>Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR:</p> <p>Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p> | Intensity 90-95% 90-95% |
| Main Set #5 | <p>Set Focus: Body Balance and Reaction Time</p> <p>Workout Protocol: Repeat Set #1 - Compare times for evaluation purposes</p> <p>Elapsed Times: Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:</p> <p>Elapsed Times: Fastest Interval: Average Interval:</p> | Intensity Relaxed |
| 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 Aerobic MX Workout #1 | | |
| Workout Focus: Aerobic Enhancement | | Total Ride Time: 90 Minutes |
| | Description | Intensity |
| Warm Up | Focus: Gradual Warm Up | |
| Workout Protocol: | Instructional Video on how to set up the Concept 2 Rower Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel | Less Than 40% |
| Main Set #1 | Focus: Aerobic Endurance (30 Minute Moto) | Intensity |
| Workout Protocol: | Settle into a pace that you can maintain for 30 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 | 80-85% |
| 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 (30 Minute Moto) | Intensity |
| Workout Protocol: | Settle into a pace that you can maintain for 30 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 | 80-85% |
| | Fastest Time: Average Time: Average Heart Rate: | |
| Main Set #3 | Focus: Aerobic Endurance (30 Minute Moto) | Intensity |
| Workout Protocol: | Settle into a pace that you can maintain for 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 | 80-85% |
| | 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: Total Fluids Consumed: | Post-Riding Weight: 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue