



*Training Cycle:*  
*Cycle Duration:*  
*Work Week*  
*Focus:*

*Current*  
*Current*  
*Race Week*  
*Optimum Preparation Coming into a Race Weekend*

**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 Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Intensity Intervals (80 Minutes)**

**Misc. Notes:** Once you are finished with your warmup, your goal is to settle into your updated HR Z3 (no higher or lower) and complete a 5 minute “interval”. Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your HR Z3. During your 3-minute rest interval, spin easy, stretch your lower back and calves.

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

**Warm up-[HR Zone 2 or less](#):** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 10 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 Set: Heart Rate Pyramids: 8 x 8 Minutes**

Settle into **HR Z3** and maintain for **5 minutes**

Recover by spinning easy for **3 minutes** in **HR Z2** or less (no higher for optimum recovery)

**Cool Down-[HR Zone 2 or less](#):** Keep a close eye on your HR level for the final 6 minutes

**Duration:** 6 minutes

**Cadence:** 85-90

**Gearing:** the easiest combination that allows for 85-90 cadence & HR Z1

**Misc.:** do not dismount until your heart rate is within HR Z1

**Post Workout Protocols**

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

- **(Mid-Afternoon Workout) Complete Racing Solutions MX Speed Workout #1**  
**[Please refer to the spreadsheet at the bottom of this document]**

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

**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 weight 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.

- **Evening Protocols**

**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](#); 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 both legs.





**Workout Notes:** same as Monday, just one set shorter.

- **Evening Protocols** – please reference Monday's notes & links.

#### Thursday

- **Body Analysis** – please use your **Coach Robb Report Card** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (90 Minutes)**

**Workout Notes:** like yesterday, don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR: this is free money on race day!

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

**Warm Up: HR Zone 2 or less – 20 Minutes**

**Duration:** 20 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: 60 minutes (High End of HR Zone 2 – two to three beats from top of HR range)**

**Set Notes:** with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

**Warm down: HR Zone 2 or less – 10 Minutes**

**Duration:** 10 minutes (no shorter)

**Cadence:** 70-80 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc. Notes:** stretch your lower back, calves and quads prior to dismounting

**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** – please reference Monday's notes & links.

#### Friday

- **Body Analysis** – please use your **Coach Robb Report Card** to log this information for evaluation purposes
- **(Before Breakfast) Complete Racing Solutions Bike: Heart Rate Intervals (45 Minutes)**

**Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout.

**Warm Up: HR Zone 1**

**Duration:** 10 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):**

**Set Notes:** the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

2 Minutes **High End of HR Z4** – be aggressive but in total control

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

**Repeat 6x 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:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols** – please reference Monday's notes & links.



## Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete Racing Solutions - Race Days Protocols**

### Pre-Race:

Step 1: **Warm up:** relaxed and focused on your reason for a warmup: to get the lactic acid shuffle moving (instead of using the first three laps to get this metabolic process activated!).

Step 2: Put your ice baggies under your jersey on each wrist and groin area

Step 3: Carry a bottle of your Energy Fuel with you to the staging area

Step 4: 10 Minutes before your race (bike already in the gate)

Complete 30-40 low intensity jumping jacks 30-40: stretch your quads (watch your knees)

Repeat the jumping jacks: stretch hamstrings

Repeat this cycle until you have stretched all muscle groups gently (no bouncing).

Step 5: Once you get your bike to the line, rotate your body gently from right to left to stretch your stomach and lower back.

Step 6: Remove ice bags; focus on breathing deep and visualize your start routine

Step 7: Race from the start to the finish

Your goal is to have your muscles warm and sweating. Just keep in mind that you need to stay relaxed and focused on your breathing right (if you are yawning, you are not breathing deep enough and not getting enough oxygen) from the beginning (this will provide the maximum amount of oxygen to the muscles that will need it!). If you cut off your breathing, the lactic acid will flush into the muscles quicker and shut the muscles down.

**Race Thoughts:** Focus on carrying momentum everywhere on the track, especially on the back side of every roller and jump – **FREE TIME!** Continue to maintain your corner speed – both entering and exiting every corner, the smoother the throttle, the faster your acceleration, so relax and maximize your productivity until you are faster than yourself! Don't be surprised when you get the hole shot – this is why we practice starts...Don't be surprised when you are leading a race, this is why we train so hard on and off of the motorcycle. With this in mind, focus on racing the track from start to finish, no matter how big your lead is.

### Post-Race:

Step 1: Immediately following your race, get out of your gear and sit in front of a fan and put cool (not ice cold) towels around your neck and wrists.

Step 2: Consume 6-8 ounces of iced cold Energy Fuel over the course of ten minutes while you stretch passively.

Step 3: Consume a complete meal within 30 minutes of your race to begin the replenishment of your glycogen reserves. Continue to milk a bottle of Energy Fuel throughout the evening to help re-hydrate your sugar and electrolytes.

### Post Workout Protocols

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

- **Evening Protocols** – please reference Monday's notes and links.

## Sunday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Post-Race/Complete Rest Day**

**Misc. Notes:** when it comes to health, wellness and ultimate performance, the key to success isn't focusing on perfection but rather minimizing mistakes. The key to minimizing mistakes is planning ahead with all aspects of your life in this order: sleep, food, family, professional and then athletically. Though we discuss this often it is something that has to be implemented on a daily basis, but is met with the most resistance by those around you that want you to accommodate their schedule – I refer to this as gravitational pull because the greatest amount of resistance is when you get started (and you capture the attention of those around you that you are not conceding to their needs, wants and desires -verses your own). Once you are able to overcome this initial level of resistance, you are in a position to maximize your productivity by doing exactly what you have scheduled based on YOUR priorities (personally and athletically).

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

**Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

- **Evening Protocols** – please reference Monday's notes & links.



CRS MX Speed Workout #1		Workout Focus: Incremental Intensity / Lactate Tolerance	Total Ride Time: 60 Minutes
		Description	
<b>Warm Up</b>	<b>Focus: Gradual Warm Up</b>		<b>Intensity</b>
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> 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 <a href="#">Energy Fuel</a>		<b>Less Than 40%</b>
<b>Main Set #1</b>	<b>Set Focus: Body Balance and Reaction Time</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	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 your breathing.		
<b>Elapsed Times:</b>	Interval 1:	Interval 2:	Interval 3:
<b>Elapsed Times:</b>	Fastest Interval:	Average Interval:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		<b>Relaxed</b>
<b>Main Set #2</b>	<b>Set Focus: Lactate Tolerance / Internal Pacing</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	With a start from the gate (if logistically possible) complete 10 laps (Max 20 Min) 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 #		
<b>Elapsed Times:</b>	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
<b>Elapsed Times:</b>	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:
	Avg. HR:	Max HR:	
	Rest Interval = 10 Minute Rest Interval (2:1 Work/Rest Ratio)		<b>90-95%</b> <b>95-100%</b>
<b>Main Set #3</b>	<b>Set Focus: Lactate Tolerance / Internal Pacing</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	With a start from the gate (if logistically possible) complete 10 laps (Max 20 Min) 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 #		
<b>Elapsed Times:</b>	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
<b>Elapsed Times:</b>	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:
	Avg. HR:	Max HR:	
	Rest Interval = 10 Minute Rest Interval (2:1 Work/Rest Ratio)		<b>90-95%</b> <b>95-100%</b>
<b>Main Set #4</b>	<b>Set Focus: Lactate Tolerance / Internal Pacing</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	With a start from the gate (if logistically possible) complete 10 laps (Max 20 Min) 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 #		
<b>Elapsed Times:</b>	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
<b>Elapsed Times:</b>	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:
	Avg. HR:	Max HR:	
	Rest Interval = 10 Minute Rest Interval (2:1 Work/Rest Ratio)		<b>90-95%</b> <b>95-100%</b>
	With a start from the gate (if logistically possible) complete 10 laps (Max 20 Min) at race pace/effort. Take the		
<b>Main Set #5</b>	<b>Set Focus: Body Balance and Reaction Time</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Repeat Set #1 - Compare times for evaluation purposes		
<b>Elapsed Times:</b>	Interval 1:	Interval 2:	Interval 3:
<b>Elapsed Times:</b>	Fastest Interval:	Average Interval:	
<b>Warm Down</b>	Easy riding - nothing structured or intense; allow the HR to come down slowly		<b>40%</b>



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