



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 6
6 Weeks
5/6
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: during each workout remember that each workout is designed to push you mentally and physically by 1% - no more or less. There will come a time during a race where you will have to dig deep – you will mentally dig into the well and remind yourself that you have put in the necessary time and effort to be as good as you can. Each workout is a building block towards that exact moment – read the purpose of each day's work out and recognize that you will tap into your experience of training at one time or another during your important races.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Should I Train When I am Sick?](#)" – [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 (CRS) MX: Speed Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: during sets number one and two, focus on staying aerobic (don't go off your perceived exertion, but rather the hard number of your heart rate monitor). During all four sets, mentally focus on breathing deeply through your belly to deliver the highest levels of oxygen to your working muscles. During your top end sets, focus on optimized line selection verses bouncing off of the faces of everything.
Post Workout Protocols
 - **Flexibility:** follow this [trigger point routine](#) to eliminate any muscle tightness and adhesions
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar
- **(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 (CRS) MX: Aerobic Workout #1**

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

Workout Notes: if necessary, write down your lower and upper end heart rate numbers from **HR Z2** and post them on your crossbar pad to keep you mentally focused on your goal intensity. As outlined on your set notes, do not focus on lap times, just focus on your intensity – you should be aerobic the entire duration.

Post Workout Protocols

- **Flexibility:** follow this [trigger point routine](#) to eliminate any muscle tightness and adhesions
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar

- **(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) Complete Racing Solutions (CRS) MX: Speed Workout #2**

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

Workout Notes: sets 3-5 will be designed to recover from a crash. The first set is a bit shorter, but still aerobic in nature. As mentioned last week, come into this workout realizing that you are going to be generating a high level of lactic acid and will be quite uncomfortable – mentally offset this with strong mental focus and clarity. Also, during your rest interval, consume 6-8 ounces of Energy Fuel to maintain your muscle and blood sugar levels along with your electrolytes for optimum muscle contraction.

Post Workout Protocols

- **Flexibility:** follow this [trigger point routine](#) to eliminate any muscle tightness and adhesions
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar
- **(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.

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

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

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 tomorrow's 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]
Workout Notes: during sets number one and two, focus on staying aerobic (don't go off your perceived exertion, but rather the hard number of your heart rate monitor). During all four sets, mentally focus on breathing deeply through your belly to deliver the highest levels of oxygen to your working muscles. During your top end sets, focus on optimized line selection verses bouncing off of the faces of everything.
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: when you lay down, keep in mind that you are making yourself leaner, stronger and improving the strength of your immune system. Many athletes say that they want to be the best, but few will do what it really takes – like take a nap!
- **(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]

Workout Notes: if necessary, write down your lower and upper end heart rate numbers from **HR Z2** and post them on your crossbar pad to keep you mentally focused on your goal intensity. As outlined on your set notes, do not focus on lap times, just focus on your intensity – you should be aerobic the entire duration. **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: prior to your nap, consume a meal that is high in MCT's (medium chain triglycerides) – extra virgin olive oil, avocados, raw coconut, raw nuts and cold-water fish (salmon). This quality fat will be used to recharge your body from the inside out while satisfying your appetite so that you can sleep soundly for 2-3 hours. When you wake up, consume 8-10 ounces of cold water and 2 scoops of Energy Fuel.

- **(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 tomorrow's 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)			



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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)			

Complete Racing Solutions (CRS) MX Speed Workout #1		Workout Intensive Endurance				Total Ride Time: 2 Hours		
	Description							
Warm Up	Set Focus: Gradual Warm Up						Intensity	
	Instructional Video on how to set up the Concept 2 Rower						Less Than	
	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						50%	
Main Set #1	Set Focus: Hold Consistent Times At An Intensive Endurance Effort						Intensity	
Workout Protocol:	Hold an aerobic effort for 20 minutes						80-85%	
	Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals during Set #3							
	Moto Specific Heart Rate Zone - Low # High #							
	Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:		80-85%
	Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:		80-85%
Performance Recap:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:							
Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel								
Main Set #2	Set Focus: Consistency						Intensity	
Workout Protocol:	Hold an aerobic effort for 20 minutes						80-85%	
	Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals during Set #3							
	Moto Specific Heart Rate Zone - Low # High #							
	Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:		80-85%
	Interval Time:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:		80-85%
Interval Time:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:							
Interval Time:	Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel							
Main Set #3	Set Focus: Top End Speed						Intensity	
Workout Protocol:	Strive to maintain your momentum everywhere and land the backsides of all the jumps						90-95%	
Rest Interval	Same amount of time it take to complete the 4 lap interval							
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:				
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:				
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:				
Interval Time:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:							
Main Set #4	Set Focus: Top End Speed						Intensity	
Workout Protocol:	Strive to maintain your momentum everywhere and land the backsides of all the jumps						90-95%	
Rest Interval	Same amount of time it take to complete the 4 lap interval							
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:				
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:				
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:				
Interval Time:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:							
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down						< 40%	

Workout Notes: during sets number one and two, focus on staying high end of aerobic capacity (don't go off your perceived exertion, but rather the hard number of your heart rate monitor). During all four sets, mentally focus on breathing deeply through your belly to deliver the highest levels of oxygen to your working muscles. During your top end sets, focus on optimized line selection verses bouncing off the faces of everything.



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Complete Racing Solutions (CRS) Aerobic MX Workout #1			Workout Focus: Holding Aerobic Pace as Duration Increases Minutes	Workout Duration: 90 Minutes
			Description	
			Focus: Gradual Warm Up	
Warm Up			Set Focus: generate blood flow into all the working muscles	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 Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1			Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:			Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:			Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:			Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
			Fastest Lap Time: Slowest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2			Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:			Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:			Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:			Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
			Fastest Lap Time: Slowest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3			Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:			Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:			Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:			Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
			Fastest Lap Time: Slowest Lap Time: Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Warm Down			10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%