



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 6
6 Weeks
4/6
Explosive Power and Sprint 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 Spreadsheet to log this information for evaluation purposes.**
- **Complete Rest Day**
Misc. Notes: your rest day is where your body could “catch up” and absorb the last six days of training volume and intensity. During your rest day, continue to consume the same volume of food and fluids as if you were training. This will allow your body the opportunity to top off on electrolytes, vitamins, minerals, and water – naturally. Dedicate a minimum of 20 minutes to [trigger point therapy](#) and isolated muscle stretches.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video “[Why Train by Heart 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout Notes: the fun part of this workout is when you realize that when you take the non-optimum lines, you appreciate the optimum lines. This will interpret into higher levels of momentum and speed will be the by-product. As the notes indicate, don't worry about lap times but instead focus on the physics of the motorcycle and how to move it around with the brake, throttle and clutch. Focus on using your strength & balance to move the bike around - put the bike where you want/need it to be.
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces smoothie with [high quality protein](#) to replace depleted muscle sugar and repair muscle tissue
- **(If you didn't ride this morning – afternoon workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the workout.

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 you the much-needed electrolytes
Sets: 2
Rep Count: 6-8 reps (unless otherwise noted)
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 [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.

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

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces smoothie with [high quality protein](#) to replace depleted muscle sugar and repair muscle tissue

- **(If you didn't ride this morning – afternoon workout) Complete Racing Solutions Running – Rower or Bike (MTB – BMX – Road Bike): Pacing Intervals (35')**

Workout notes: the intensity is going to be high; however, the duration will be short. Focus on the rest interval – you want to allow for complete recovery for maximum results.

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

Warm up (HR Zone 1):

Duration: 10 minutes

Misc.: stretch and hydrate before moving into your main set

REPEAT THE FOLLOWING FOR 20 Minutes

2 Minutes at a Fast Pace (up to HR Z3 but not higher)

Get up to speed quickly and hold your intensity with optimized form to reduce the risk of injury.

3 Minute Recovery Block (complete recovery is imperative)

You should feel fresh and eager to start the next interval – if not, add more recovery time

Repeat 4x

Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes.

Duration: 5 minutes

Misc.: stretch and hydrate before moving to your post workout protocols

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.



Thursday

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

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

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

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

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces smoothie with [high quality protein](#) to replace depleted muscle sugar and repair muscle tissue

- **(If you didn't ride this morning – afternoon workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**
[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the workout.

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 you the much-needed electrolytes

Sets: 2

Rep Count: 6-8 reps (unless otherwise noted)

Speed of Lift: explosive off the bottom, slow back to starting point

Rest Interval: none in between exercises; 1:00 in between cycles.

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 [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.

Friday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.
- **(Afternoon workout) Complete Racing Solutions Run – Row- Bike (MTB–BMX–Road Bike): Even Tempo (40 Minutes)**

Workout Notes: the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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

Warm Up: HR Zone 1

Duration: 10 minutes

Misc.: stretch and hydrate before moving into your main set

Main Performance Block: 25 minutes (HR Zone 2)

Set Notes: comfortable pace; stay relaxed and focused on good form to optimize both your efficiency and reduce your risk of injury.

Warm down: 5 Minutes (HR Zone 1)

Duration: 5 minutes (no shorter)

Misc. Notes: stretch your lower back, calves, and quads after the cool down

Post Workout Protocols

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

- **Evening Protocols**

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



Saturday

- **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 – Same as Tuesday internationally**
[Please refer to the spreadsheet at the bottom of this document]

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

Workout Notes: the fun part of this workout is when you realize that when you take the non-optimum lines, you appreciate the optimum lines. This will interpret into higher levels of momentum and speed will be the by-product. As the notes indicate, don't worry about lap times but instead focus on the physics of the motorcycle and how to move it around with the brake, throttle and clutch. Focus on using your strength & balance to move the bike around - put the bike where you want/need it to be.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces smoothie with [high quality protein](#) to replace depleted muscle sugar and repair muscle tissue
- **2 Hour Nap After Mid-Day Meal**
Miss. Notes: focus on eating high quality fats (avocadoes, extra virgin olive oil, coconut, raw nuts and fish oil) to provide your body with the much-needed high quality fat to offset the load levels of intensity. Remember, if you are hungry within 2 hours of eating, you are not eating enough high-quality fats and protein – the only things that suppress appetite.
- **(If you didn't ride this morning – afternoon workout) Complete Racing Solutions Running – Rower or Bike (MTB – BMX – Road Bike): Pacing Intervals (35')**

Workout notes: the intensity is going to be high; however, the duration will be short. Focus on the rest interval – you want to allow for complete recovery for maximum results.

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

Warm up (HR Zone 1):

Duration: 10 minutes

Misc.: stretch and hydrate before moving into your main set

REPEAT THE FOLLOWING FOR 20 Minutes

2 Minutes at a Fast Pace (up to HR Z3 but not higher)

Get up to speed quickly and hold your intensity with optimized form to reduce the risk of injury.

3 Minute Recovery Block (complete recovery is imperative)

You should feel fresh and eager to start the next interval – if not, add more recovery time

Repeat 4x

Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes.

Duration: 5 minutes

Misc.: stretch and hydrate before moving to your post workout protocols

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.



Sunday

- **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 – Same as Wednesday internationally**

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

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

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

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces smoothie with [high quality protein](#) to replace depleted muscle sugar and repair muscle tissue

- **2 Hour Nap After Mid-Day Meal**

Misc. Notes: focus on eating high quality fats (avocados, extra virgin olive oil, coconut, raw nuts and fish oil) to provide your body with the much-needed high quality fat to offset the load levels of intensity. Remember, if you are hungry within 2 hours of eating, you are not eating enough high-quality fats and protein – the only things that suppress appetite.

- **(If you didn't ride this morning - Afternoon workout) Complete Racing Solutions Run – Row- Bike (MTB–BMX–Road Bike): Even Tempo (40 Minutes)**

Workout Notes: the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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

Warm Up: HR Zone 1

Duration: 10 minutes

Misc.: stretch and hydrate before moving into your main set

Main Performance Block: 25 minutes (HR Zone 2)

Set Notes: comfortable pace; stay relaxed and focused on good form to optimize both your efficiency and reduce your risk of injury.

Warm down: 5 Minutes (HR Zone 1)

Duration: 5 minutes (no shorter)

Misc. Notes: stretch your lower back, calves, and quads after the cool down

Post Workout Protocols

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

- **Evening Protocols**

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.

Phase 6 - Explosive Power			
Warm Up			
Concept 2 TM Row or Spin on Bike - 10 minutes Easy			
CYCLE ONE	Date	Date	Date
Marching Bridge			
Instructional Video: Marching Bridge			
10 Reps with perfect form (squeeze your gluts at the top)			
10 Reps with perfect form (squeeze your gluts at the top)			
Isolated Leg & Frankenstein's on Bench			
Instructional Video: Isolated Leg & Frankenstein's 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	Date
Single Leg Squats off Bench			
Instructional Video: Single Leg Squats Off 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)			
Single Leg - Good Mornings (Hamstrings)			
Instructional Video: Good Mornings (Hamstrings)			
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 THREE	Date	Date	Date
Triceps Kick Backs (Pause at the Top)			
Instructional Videos: Triceps Kickbacks			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Bicep Curls (Pause at top)			
Instructional Video: Bicep Curls			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			

CYCLE FOUR	Date	Date	Date
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
Instructional Video: Lat Pull Over-Triceps Extension			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Diamond Push Ups			
Instructional Video: Diamond Push Ups			
Rep 1 (Goal 6-8 reps with slight pause at the bottom)			
Rep 2 (Goal 6-8 reps with slight pause at the bottom)			
CYCLE FIVE	Date	Date	Date
Incline Press on Fit Ball			
Instructional Video: Incline Press on Fit Ball			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Rear Deltoid			
Instructional Videos: Rear Deltoid			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
CYCLE SIX	Date	Date	Date
Chest Fly with Deep Pause on Fit Ball			
Instructional Video: Chest Fly with Deep Pause on Fit Ball			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Shoulder Press			
Instructional Videos: Shoulder Press			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			



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CYCLE SEVEN	Date	Date	Date
Abs: Open Rotation			
Instructional Videos: Abs-Open Rotation			
Rep 1 ("feel" for the rotation vs. dropping your elbow)			
Rep 2 ("feel" for the rotation vs. dropping your elbow)			
Abs: Hip Risers			
Instructional Videos: Hip Risers			
Rep 1 (literally drop your hips and then rise them back up)			
Rep 2 (pause briefly at the top & then slowly drop your hips back down)			



<div> <div>Complete Racing Solutions Speed MX Workout #1</div> <div>Workout Focus: Consistent Race Speed Minutes</div> <div>Total Ride Time: 60</div> </div>		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	Less Than 40%
Main Set #1	Set Focus: Consistency Challenge with your start and first turn	Intensity
Workout Protocol:	Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) 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	Too Short To Measure
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:	
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Body Balance - Timing of faster cornering	Intensity
Workout Protocol:	Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Too Short To Measure
Main Set #3	Set Focus: Aerobic Endurance (15 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes Moto Specific Heart Rate Zone - Low # High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Aerobic Endurance (15 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Main Set #5	Set Focus: Aerobic Endurance (15 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%



Pre-Riding Weight:
Total Fluids Consumed:

Post-Riding Weight:
Loss/Gain

<div> <div>Complete Racing Solutions Aerobic MX Workout #1</div> <div>Workout Focus: Aerobic Enhancement Minutes</div> <div>Total Ride Duration: 120</div> </div>		
	Description	
<div>Warm Up</div> <div>Elapsed Time</div>	<div>Focus: Gradual Warm Up</div> <div>10 Minutes of easy riding on the track - increase the intensity slightly every 5 min - very easy!</div> <div>Instructional Video on how to stretch - head to toe</div> <div>Stretch passively (no bouncing) from head to toe</div>	<div>Intensity</div> <div>40%</div>
<div>Main Set #1</div> <div>Workout Protocol:</div>	<div>Set Focus: Aerobic Endurance/Warm The Body Up</div> <div>While following your heart rate numbers relevant to the indicated intensity levels, see how smooth and consistent you can be - even with taking the non-optimum lines. Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!)</div> <div>Moto Specific Heart Rate Zone - Low # High #</div> <div>10 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum</div> <div>10 Minutes at 80-85% - smooth lines/maintain momentum</div> <div>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</div>	<div>Intensity</div> <div>75-80% 80-85%</div>
<div>Main Set #2</div> <div>Workout Protocol:</div> <div>Elapsed Times:</div>	<div>Set Focus: Opening Lap Intensity - Consistency Challenge</div> <div>Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval</div> <div>Keep a close eye on your body position - attack, looking up and using your legs/core combination</div> <div>Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:</div> <div>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</div>	<div>Intensity</div> <div>90-95%</div>
<div>Main Set #3</div> <div>Workout Protocol:</div>	<div>Set Focus: Intensive Endurance</div> <div>Similar to Set #1 with edited durations; however, your focus is to be smooth</div> <div>Moto Specific Heart Rate Zone - Low # High #</div> <div>5 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum</div> <div>15 Minutes at 80-85% - smooth lines/maintain momentum</div> <div>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</div>	<div>Intensity</div> <div>75-80% 80-85%</div>
<div>Main Set #4</div> <div>Workout Protocol:</div> <div>Elapsed Times:</div>	<div>Set Focus: Opening Lap Intensity - Consistency Challenge</div> <div>Complete 5 starts plus two laps (be aggressive yet smooth) - 1 Minute Rest Interval</div> <div>Keep a close eye on your body position - attack, looking up and using your legs/core combination</div> <div>Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:</div> <div>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</div>	<div>Intensity</div> <div>90-95%</div>
<div>Main Set #5</div> <div>Workout Protocol:</div>	<div>Set Focus: Body Balance - Timing of faster cornering</div> <div>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.</div> <div>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</div>	<div>Intensity</div> <div>75%</div>
<div>Warm Down</div>	<div>10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)</div> <div>Pre-Riding Weight: Post-Riding Weight:</div> <div>Total Fluids Consumed: Loss/Gain</div>	<div>40%</div>



Complete Racing Solutions Speed MX Workout #2 Workout Focus: Aerobic Enhancement Minutes Total Ride Duration: 100		
	Description	Intensity
Warm Up	Set Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Instructional Video - Stretching head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Reaction Time & Transitions Protocols: 10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A
Main Set #2 Workout Protocol:	Set Focus: Intensive Endurance Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 20 minutes Note: First Five Laps - non optimum lines / Last Five Laps - optimum lines, maximum momentum 80% Heart Rate Number: 85% Heart Rate Number: Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Elapsed Times: Fastest Lap Time: Average Heart Rate: Max Heart Rate: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85% 80-85%
Main Set #3 Workout Protocol:	Set Focus: Intensive Endurance Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 20 minutes Note: First Five Laps - non optimum lines / Last Five Laps - optimum lines, maximum momentum 80% Heart Rate Number: 85% Heart Rate Number: Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Elapsed Times: Fastest Lap Time: Average Heart Rate: Max Heart Rate: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85% 80-85%
Main Set #4 Workout Protocol:	Set Focus: Intensive Endurance Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 20 minutes Note: First Five Laps - non optimum lines / Last Five Laps - optimum lines, maximum momentum 80% Heart Rate Number: 85% Heart Rate Number: Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Elapsed Times: Fastest Lap Time: Average Heart Rate: Max Heart Rate: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85% 80-85%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout. Beginning Weight: Ending Weight: Loss Gain (Loss):	40%