



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 7
6 Weeks
4/6
Enhanced Endurance, Strength & Lactate Tolerance

Intensity Note:

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

Monday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.**
- **Complete Rest Day**

Misc. Notes: throughout the week, pay close attention to your hunger levels. If you are doing a good job eating clean (fresh fruits, vegetables, and lean protein) at every meal, then you must evaluate if you are consuming enough calories. Being hungry is an easy way to evaluate that you need to bump up your calorie intake slightly – until your hunger levels go away. Strive to eat every two hours, if you are getting hungry before that two-hour window, bump up your intake of calories – specifically fat and protein. Protein and fat are the only two things that satisfy your appetite.

- **Mental Protocols:** watch this video in a place where you have zero distractions for 3:30 minutes (the length of the video).
Psychology: concept video “[Calculating your Sweat Rate](#)” – [video link](#)

Tuesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.**

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

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

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

Post Workout Protocols

- **Flexibility:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** immediately consume [Recovery Fuel](#) in a smoothie 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.



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]

Workout Notes: as the sets transpire, you will notice an adjustment in the durations per intensity levels - please don't surpass either the HR or durations for optimum results. Remember, today is an aerobic day - if you push the pace too hard, it will only leave you fatigued for your quality/speed day workouts. Also, please adhere to the rest interval - they are short relevant to your work window intentionally (this will build your endurance base).

Post Workout Protocols

- **Flexibility:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** immediately consume [Recovery Fuel](#) in a smoothie to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **(If you did not ride this morning – afternoon workout) Complete Racing Solutions Bike: Heart Rate Intervals (40 Minutes)**

Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z2**; strive to complete this workout without any distractions (music is ok) focusing on strong pedaling and embracing the workload. Make sure you refrain from going into Z3 for optimum performance.

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

Warm Up: HR Zone 1

Duration: 5 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Main Performance Block: 30 Minutes (HR Zone 2)

Interval Duration:

3 Minutes **High End of HR Z2** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

2 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary.

Repeat 5x for a total of 30 minutes of work.

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

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into **HR Z1**

Misc.: don't dismount until your heart rate is within **HR Z1**

Post Workout Protocols

- **Flexibility:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** immediately consume [Recovery Fuel](#) in a smoothie 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.



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**

Workout Notes: Repeat Sets #2 & #3 Twice

This workout is going to push both your sprint speed as well as your muscular endurance. Please pay close attention to your heart rate spreadsheet so that you have both the low & high numbers regarding your heart rate/intensity levels. Remember, the goal in training is familiarize your body with the specific demands of racing - this workout will complete that if you hit the indicated intensity levels. Like all high intensity workouts, your blood sugar levels will drain quickly, so have easily absorbable calories and fluids readily available.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **(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 Bike: Heart Rate Intervals (50 Minutes)**

Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z2**; strive to complete this workout without any distractions (music is ok) focusing on strong pedaling and embracing the workload. Make sure you refrain from going into Z3 for optimum performance.

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

Warm Up: HR Zone 1

Duration: 5 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Main Performance Block: 40 Minutes (HR Zone 2)

Interval Duration:

3 Minutes **High End of HR Z2** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

2 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary.

Repeat 8x for a total of 40 minutes of work.

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

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into **HR Z1**

Misc.: don't dismount until your heart rate is within **HR Z1**

Post Workout Protocols

- **Flexibility:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** immediately consume [Recovery Fuel](#) in a smoothie to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).



Saturday

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

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

Workout Notes: this workout is 4 x 20-minute straight motos, entirely aerobic (wear and pay attention to your heart rate monitor). As the track deteriorates, focus on staying consistent through good mechanics, deep breathing and smooth transitions into and out of the corners (hence the reason for two sets of turning transitions). Though the intensity is moderate, the need for consistent fluid replacement will be high for optimum performance.

Post Workout Protocols

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

- **2 Hour Nap**

Misc. Notes: once you wake up from your 2–3-hour nap; take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.

- **(If you did not ride this morning - Afternoon workout) Complete Racing Solutions Bike: Heart Rate Intervals (40 Minutes)**

Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z2**; strive to complete this workout without any distractions (music is ok) focusing on strong pedaling and embracing the workload. Make sure you refrain from going into Z3 for optimum performance.

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

Warm Up: HR Zone 1

Duration: 5 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Main Performance Block: 30 Minutes (HR Zone 2)

Interval Duration:

3 Minutes **High End of HR Z2** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

2 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary.

Repeat 5x for a total of 30 minutes of work.

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

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into **HR Z1**

Misc.: don't dismount until your heart rate is within **HR Z1**

Post Workout Protocols

- **Flexibility:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** immediately consume [Recovery Fuel](#) in a smoothie 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 #1 (same as Tuesday)**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: if logistically possible, go to the same track as one you did earlier in the week, strive to improve 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Mid-Day Meal**
Miss. Notes: at this point in the week, your body should be eager to catch a few extra hours of sleep. Strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child doses off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.
- **(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.

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)			

Complete Racing Solutions MX Speed Workout #1		
Workout Focus: Incremental Intensity / Lactate Tolerance		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-Hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off you're breathing.	Relaxed
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	
Elapsed Times:	Fastest Interval: Average Interval:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #	90-95%
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:	
	Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR:	
	Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	
Main Set #3	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #	90-95%
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:	
	Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR:	
	Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	
Main Set #4	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High #	90-95%
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:	
	Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR:	
	Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Repeat Set #1 - Compare times for evaluation purposes	Relaxed
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	
Elapsed Times:	Fastest Interval: Average Interval:	
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly	



	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain	
Complete Racing Solutions MX Speed Workout #2			
Workout Focus: Race Specific Speed			
	Description		
Warm Up	Set Focus: Gradual Warm Up		Intensity
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-Hydrate with Energy Fuel		Less Than 40%
Main Set #1	Set Focus: Skills/Drills (20 Minutes) Set Notes: choose a skill/drill that you feel would produce the biggest return on the time you dedicate (20 minutes). Prior to beginning the skills/drills work walk through everything that needs to be in place for you to execute the skill/drill properly. Remember, perfect practice makes perfect. Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Intensity
Main Set #2	Set Focus: Sprint Intervals (40 Minutes)		Intensity
Int.#1-Perf.Data	Set Notes: if logistically possible, start each interval with a gate drop and an aggressive first turn attack; complete 5 laps at the fastest speed possible while maintaining maximum momentum in each turn. Mentally focus on using your core to move the bike around and breathing deep. Note: lap count is based on 1 minute lap times (5 minutes total) Moto Specific Heart Rate Zone - Low # High # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR: Rest Interval = 5 Minutes (1:1 Work/Rest Ratio)		90-95%
	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR: Rest Interval = 5 Minutes (1:1 Work/Rest Ratio)		90-95%
	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR: Rest Interval = 5 Minutes (1:1 Work/Rest Ratio)		90-95%
	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Fastest Lap Time: Avg. HR: Max HR: Rest Interval = 5 Minutes (1:1 Work/Rest Ratio)		90-95%
Main Set #3	Set Focus: Muscular Endurance (20 Minutes) Set Notes: during this set strive to maintain smooth lines and a relaxed breathing tempo; you will need as much oxygen as possible to provide the muscles what it needs to maintain a fast pace with little effort. With the drop of the gate and an aggressive first turn; complete the following moto: 15 minutes - smooth lines; maintain momentum 5 minutes - race pace effort; Non-Optimum lines (work the bike to where you need it to be!) Rest Interval = 10 Minutes (2:1 Work/Rest Ratio)		80-85% 90-95%
	REPEAT SET'S #2 AND #3		40%
Warm Down	Easy riding (5 Minutes) - nothing structured or intense; allow the HR to come down slowly		40%
	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain	



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		Total Ride Duration: 90 Minutes
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Elapsed Time	10 Minutes of easy riding on the track - watch your heart rate Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	< 50%
Main Set #1	Set Focus: Aerobic Endurance	Intensity
Workout Protocol:	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!) Moto Specific Heart Rate Zone - Low # High # 10 Minutes - smooth lines/maintain momentum 20 Minutes - non optimum lines/move the bike with your muscles - not momentum Rest For 10 Minutes - Stretch from head to toe / Re-Hydrate with Energy Fuel	75-80% 80-85%
Main Set #2	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval Capture your elapsed time from when the gate drops to the end of one complete lap	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #3	Set Focus: Aerobic Endurance	Intensity
Workout Protocol:	Similar protocols from Set #1 (adjusted durations) Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 15 Minutes - smooth lines/maintain momentum 15 Minutes - non optimum lines/move the bike with your muscles - not momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Main Set #4	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval Capture your elapsed time from when the gate drops to the end of one complete lap	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #5	Set Focus: Aerobic Endurance	Intensity
Workout Protocol:	Similar protocols from Set #1 (adjusted durations) Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 20 Minutes - smooth lines/maintain momentum 10 Minutes - non optimum lines/move the bike with your muscles - not momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	

Complete Racing Solutions Aerobic MX Workout #2 Workout Focus: Aerobic Enhancement Total Ride Duration: 80 Minutes		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Elapsed Time	10 Minutes of easy riding on the track - watch your heart rate Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	< 50%
Skills Set	Set Focus: Smooth Transitions	Intensity
Workout Protocol:	Both right & left turns-smooth transition with the throttle, brake and clutch-10 min each direction Rest For 10 Minutes - Stretch from head to toe / Re-Hydrate with Energy Fuel	
Main Set #1	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you with the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you with the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you with the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate:	
Main Set #2	Set Focus: Aerobic Endurance & Lap Time Consistency	Intensity
Workout Protocol:	20 Minutes of producing the fastest lap times while staying within your aerobic HR zones. Take the smoothest lines that will provide you with the greatest momentum. Intentionally focus on breathing deep through your belly to maximize your oxygen uptake (and in turn lower your HR) Moto Specific Heart Rate Zone - Low # High #	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Skills Set	Set Focus: Smooth Transitions	Intensity
Workout Protocol:	Both right & left turns-smooth transition with the throttle, brake and clutch-10 min each direction 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%