



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 7
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: take the time and review the specific notes associated with each workout for the entire week and into the weekend. The goal during training is **ALWAYS** understand what the purpose of each workout. When you are 100% focused on the improvement (or glass ceiling of performance) or eliminate of a physical limiter, you are on track to improving by 1% every day. Also, when you have your weekly schedule dialed in and you are where you planned on being at precisely that time, you enhance your productivity that much more. At the end of the week, compare your projected schedule with your actual and see if there is anything that you need to adjust to improve your percentage of completion for next week.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video “**Don’t Stretch Prior to Exercise**” – [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]
Workout Notes: this workout is designed to hold you accountable both mentally and physically. In our sport, late moto fatigue is usually associated with inefficiency and poor fundamentals late in a race. Look up the track and use your core to move the bike around to help save energy. Maintain proper blood sugar levels to ensure that your eye hand coordination is optimized.
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).
- **(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 (Familiar Protocols-stay mentally focused on the workout purpose)**

[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 you the much-needed electrolytes

Workout Notes: this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.

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

- **(If you did not ride this morning – afternoon workout) Complete Racing Solutions Run – Row- Bike (MTB–BMX–Road Bike): Even Tempo (1 Hour)**

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: 45 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.



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]

Workout Notes: your ability to get progressively faster is to get both your brain and your muscles to work together. Proper implementation of your fundamentals at progressively faster speeds is the brain processing your speed and determining that it is sustainable (thanks to the muscles not getting fatigued). 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:** 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).

- **(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 (1 Hour)**

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: 45 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.



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 #1 (Familiar Protocols-stay mentally focused on the workout purpose)**

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

Workout Notes: this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.

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).

- **2 Hour Nap After Post Ride Meal**

Misc. Notes: health is the foundation of performance; this nap will yield huge dividends in your body's ability to offset the negative side effects of high intensity training. Failure to rest and recover adequately from high intensity workloads will lead to symptoms such as delayed recovery, frequent illness, and decreased performance results.

- **(If you did not ride this morning - Afternoon workout) Complete Racing Solutions Run – Row- Bike (MTB–BMX–Road Bike): Even Tempo (50 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: 35 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.



Sunday

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

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

Workout Notes: choose from either of this week's speed workouts; if logistically possible, strive to improve on your lap times by 1% - every second counts. When you produce "faster" lap times, answer the question "how did I get faster". If you can explain what you did to create faster speeds, the more ingrained your speed will become.

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).

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

Miss. Notes: the benefit of a nap is the release of HGH (human growth hormone); with this in mind, eat a post run 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!

- **(If you didn't ride this morning – afternoon workout) Complete Racing Solutions Running – Rower or Bike (MTB – BMX – Road Bike): Pacing Intervals (40')**

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 5x

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 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.

Complete Racing Solutions MX Speed Workout #1		
Workout Focus: Top End Speed		Total Ride Time: 2 Hours
	Description	
Warm Up	Set Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Intensity Less Than 50%
Main Set #1 Workout Protocol: Elapsed Times: Elapsed Times: Performance Recap:	Set Focus: Hold Consistent Times At An Aerobic Effort Hold your pace for all 10 laps (maximum time 20 minutes) Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals. Moto Specific Heart Rate Zone - Low # High # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 80-85% 80-85%
Main Set #2 Workout Protocol: Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: Opening Lap Speed Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc. Same amount of time it takes to complete the 3 lap interval Lap 1 Time: Lap 2 Time: Max HR: Lap 1 Time: Lap 2 Time: Max HR: Lap 1 Time: Lap 2 Time: Max HR: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest for additional 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95% 90-95% 90-95%
Main Set #3 Workout Protocol: Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: Consistency Your goal is to maintain your lap times from your 2 lapper and move it to your four lapper Strive to maintain your momentum everywhere and land the backsides of all the jumps Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate:	Intensity 90-95% 90-95% 90-95%
Main Set #4 Workout Protocol: Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: Consistency Your goal is to maintain your lap times from your 2 lapper and move it to your four lapper Strive to maintain your momentum everywhere and land the backsides of all the jumps Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate:	Intensity 90-95% 90-95% 90-95%
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down	< 40%

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

Workout Notes: this workout is designed to hold you accountable both mentally and physically. In our sport, late moto fatigue is usually associated with inefficiency and poor fundamentals late in a race. Look up the track and use your core to move the bike around to help save energy. Maintain proper blood sugar levels to ensure that your eye hand coordination is optimized.

Complete Racing Solutions MX Speed Workout #2		Workout Focus: Top End Speed		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 Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel				Less Than 50%		
Main Set #1	Set Focus: 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. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel				Too Short To Evaluate		
Main Set #2	Set Focus: Hold Consistent Times At An Aerobic Effort				Intensity		
Workout Protocol:	Hold your pace for all 12 laps (maximum time 25 minutes) Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high quality pacing intervals. Moto Specific Heart Rate Zone - Low # High #						
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:	80-85%
Interval Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	Lap 11 Time:	Lap 12 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 #3	Set Focus: Opening Lap Speed				Intensity		
Workout Protocol:	Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc. Same amount of time it take to complete the 3 lap interval						
Rest Interval							
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		90-95%	
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		90-95%	
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		90-95%	
Interval Time:	Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest for additional 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #4	Set Focus: Opening Lap Speed				Intensity		
Workout Protocol:	Take your fastest interval time from the last set and strive to get faster than this lap time Same amount of time it take to complete the 3 lap interval						
Rest Interval							
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		90-95%	
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		90-95%	
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		90-95%	
Interval Time:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:						
Main Set #5	Set Focus: Opening Lap Speed				Intensity		
Workout Protocol:	Take your fastest interval time from the last set and strive to get faster than this lap time Same amount of time it take to complete the 3 lap interval						
Rest Interval							
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		90-95%	
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		90-95%	
Interval Time:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:		90-95%	
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%		

▪ **Complete Racing Solutions MX Speed Workout #2**

Workout Notes: your ability to get progressively faster is to get both your brain and your muscles to work together. Proper implementation of your fundamentals at progressively faster speeds is the brain processing your speed and determining that it is sustainable (thanks to the muscles not getting fatigued). 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.



Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Consistent Race Speed Total Ride Time: 2:15		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	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: Consistent Hole shots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Aerobic Endurance (30 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 30 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	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 #3	Set Focus: Consistent Hole shots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Set Focus: Aerobic Endurance (30 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 30 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 (30 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 30 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%

- Complete Racing Solutions MX Aerobic Workout #1 (Familiar Protocols-stay mentally focused on the workout purpose)**
Workout Notes: this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.



THE SCIENCE OF PERFORMANCE

Phase 7 - Combo Weight Workout – Explosive Power			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	Date	Date
Pull Ups: 3 x 5 Reps (Wide - Bicep - Wide)			
15 Reps with perfect form (refrain from rushing)			
15 Reps with perfect form (refrain from rushing)			
Lat Pull Back to Chest (On Lat Pull Down Machine)			
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
Bicep Pull Down (On Lat Machine)			
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)			
Triceps Extension & Abdominal Standing Crunch			
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
Lat Pull Back and Up with Rope			
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)			
Walking Lunges with Frankenstein's			
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)			



THE SCIENCE OF PERFORMANCE

CYCLE FOUR	Date	Date	Date
Leg Press and Calf Extensions			
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)			
Diamond Push Ups			
Instructional Video: Diamond Push Ups			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
CYCLE FIVE	Date	Date	Date
Single Leg Good Morning and Shoulder Press			
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)			
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
Bicep Curl Pumps			
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)			
Flat Bench - One Arm At a Time			
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)			



THE SCIENCE OF PERFORMANCE

CYCLE SEVEN	Date	Date	Date
Abs: Pike - Push Up - Pike			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Push Up - Knee to Shoulder			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			