



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
6 Weeks
2/6
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**
Misc. Notes pay close attention to your hunger levels. If you are doing a good job eating clean (fresh fruits, vegetables and lean protein) at every meal, then you have to evaluate if you are consuming enough calories. Being hungry is an easy way to evaluate that you need to bump up your calorie intake slightly – until your hunger levels go away. Strive to eat every two hours, if you are getting hungry before that two-hour window, bump up your intake of calories – specifically fat and protein. Protein and fat are the only two things that satisfy your appetite.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 3:30 minutes (the length of the video).
Psychology: concept video “[Calculating your Sweat Rate](#)” – [video link](#)

Tuesday

- **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 #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: 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. Just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **(Afternoon Workout) Complete Racing Solutions Combo Strength Workout: Timed Challenges P4 (30" on – 30" 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 of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 30 seconds of one exercise (unless noted otherwise), rest for 30 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 30 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 30 seconds (not too much – avoid injury)
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 tomorrow's workouts more productive).
- **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).



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 [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:** 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 Bike: Intensity Distance Intervals (30 Minutes)**

Workout Notes: this workout is going to generate high levels of lactic acid towards at the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength at the end of the workout.

Warm Up: Duration: 5 Minutes Intensity Level: **HR Z1**

Main Set #1 (15 Minutes)

100 Yards/Meter Sprint

1:00 minute rest - active recovery

Repeat for 15 minutes (regardless of the number of intervals – no more than 15 minutes)

Transition Set

Easy Spin for 5 minutes

Main Set #2 (15 Minutes)

100 Yards/Meter Sprint

1:00 minute rest - active recovery

Repeat for 15 minutes (regardless of the number of intervals – no more than 15 minutes)

Cool Down: Duration: 5 Minutes Intensity Level: **HR Z1**

Post Workout Protocols

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

- **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).



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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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:** 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 Combo Strength Workout: Timed Challenges P4 (30" on – 30" 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 of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 30 seconds of one exercise (unless noted otherwise), rest for 30 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 30 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 30 seconds (not too much – avoid injury)

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**
- 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).

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**
- 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).



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 of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout Notes: this workout is a combination set that will require you paying close attention to your intensity levels in order 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 Mid-Day 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
- **If your resting heart rate is within 3 beats of normal complete Speed #3 (if not, complete Aerobic #1 below):**

(Morning Workout) Complete Racing Solutions MX: Speed Workout #3

[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: 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:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Complete Racing Solutions 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 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:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**
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).



Timed Challenge Phase 4		
Warm Up		
Concept 2 TM 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	Date	Date
Dips Off of Bench		
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	Date	Date
Side Skaters		
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		



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: Post-Riding Weight: Total Fluids Consumed: Loss/Gain		

Complete Racing Solutions MX Speed Workout #1

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

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of 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!

Post Workout Protocols

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



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Muscular Endurance and Strength		
	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 40%
Main Set #1	Set Focus: Starts with First Turns For Time	Intensity
Protocols:	10 Starts with a first turn 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 (Max 15 Minutes in Duration)	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 (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
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 (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
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 (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
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 first turn 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
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):	

Complete Racing Solutions MX Speed Workout #2		Workout Focus: Late Moto 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 Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Less Than 50%			
Main Set #1		Set Focus: Pre-Race Routine		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.					
		This will eliminate race day confusion-what you want from your start & what you have practiced.					
		Moto Specific Heart Rate Zone - Low # High #					
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:	
Set 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: Negative Split Moto - 20 Minutes in Duration Max		Intensity			
Workout Protocol:		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 #					
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	85-90% 90-95%
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Set 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 #3		Set Focus: Negative Split Moto - 20 Minutes in Duration Max		Intensity			
Workout Protocol:		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!					
		Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	85-90% 90-95%
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Set 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 #4		Set Focus: Negative Split Moto - 20 Minutes in Duration Max		Intensity			
Workout Protocol:		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!					
		Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	85-90% 90-95%
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Set Recap		Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:	
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Warm Down		5 Minutes of 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 #2

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).

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Muscular Endurance and Strength		
	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 40%
Main Set #1	Set Focus: Starts & Transitions	Intensity
Protocols:	5 Starts and first turn transition - remember, perfect practice makes perfect! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Fragmented Pacing Based on Heart Rate	Intensity
Protocols:	30 Minute Moto - put the HR range on the board to hit the exact intensity levels Goal: as the intensity levels increase, don't allow yourself to start bounding off of everything! 10 Minutes - smooth lines & maximum momentum 10 Minutes - non-optimum lines & minimum momentum 10 Minutes - sprint/race effort; put your smooth lines plus momentum to work for you! Avg. HR: Max HR: Fastest Lap: Rest For 15 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85% 85-90% 90-95%
Main Set #3	Set Focus: Starts & Transitions	Intensity
Protocols:	5 Starts and first turn transition - stay mentally focused for optimum results Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Set Focus: Fragmented Pacing Based on Heart Rate	Intensity
Protocols:	30 Minute Moto - put the HR range on the board to hit the exact intensity levels Goal: as the intensity levels increase, don't allow yourself to start bounding off of everything! 10 Minutes - smooth lines & maximum momentum 10 Minutes - non-optimum lines & minimum momentum 10 Minutes - sprint/race effort; put your smooth lines plus momentum to work for you! Avg. HR: Max HR: Fastest Lap: Rest For 15 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85% 85-90% 90-95%
Main Set #5	Set Focus: Starts & Transitions	Intensity
Protocols:	5 Starts/1st turn transition - stay mentally focused now that fatigue is settling in/just like a race! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #6	Set Focus: Fragmented Pacing Based on Heart Rate	Intensity
Protocols:	30 Minute Moto - put the HR range on the board to hit the exact intensity levels Goal: as the intensity levels increase, don't allow yourself to start bounding off of everything! 10 Minutes - smooth lines & maximum momentum 10 Minutes - non-optimum lines & minimum momentum 10 Minutes - sprint/race effort; put your smooth lines plus momentum to work for you! Avg. HR: Max HR: Fastest Lap:	80-85% 85-90% 90-95%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Beginning Weight:	Ending Weight:
		Loss Gain (Loss):

Complete Racing Solutions MX: Aerobic Workout #2

Workout Notes: this workout is a combination set that will require you paying close attention to your intensity levels in order 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.



<div> <div>Complete Racing Solutions MX Speed Workout #3</div> <div>Overall Focus: Speed, Speed, Speed! Minutes</div> <div>Total Ride Time: 90</div> </div>		
	Description	
Warm Up	<div>Set Focus: Gradual Warm Up</div> <div> 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 on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel </div>	Intensity Less Than 50%
Main Set #1 Workout Protocol: Set Recap	<div>Focus: Warm the muscles up/Break a Sweat (15 Minute Moto)</div> <div> 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 within your HR zones 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-watch your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel </div>	Intensity 75-80%
Main Set #2 Workout Protocol: Elapsed Times: Elapsed Times: Set Recap	<div>Set Focus: Opening lap speed</div> <div> Complete 10 starts plus 1 lap sprint. On race day, your body will emulate what you practice so stay mentally focused & specific. 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 </div>	Intensity 90-95% 90-95%
Main Set #3 Misc. Thoughts Workout Protocol: Elapsed Times: Set Recap	<div>Set Focus: High Intensity/Lactate Tolerance</div> <div> These intervals need to be aggressive; you should hit your 95% number by the end of the one lap 1 Lap Sprint (2 Minute Lap Time Max) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel </div>	Intensity 90-95%
Main Set #4 Misc. Thoughts Workout Protocol: Elapsed Times: Set Recap	<div>Set Focus: High Intensity/Lactate Tolerance</div> <div> These intervals need to be aggressive; you should hit your 95% number by the end of lap two 2 Lap Sprints (4 Minutes Max Time) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel </div>	Intensity 90-95%
Main Set #5 Workout Protocol: Elapsed Times: Set Recap	<div>Set Focus: High Intensity/Lactate Tolerance</div> <div> 3 Lap Sprints (6 Minutes Max Time) / 1 Minute Rest Interval Int.#1 Time: Int.#2 Time: Int.#3 Time: Int.#4 Time: Int.#5 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel </div>	Intensity 90-95%
Warm Down	5 Minutes of Easy riding - nothing structured or intense; allow the HR to come down slowly <div> Pre-Riding Weight: Total Fluids Consumed: </div> <div> Post-Riding Weight: Loss/Gain </div>	40%