



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 10
5 Weeks
3/5
Race Specific Speed and Endurance

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: as you move to the next level of performance, you will recognize that your improvement is in direct correlation of the effort you put into your daily details: hydration, nutrition, flexibility, mentally focused on your goals and training objectives, etc. The extra bonus to experience is that you have a databank of experiences that you can make judgment calls about your training efforts. Keep in mind that more isn't always better. If you are digging deep during a blue/aerobic workout, then you know that you haven't completely recovered (aka – absorbed) from your workload of one to two days prior. This isn't an indicator that you are not capable, instead, it is a great indicator that your food quantity and sleep quantity isn't enough to support your workloads. If after looking at your personal schedule and you find that you can't pick up an extra two to three hours of sleep per week, we need to re-evaluate your training volume and frequency (please let me know so that I can adjust your schedule accordingly).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 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: Aerobic Workout #1**

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

Workout Notes: This set is going to teach you how much faster you can go when you focus on staying aerobic for 95% of your total ride time. Your last set will be feel easy due to fact that you have been aerobic for the majority of your workout. Pay close attention to your heart rate to ensure that you have the energy stored to drop the hammer during set number five.

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).

- **(Afternoon Workout) Complete Racing Solutions (CRS) Bike: Heart Rate Ladder on Trainer (75')**

Workout notes: to maximize your productivity, have your high and low heart rate numbers prior to beginning this workout. There are a couple of ways to make this work out more difficult: increase your initial output of effort which will elevate the heart rate quickly or push a taller gear (with good form to avoid pulling a muscle).

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 for 10 minutes (HR Zone 1)

Choose a gear combination that has your legs turning over very easily (75+ cadence); stretch your calves and lower back before starting your main set.

REPEAT THE FOLLOWING HEART RATE LADDER FOR 60 Minutes

Accelerate out of the saddle for 1 minute; sit down and focus on good pedal technique pushing a gear combination that allows you to maintain a cadence level of 75-85 until your heart rate hits your top number within your **HR Zone 4** (no higher). Once you hit your top number, lighten up your gear combination (maintain the same leg turnover: 75-85) until your HR hits the bottom number of **HR Zone 2**.

Repeat the High HR 4 to Low HR 2 for 1 hour

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 [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)



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: Speed Workout #1**

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

Workout Notes: this day needs to be approached as if it was a national - food, warm up, etc. The mental side of this workout is for you to familiarize your body with what you expect from it on race day: perfect execution of all the homework you have put into your racing. With your focus being on producing the fastest laps possible, your sight lap needs to be focused and productive. Have fluids and calories (exactly what you want to consume on race day) available to maintain your blood sugar levels (to maintain mental clarity and energy) throughout the entire workout.

- **(Evening Workout) Complete Racing Solutions (CRS) Combo Weight Workout – Muscular Endurance**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: as the header implies, this weight program is designed to build your muscular endurance. Choose the weight so that you can finish 3 sets with good form. Stretch in between sets to maintain an optimum range of motion.

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.

Sets: 3

Rep Count: 8-10 reps (unless otherwise noted)

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

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

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).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)

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: Aerobic Workout #2**

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

Workout Notes: this workout is going to assess your aerobic capacity on the track. Pay close attention to your heart rate levels throughout each 30-minute moto; if your heart rate goes beyond your 85% heart rate number, you need to slow down and smooth out on the track. Keep in mind that if you go beyond 85%, we will not have an accurate evaluation of your aerobic function on the bike. Taking the smooth lines includes smooth throttle, clutch and brake control everywhere on the track. Focus on landing on the backsides of all the jumps to keep your momentum as high as possible, with the least amount of energy.

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

- **(Afternoon Workout) Complete Racing Solutions (CRS) Bike: Fragmented Power Intervals (60 Minutes)**

Workout Notes: this workout will sneak up on you by the end of the workout because of the residual fatigue that "builds" throughout this workout. Keep in mind that you are asking your muscles to generate power as they begin to fatigue. The generation of power is a unique combination of mental and physical ability. When you mentally establish a threshold of speed that you want to obtain, the muscles have a threshold to surpass which requires a certain level of output – specific to the gear load levels. By hitting a goal number, you will learn to associate the intensity (as indicated by your heart rate monitor) levels needed to create speed and power. By completing intervals of the same power will improve your muscular endurance as well.

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: 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

Power Block #1: 20 minutes (HR Zone 3) – Hit the same rate of speed for each interval

Repeat the following for the next 20 minutes (Remember the focus: hit the same speed for each interval)

2 Minutes: initially out of the saddle for 30" and then into a seated position for 90" holding the tallest gear combination that you can maintain a 50-60 range-capture the average speed during the 90 seconds interval. Maintain a smooth pedal stroke for the entire interval.

At the end of the interval, go into a very easy gear combination and maintain for **2 Minutes**.

Repeat the 2 minute "on" / 2 minute "off" until 20 minutes has transpired (please don't surpass)

After the 20-minute block, add an additional 5 minutes of active recovery / easy spinning; stretch & re-hydrate to replenish your blood sugar levels



Power Block #2: 20 minutes (HR Zone 3) – Hit the same rate of speed for each interval

Repeat the following for the next 20 minutes (Remember the focus: hit the same speed for each interval)

2 Minutes: initially out of the saddle for 30" and then into a seated position for 90" holding the tallest gear combination than you can maintain a 50-60 range-capture the average speed during the 90 seconds interval. Maintain a smooth pedal stroke for the entire interval.

At the end of the interval, go into a very easy gear combination and maintain for **2 Minutes**.

Repeat the 2 minute "on" / 2 minute "off" until 20 minutes has transpired (please don't surpass)

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

Duration: 5 minutes

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

Cadence: 85-90

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 [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
- **Psychology:** concept video "[Should I Train When I Am Sick](#)" – [video link](#)

Friday

- **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: as the workout focus header implies, this workout is going to challenge you on creating opening lap speed and then being able to find the fastest lines and duplicate the speed interval after interval. Remember, it doesn't help you to go fast for one lap and then fall off pace, your goal is to create a consistent speed for as many laps as the moto is long. Due to the high level of intensity, your morning breakfast needs to be loaded with protein and carbs (pancakes, waffles, toast, etc.). Maintaining your blood sugar in between sets will improve the overall quality and outcome of the workout.

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 Workout) Complete Racing Solutions (CRS) Combo Weight Workout – Muscular Endurance**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: as the header implies, this weight program is designed to build your muscular endurance. Choose the weight so that you can finish 3 sets with good form. Stretch in between sets to maintain an optimum range of motion.

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.

Sets: 3

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

Rep Count: 8-10 reps (unless otherwise noted)

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

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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
- **Psychology:** concept video "[Should I Train When I Am Sick](#)" – [video link](#)

Saturday

- **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 - Choice**

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

Workout Notes: duplicate one of your speed workouts from earlier in the week. Strive to be quicker and more consistent than you were the last time you completed the 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).

- **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.



- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)

Sunday

- **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 - Choice**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: duplicate one of your speed workouts from earlier in the week. Strive to be quicker and more consistent than you were the last time you completed the 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).
- **2 Hour Nap After Mid-Day Meal**
Miss. Notes: research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein & fat (the only thing that satisfies your appetite).
- **(Post Nap Workout) Complete Racing Solutions (CRS) Bike: Even Tempo/Aerobic Enhancement (90 Minutes)**
Workout Notes: 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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
Warm Up: HR Zone 2 or less
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: 1 Hour (Low End of HR Zone 3 – pay close attention to not fall into Z2)
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: 10 Minutes (HR Zone 2 or less)
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:** 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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)



| Complete Racing Solutions Aerobic MX Workout #1 | | Workout Focus: Aerobic Enhancement | Total Duration: 2 Hours | | | | |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------------------|-------------|---------------------------------------------------------------------------------------------|-------------|--------|
| | | Description | | | | | |
| 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 Stretch passively (no bouncing) from head to toe | | Less Than < 40% | | | | |
| | Main Set #1 | Set Focus: Reaction Time & First Turn Aggression | Intensity | | | | |
| Workout Protocol: | Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | N/A | | | | |
| Main Set #2 | Set Focus: Aerobic Enhancement / Internal Pacing | | 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. Note: first fifteen minutes take the optimum lines and maintain optimum momentum last fifteen minutes take the non-optimum lines & focus on belly breathing Moto Specific Heart Rate Zone - Low # High # | | 85-90% | | | | |
| Elapsed Times: | Lap 1 Time: | Lap 2 Time: | | Lap 3 Time: | Lap 4 Time: | Lap 5 Time: | 85-90% |
| Elapsed Times: | Lap 6 Time: | Lap 7 Time: | Lap 8 Time: | Lap 9 Time: | Lap 10 Time: | | |
| | Fastest Lap Time: | Average Lap Pace: | Avg. Heart Rate: | Max HR: | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Main Set #3 | Set Focus: Reaction Time & First Turn Aggression | | Intensity | | | | |
| Workout Protocol: | Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum. Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | N/A | | | | |
| Main Set #4 | Focus: Aerobic Enhancement / Internal Pacing | | Intensity | | | | |
| Workout Protocol: | Same notes as Set #2 - 30-minute straight moto with consistent lap times beginning to end. | | 85-90% | | | | |
| 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: | 85-90% | |
| | Fastest Lap Time: | Average Lap Pace: | Avg. Heart Rate: | Max HR: | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | | |
| Main Set #5 | Set Focus: Sprint Speed | | Intensity | | | | |
| Workout Protocol: | Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL Moto Specific Heart Rate Zone - Low # High # | | 95-100% | | | | |
| Elapsed Times: | 2 Lap Elapsed Time Int. #1: | 2 Lap Elapsed Time Int. #2: | | | | | |
| Elapsed Times: | 2 Lap Elapsed Time Int.#3: | 2 Lap Elapsed Time Int. #4: | 95-100% | | | | |
| | Fastest Lap Time: | Average Lap Pace: | Avg. Heart Rate: | Max HR: | | | |
| 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 MX Speed Workout #1 | | Workout Focus: Opening Speed | Total Ride Time: 60 Minutes |
|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|--------------------------------|
| | 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 | | Too Short To Evaluate |
| Main Set #2 | Set Focus: Opening Lap Speed | | Intensity |
| Workout Protocol: | This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity. Moto Specific Heart Rate Zone - Low # High # 5 Minutes (no more or less) - Stretch and hydrate as necessary | | |
| Rest Interval Performance Times: | Lap 1 Time: | Lap 2 Time: | Avg. Time: |
| Performance Times: | Lap 1 Time: | Lap 2 Time: | Avg. HR: |
| Performance Times: | Lap 1 Time: | Lap 2 Time: | Avg. HR: |
| Performance Times: | Lap 1 Time: | Lap 2 Time: | Avg. HR: |
| Performance Times: | Lap 1 Time: | Lap 2 Time: | Avg. HR: |
| Performance Recap: | Fastest Lap Time: | Average Lap Pace: | Average Heart Rate: |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate | | 90-95% |
| Main Set #3 | Set Focus: Hold Consistent Times At An Aerobic Effort | | Intensity |
| Workout Protocol: | Hold your pace for 30 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 # | | |
| Elapsed Times: | Lap 1 Time: | Lap 2 Time: | Lap 3 Time: |
| Elapsed Times: | Lap 4 Time: | Lap 5 Time: | Lap 6 Time: |
| Performance Recap: | Lap 7 Time: | Lap 8 Time: | Lap 9 Time: |
| | Lap 10 Time: | | |
| | Fastest Lap Time: | Average Lap Pace: | Average Heart Rate: |
| | Rest For 10 Minutes - Stretch from head to toe / Re-hydrate | | 80-85% 85-90% |
| Main Set #4 | Set Focus: Hold Consistent Times At An Aerobic Effort | | Intensity |
| Workout Protocol: | Hold your pace for 30 minutes With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate. Moto Specific Heart Rate Zone - Low # High # | | |
| Elapsed Times: | Lap 1 Time: | Lap 2 Time: | Lap 3 Time: |
| Elapsed Times: | Lap 4 Time: | Lap 5 Time: | Lap 6 Time: |
| Performance Recap: | Lap 7 Time: | Lap 8 Time: | Lap 9 Time: |
| | Lap 10 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% |
| | Pre-Riding Weight: | Post-Riding Weight: | |
| | Total Fluids Consumed: | Loss/Gain | |



| Complete Racing Solutions Aerobic MX Workout #2 | | |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Workout Focus: Muscular Endurance and Strength | | |
| | Description | |
| Warm Up | Focus: Gradual Warm Up | Intensity |
| Protocols: | Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle Stretch passively (no bouncing) from head to toe | < 50% |
| Main Set #1 | Focus: Moving the bike with your core | Intensity |
| Protocols: | 20 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better) 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 1 second and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | Incremental |
| Main Set #2 | Focus: First Turn Transitions | Intensity |
| Protocols: | Your focus needs to be on your transition from on the gas to on the brakes Take your time from the drop of the gate to a point right after the first turn -stay focused! | |
| Elapsed Times: | Interval 1 Time: Interval 2 Time: Interval 3 Time: Interval 4 Time: | 100% |
| Elapsed Times: | Interval 5 Time: Interval 6 Time: Interval 7 Time: Interval 8 Time: | 100% |
| Elapsed Times: | Interval 9 Time: Interval 10 Time: Interval 11 Time: Interval 12 Time: | 100% |
| Elapsed Times: | Fastest Time: Slowest Time: Average Time: | |
| | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | |
| Main Set #3 | Focus: Muscular Endurance & Strength | Intensity |
| Protocols: | 30 Minute Moto - Even Paced / Take the smoothest lines every lap 15 Minute Moto - Even Paced (Beginning to End) | |
| 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% |
| Elapsed Times: | Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: | 80-85% |
| | Fastest Lap Time: Slowest Lap Time: Average Lap Pace: | |
| | Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | |
| Main Set #4 | Focus: Muscular Endurance & Strength | Intensity |
| Protocols: | 20 Minute Moto - Even Paced / Take the roughest lines every lap | |
| Elapsed Times: | Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: | 90-95% |
| Elapsed Times: | Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: | 90-95% |
| | Fastest Lap Time: Slowest Lap Time: Average Lap Pace: | |
| Protocols: | Rest For 5 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) | < 50% |
| | Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout. | |
| | Beginning Weight: Ending Weight: Loss Gain (Loss): | |



| Complete Racing Solutions MX Speed Workout #2 | | |
|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| Workout Focus: Consistent Race Speed | | Total Ride Time: 90 Minutes |
| 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 | Set Focus: Pre-Race Routine 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 | Intensity Too Short To Evaluate |
| Main Set #2 | Set Focus: Race Day (6 Lap Sprints) Workout Protocol: This set is designed to see how both your speed and endurance is developing; your mindset needs to be focused as if it was race day of a big national. Follow your plan and fly! Moto Specific Heart Rate Zone - Low # High # Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary Performance Recap: Fastest Lap Time: Deviation: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | Intensity 90-95% 90-95% 90-95% 90-95% 90-95% |
| Main Set #3 | Set Focus: Opening Lap Speed NOTE: IF YOU ARE EXHAUSETED FROM SET #2, DON'T ATTEMPT THIS SET, YOU ARE DONE FOR DAY Workout Protocol: Your goal is to be as fast or faster than Set #2 - Volume is down, speed goes up! Moto Specific Heart Rate Zone - Low # High # Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Avg. HR: Rest: 3 Minutes Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Avg. HR: Rest: 3 Minutes Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Avg. HR: Rest: 3 Minutes Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Avg. HR: Rest: 3 Minutes Performance Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Avg. HR: Rest: 3 Minutes Performance Recap: Fastest Lap Time: Deviation: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel | Intensity 90-95% 90-95% 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% |



| Strength & Plyometric Program - Muscular Endurance | | | |
|------------------------------------------------------------------------------|-------------|-------------|-------------|
| Warm Up | | | |
| Trigger Point Therapy and Foam Rolling | | | |
| CYCLE ONE | | | |
| | Date | Date | Date |
| Triceps Kickbacks | | | |
| Instructional Video: Triceps Kickbacks | | | |
| Weight (Light) | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 1) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 2) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| Lunge Sequence | | | |
| Instructional Video: Lunge Sequence | | | |
| Reps Set #1 (Goal: 8-10 Reps) - Per direction | | | |
| Reps Set #2 (Goal: 8-10 Reps) - Per direction | | | |
| Reps Set #3 (Goal: 8-10 Reps) - Per direction | | | |
| 3/4 Sit Ups | | | |
| Instructional Video: 3/4 Sit Ups | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| CYCLE TWO | | | |
| | Date | Date | Date |
| Plyometric Push Ups | | | |
| Instructional Video: Plyometric Push Up | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| Squat - Pike - Push Up - Star Combo Set | | | |
| Instructional Video: Squat - Pike - Push Up - Star Combo Set | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| Single Leg Squats Off the Bench | | | |
| Instructional Video: Single Leg Squats Off The Bench | | | |
| Weight (Light) | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 1) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 2) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |



| CYCLE THREE | Date | Date | Date |
|---------------------------------------------------------------------|------|------|------|
| Chest Flies with Pause | | | |
| Instructional Video: Chest Flies with Pause | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 1) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 2) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| Open Abs | | | |
| Instructional Video: Open Ab Rotation | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| Calf Raises | | | |
| Instructional Video: Calf Raises | | | |
| Weight (Light) | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 1) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 2) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| CYCLE FOUR | Date | Date | Date |
| Hamstring Press with Extension | | | |
| Instructional Video: Hamstring Press with Extension | | | |
| Weight (Light) | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 1) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Weight (Slightly heavier than Set 2) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| Hip Risers | | | |
| Instructional Video: Hip Risers | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| Inner Thigh | | | |
| Instructional Video: Side Skaters | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |



| CYCLE FIVE | Date | Date | Date |
|-----------------------------------------------------------|------|------|------|
| Superman Exercise | | | |
| Instructional Video: Superman Exercise | | | |
| Reps Set #1 (Goal: 10-12 Reps) | | | |
| Reps Set #2 (Goal: 10-12 Reps) | | | |
| Reps Set #3 (Goal: 6-8 Reps) | | | |
| Pull Up with a Pause | | | |
| Instructional Video: Pull Up with a Pause | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |
| Abs: Pike - Push Up - Pike on Fit Ball | | | |
| Instructional Video: Pike-Push Up-Pike | | | |
| Reps Set #1 (Goal: 8-10 Reps) | | | |
| Reps Set #2 (Goal: 8-10 Reps) | | | |
| Reps Set #3 (Goal: 8-10 Reps) | | | |