



7 Training Cycle:
 Cycle Duration:
 Work Week
 Focus:

Phase 4
 8 Weeks
 7/8
 Race Specific Speed & 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 Report Card to log this information for evaluation purposes**
- **Complete Rest Day**
Mental Notes: most of our biggest frustrations are a result of letting the little things get by us; for example, when we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later: dishes in the sink, beds not made, etc. You jump in the car in a rush to “make up time” and as a result we end up using more gas, wearing our tires out faster and increase our risk of getting a ticket (for either speeding or running a red light) – which only increases the cost of our insurance. Ironically, all of these aggravations could have been alleviated if we had got up on time; however, this still isn't the actual issue. The reason why you went to bed late, which made you too tired to get up on time. The point here, is step back two or three steps with each frustration that you are dealing with to maximize your complete potential in every area of life.
- **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 on 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.

Tuesday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Before Breakfast) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (60” on – 30” off)**
[Please reference the spreadsheet at the bottom of the schedule]
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: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 60 seconds of one exercise (unless noted otherwise), rest for 30 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.
Weight: for the first set, choose a weight that you can complete 10-12 reps comfortably within the 60 seconds (this will reduce your risk of injury); during the second set, bump the weight up slightly so that you are working hard at the end of the 30 seconds
Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 in between cycles
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **(Afternoon Workout) Complete Racing Solutions Bike: Intensity Intervals (1 Hour)**
Workout Notes: to maximize the productivity of this workout, have Energy Fuel available every 15 minutes (carry with you or plant bottles along your route). During the early part of each performance block, stay within the indicated intensity levels – no matter what it takes (pace is not relevant during the early part of each block). When you begin your fast intervals, refrain from becoming “scared” of riding fast – instead focus on how efficient you are pedaling when you pick up the pace. Watch for energy robbing elements: choppy pedal mechanics, shoulders bobbing, looking down at your legs (versus looking ahead 20 yards).
Warm Up:

Duration: 5 miles	Intensity Level: HR Z1 for 2 miles – Z2 for 3 miles
Cadence: 80 or less	Gearing: small up front – middle back (low load levels)

Main Set #1 (15 Miles)

2.5 Miles at HR Z3 – tallest gear combination you can maintain 85-90 cadence ranges
2.5 Miles at HR Z4 – tallest gear combination you can maintain 90 plus cadence
Repeat 3 times

Cool Down:

Duration: 5 miles	Intensity Level: HR Z2 for 2 miles – Z1 for 3 miles
Cadence: 80 or less	Gearing: small up front – middle back (low load levels)



- **(Immediately following your bike workout) Complete Racing Solutions Core Work**

Workout notes: complete each of the following exercises for 40 seconds; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Standing Abdominal Twists: [click here for video](#)

Abdominal Pike on Fit Ball: [click here for video](#)

Abdominal Roll Out on Fit Ball: [click here for video](#)

Ab Crunch on Fit Ball: [click here for the video link](#)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols** – please reference yesterday’s notes & video links

Wednesday

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

Choose one of the following for your morning workout:

- **Complete Racing Solutions Row: HR Intensity Blocks**

Workout Notes: this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

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: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 5 Distance: 2000 Meters **Pull Rate:** 20-25 **Stretch from head to toe**

Main Set#1: 1000 Meters-picking up the pace every 200 meters from HRZ 2 up to HR Z4 - Repeat 5x

Load Level: 7 Pull Rate: 25-35

Transition Set: 1000 Metes – HR Z2 stretch & rehydrate as necessary)

Main Set#2: 5 x 1000 meters: HR Z4 with 500 meter/ Active Recovery: HR Z2 or less (no higher)

Load Level: 7 Pull Rate: 25+

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 5 Duration: 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

- **Complete Racing Solutions Bike: Intensity Distance Intervals (50-60 Minutes)**

Workout Notes: this workout is going to generate high levels of lactic acid towards at the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

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:

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

Main Set #1 (14 Miles)

1 Mile at **HR Z2** – tallest gear combination you can maintain 85-90 cadence range

1 Mile at **HR Z4** – tallest gear combination you can maintain 90 plus cadence

No Rest in between intervals - Repeat 7 times

Cool Down:

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

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

[Please reference the spreadsheet at the bottom of this document]

Workout notes: this workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols** – please reference yesterday’s notes and video links



Thursday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Before Breakfast) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (60" on – 30" off)**
[Please reference the spreadsheet at the bottom of the schedule]

Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 60 seconds of one exercise (unless noted otherwise), rest for 30 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

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

Weight: for the first set, choose a weight that you can complete 10-12 reps comfortably within the 60 seconds (this will reduce your risk of injury); during the second set, bump the weight up slightly so that you are working hard at the end of the 30 seconds

Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 in between cycles

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **(Afternoon Workout) Complete Racing Solutions Bike: Aerobic Intervals (1 Hour)**

Workout Notes: to maximize the productivity of this workout, have [Energy Fuel](#) available every 15 minutes (carry with you or plant bottles along your route). During the early part of each performance block, stay within the indicated intensity levels – no matter what it takes (pace is not relevant during the early part of each block). When you begin your fast intervals, refrain from becoming "scared" of riding fast – instead focus on how efficient you are pedaling when you pick up the pace. Watch for energy robbing elements: choppy pedal mechanics, shoulders bobbing, looking down at your legs (versus looking ahead 20 yards).

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:

Duration: 5 miles Intensity Level: **HR Z1** for 2 miles – **Z2** for 3 miles
Cadence: 80 or less Gearing: small up front – middle back (low load levels)

Main Set #1 (15 Miles)

4 Miles at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges
1 Mile at **HR Z4** – tallest gear combination you can maintain 90 plus cadence
Repeat 3 times

Cool Down:

Duration: 5 miles Intensity Level: **HR Z2** for 2 miles – **Z1** for 3 miles
Cadence: 80 or less Gearing: small up front – middle back (low load levels)

- **(Immediately following your bike workout) Complete Racing Solutions Core Work**

Workout notes: complete each of the following exercises for 40 seconds; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Standing Abdominal Twists: [click here for video](#)

Abdominal Pike on Fit Ball: [click here for video](#)

Abdominal Roll Out on Fit Ball: [click here for video](#)

Ab Crunch on Fit Ball: [click here for the video link](#)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

Evening Protocols – please reference yesterday's notes and video links

Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Choose one of the following for your morning & evening workout:**
- **Complete Racing Solutions Row: HR Intensity Intervals (65 Minutes)**

Misc. Notes: this workout is going to generate high levels of lactic acid towards the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

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: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 2000 Meters Pull Rate: 20-25 Stretch from head to toe



Main Set#1: Load Level: 7 **Pull Rate:** 25-35
1500 Meters @ HR Z3 with 500 Meters/Active Recovery
Repeat 3x

Transition Set: 1000 Metes: **HR Z2** (stretch & rehydrate as necessary)

Main Set#2: Load Level: 7 **Pull Rate:** 25-35
500 Meters @ HR Z4 (no lower: get their quickly) with 1500 Meters/Active Recovery
Repeat 3x

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 **Duration:** 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

▪ **Complete Racing Solutions Bike: Power Interval Workout (60 Minutes)**

Misc. Notes: this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to pedal in full circles for maximum power output and optimized endurance.

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:

Duration: 10 Minutes Intensity Level: **HR Z1**
 Cadence: 80 or less Gearing: small up front – middle back (low load levels)

Main Set #1 (20 Minutes)

5 Minutes at **HR Z4** – tallest gear combination you can maintain 85-90 cadence ranges
 5 Minutes at **HR Z2** – tallest gear combination you can maintain 90 plus cadence
 Repeat 2 times

Transition Set

5 Minutes at **HR Z1** – stretch & rehydrate as necessary

Main Set #2 (20 Minutes)

5 Minutes at **HR Z2** – tallest gear combination you can maintain 85-90 cadence ranges
 5 Minutes at **HR Z4** – tallest gear combination you can maintain 90 plus cadence
 Repeat 2 times

Cool Down:

Duration: 10 Minutes Intensity Level: **HR Z1**
 Cadence: 80 or less Gearing: small up front – middle back (low load levels)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols** – please reference yesterday's notes and video links

Saturday

- **Body Analysis** – please use your **Coach Robb Report Card** 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]

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 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.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

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



Misc. Notes: the benefit to a nap is the release of hGH (human growth hormone); with this in mind, eat a post ride 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!

- **(Before Dinner) Complete Racing Solutions Bike: Speed Blocks (70 Minutes)**

Workout Notes: mentally focus on improving your aerobic base with fragmented effort levels; at no time do you want your HR to rise above **HR Z3**. If you find it difficult to keep your HR low, then lighten your gear combinations and focus on optimizing your pedal mechanics.

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

Performance Block #1: 60 minutes

20 Minutes in the tallest gear combo you can optimize while staying within **HR Z3** (no higher)

10 minute easy spin (**HR 2** or lower); you can't go too easy here

Repeat 2X

Cool Down: 5 Minutes (HR Zone 1)

Duration: 5 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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols** – please reference yesterday's notes and video links

Sunday

- **Body Analysis** – please use your **Coach Robb Report Card** 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]

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: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

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

Misc. Notes: please reference yesterday's notes.

- **(Before Dinner) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (60" on – 30" off)**

[Please reference the spreadsheet at the bottom of the schedule]

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: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 60 seconds of one exercise (unless noted otherwise), rest for 30 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

Weight: for the first set, choose a weight that you can complete 10-12 reps comfortably within the 60 seconds (this will reduce your risk of injury); during the second set, bump the weight up slightly so that you are working hard at the end of the 30 seconds

Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 in between cycles

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery



- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols** – please reference yesterday's notes & video links



Timed Challenge P4		
Warm Up		
Concept 2™ Row or Spin on Bike - 10 minutes Easy		
CYCLE ONE		
Pike - Push Up - Pike		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 60 seconds-30 second rest)		
Rep 2 (as many as you can complete in 60 seconds-30 second rest)		
Isolated Leg & Frankenstein's on Bench		
Instructional Video: Isolated Leg on Bench		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 60 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 60 seconds-hold good form)		
CYCLE TWO		
Air Squats		
Instructional Video: Air Squats		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 60 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 60 seconds-hold good form)		
Hamstring Press-Extension on Fit Ball		
Instructional Video: Hamstring Press with Extension		
Rep 1 (as many as you can complete in 60 seconds-30 second rest)		
Rep 2 (as many as you can complete in 60 seconds-30 second rest)		
CYCLE THREE		
Stars-30 Seconds As Fast as Possible		
Stars Instructional Video		
Rep 1 (as many as you can complete in 60 seconds-30 second rest)		
Rep 2 (as many as you can complete in 60 seconds-30 second rest)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
Rep 1 (as many as you can complete in 60 seconds-30 second rest)		
Rep 2 (as many as you can complete in 60 seconds-30 second rest)		



Timed Challenge P4 - Continued		
CYCLE FOUR	Date	Date
Dips Off of Bench		
<u>Instructional Videos: Tricep Dips off of the bench</u>		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 60 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 60 seconds-hold good form)		
Bicep Curls Up to 90 Degrees		
<u>Bicep Curls - Up to 90 Degrees</u>		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 60 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 60 seconds-hold good form)		
CYCLE FIVE	Date	Date
Side Skaters		
<u>Instructional Video: Side Skaters</u>		
Rep 1 (as many as you can complete in 60 seconds-30 second rest)		
Rep 2 (as many as you can complete in 60 seconds-30 second rest)		
Abdominal Crunch on Fit Ball		
<u>Instructional Video: Abdominal Crunch on Fit Ball</u>		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		

Bicycle Sprints On Trainer	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE		
3 Minute Sprint 90-95% Effort - Distance Covered		
1.5 Minute Rest Interval		
3 Minute Sprint 90-95% Effort - Distance Covered		
1.5 Minute Rest Interval		
3 Minute Sprint 90-95% Effort - Distance Covered		
1.5 Minute Rest Interval		
3 Minute Sprint 90-95% Effort - Distance Covered		
1.5 Minute Rest Interval		
3 Minute Sprint 90-95% Effort - Distance Covered		
1.5 Minute Rest Interval		



Complete Racing Solutions MX Speed Workout #1	Set Focus: Aerobic Enhancement & Speed	Total Duration: 125 Minutes	
	Description		Intensity
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		Less Than 50%
Main Set #1	Set Focus: Perfect Execution of Pre-Race Routine and Starts		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.		
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:		Too Short To Evaluate
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:		
Performance Recap:	Fastest Lap Time: Average Lap Pace: Average Heart Rate:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #2	Set Focus: Teach Your Body To Pick Up The Pace As Needed		Intensity
Workout Protocol:	Your goal is to stay aerobic (based on your actual heart rate) for the first 20 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 15 minutes		
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #		
Performance Recap:	20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR:		80-85%
Performance Recap:	15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR:		90-95%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Set Focus: High Intensity/Lactate Tolerance		Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing		
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #		
Performance Recap:	20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR:		80-85%
Performance Recap:	15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR:		90-95%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #4	Set Focus: High Intensity/Lactate Tolerance		Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing		
Performance Recap:	Moto Specific Heart Rate Zone - Low # High #		
Performance Recap:	20 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg HR:		80-85%
Performance Recap:	15 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg HR:		90-95%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
	Pre-Riding Weight: Post-Riding Weight:		
	Total Fluids Consumed: Loss/Gain		

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

Workout notes: this workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.



CRS MX Speed Workout #2		Workout Focus: Incremental Intensity / Lactate Tolerance	Total Ride Time: 60 Minutes
		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 your breathing.		
Elapsed Times:	Interval 1:	Interval 2:	Interval 3:
Elapsed Times:	Fastest Interval:	Average Interval:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Relaxed
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 #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
	Lap 7 Time:	Lap 8 Time:	Lap 9 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)		90-95%
			95-100%
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 #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
	Lap 7 Time:	Lap 8 Time:	Lap 9 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)		90-95%
			95-100%
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 #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
Elapsed Times:	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
	Lap 7 Time:	Lap 8 Time:	Lap 9 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)		90-95%
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		95-100%
Main Set #5	Set Focus: Body Balance and Reaction Time		Intensity
Workout Protocol:	Repeat Set #1 - Compare times for evaluation purposes		
Elapsed Times:	Interval 1:	Interval 2:	Interval 3:
Elapsed Times:	Fastest Interval:	Average Interval:	
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly		40%
	Pre-Riding Weight:	Post-Riding Weight:	
	Total Fluids Consumed:	Loss/Gain	



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Aerobic Enhancement		Total Ride Time: 90 Minutes
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for 30 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	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	Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for 30 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	80-85%
Fastest Time:	Average Time:	Average Heart Rate:
Main Set #3	Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Settle into a pace that you can maintain for minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	80-85%
Fastest Time:	Average Time:	Average Heart Rate:
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	Less than 40%
	Pre-Riding Weight:	Post-Riding Weight:
	Total Fluids Consumed:	Loss/Gain

Complete Racing Solutions MX Aerobic Workout #1

Workout Notes: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.