



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

**Phase 13**  
**6 Weeks**  
**5/6**  
**Race Specific Speed, Strength, 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 Report Card to log this information for evaluation purposes**
- **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 athletic. Though we discuss this often it is something that has to be implemented daily, but is met with the most resistance by those around you who 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 -versus your own). Once you can 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).
- **Evening Protocols**  
**Misc. Notes:** when you lay down to go to sleep, your goal is to get to sleep as quickly as possible, sleep as deep as possible, and stay there as long as possible. If your brain doesn't have enough sugar to last through the night, you will wake up – not an ideal scenario when it comes to recovering from your day of training. An additional focus on getting to sleep quickly is associated with your body's production of hGH (human growth hormone). Human growth hormone is what makes you leaner and incorporates other hormones necessary for complete recovery from the workloads associated with your training. With this being said, consume a highly dense snack or smoothie to help satisfy your brain's need for sugar (from your liver) and your muscle's need for amino acids.

**Tuesday**

- **Body Analysis: please use your Coach Robb Report Card 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 incremental workout is going to push your anaerobic and aerobic engine specific to your heart rate intensity zones on the motorcycle. With this in mind, please take the time to jot down the heart rate numbers relevant to the indicated heart rate percentages. You will notice that during sets #3 and #4, you will be taking the non-optimum lines forcing you to create the wanted speeds & momentum. During set #5 you will be taking the optimum lines which will allow you to keep your heart rate low and your overall times (ideally) faster. During this workout, you will have plenty of opportunities to apply your belly breathing skills; by implementing this skill, you will "teach" your body to stay relaxed while going fast.  
**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 [Best Whey](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout (Last Week – Finish Strong!)**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**  
**Workout Notes:** these exercises are familiar with a longer duration.  
**Pre-Hydration & Nutrition:** 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.  

<b>Sets:</b> 2	<b>Speed of Lift:</b> consistent through the entire range of motion
<b>Duration:</b> 50 Seconds (unless otherwise noted)	<b>Rest Interval:</b> none in between exercises; 1:00 in between cycles
<b>Post Workout Protocols</b>	
<ul style="list-style-type: none"> <li>▪ <b>Flexibility:</b> pay close attention to areas that you may not think about stretching – <a href="#">hips, glutes, shoulder blades, etc.</a></li> <li>▪ <b>Nutrition:</b> immediately consume 8-10 ounces of <a href="#">Best Whey</a> with a scoop of Energy Fuel to replace depleted muscle sugar &amp; repair muscle tissue</li> </ul>	
- **Evening Protocols** – please reference Monday's notes and 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 afternoon workout) Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (60')**

**Misc. Notes:** For this workout, you will need to know your **HR Z2** numbers (high and low specific numbers).

**Pre-Hydration & Nutrition:** 10-15 minutes before 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:** 15 minutes (no shorter)

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

**Cadence:** 80-85 (no higher/lower)

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

**Main Set: 1 Mile Intervals at HR Z2 (No Higher): 40 Minutes**

1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**

½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**

**Repeat for 40 minutes.**

**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 gets you into **HR Z1**

**Cadence:** 85-90

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

- **Complete Racing Solutions Row: 500 Meter Aerobic Intervals (60 Minutes)**

**Misc. Notes:** For this workout, you will need to know your **HR Z2** numbers (high and low specific numbers).

**Pre-Hydration & Nutrition:** 10-15 minutes before 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 Z1):** Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**

**Duration:** 15 Minutes (no shorter)

**Pull Rate:** less than 25

**[Stretch your lower body](#)**

**Main Set: Heart Rate Pacing Blocks: 40 Minutes**

**Load Level: 5**

500 Meter Interval: Fastest pace you can maintain while settling into **HR Z2**

1 Minute Recovery: Lower your effort to bring your **HR into Z1**

**Repeat for 40 minutes.**

**Cool Down (HR Z1):** Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**

**Distance:** 5 Minutes

**Pull Rate:** less than 25

**[Stretch from head to toe](#)**

- **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & Lower Back Work**

- **Workout notes:** complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.

- **Push Up-Knee to Shoulder:** [how to video](#)

**Abdominal Chris Cross:** [how to video](#)

- **Abdominal Open Rotation:** [how to video](#)

**Ab Hip Risers:** [how to video](#)

**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 [Best Whey](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue

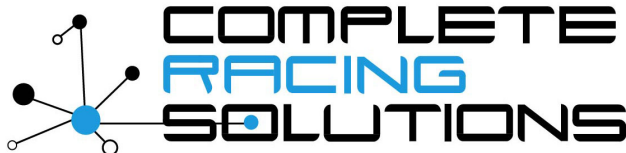
- **Evening Protocols** – please reference Monday's notes and video links

#### Thursday

- **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]  
**Workout Notes:** the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smoothly, yet efficiently. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can become faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart, not hard!  
**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 [Best Whey](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout (Last Week – Finish Strong!)**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]  
**Workout Notes:** these exercises are familiar with a longer duration.  
**Pre-Hydration & Nutrition:** 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.  
**Sets:** 2  
**Duration:** 50 Seconds (unless otherwise noted)  
**Speed of Lift:** consistent through the entire range of motion  
**Rest Interval:** none in between exercises; 1:00 in between cycles  
**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 [Best Whey](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols** – please reference Monday's notes and video links

#### Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Complete One of the Following) Complete Racing Solutions Bike: 5 Minute Intensity Blocks (60 Minutes)**  
**Misc. Notes:** these intervals are designed to push you both mentally & physically so begin this workout fresh: hydrated, rested, properly fed, and topped off with your Energy Fuel (for optimum muscle contraction). As you go through the first 5-minute set, remember that you have to complete 9 more intervals, so don't blow yourself up by going too hard!  
**Pre-Hydration & Nutrition:** 10-15 minutes before 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:** 80-90 (no higher/lower)  
**Gearing:** small chain ring up front, middle rear gearing  
**Misc.:** stretch and hydrate before moving into your main set  
**Main Set: Intensity Based Intervals: 10 x 5 Minutes**  
2-Minute Interval: Fastest pace you can maintain while in the lower end of **HR Z2**  
2 Minute Interval: Pick up the pace by 1 mile per hour and slip into the upper end of **HR Z3**  
1 Minute Standing Interval: Pick up the pace and maintain for 1 minute (dig deep here!) **NO HR LIMIT**  
**Repeat the 5 Minute blocks 10 times for a total of 50 minutes**  
**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**
- **Complete Racing Solutions Row: Intensity Blocks (60 Minutes)**  
**Misc. Notes:** set your monitor to straight time for the duration of the workout.  
**Pre-Hydration & Nutrition:** 10-15 minutes before 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 Z1):** Focus on a straight back leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3**    **Duration:** 5 Minutes    **Pull Rate:** less than 25    [Stretch your lower body](#)  
**Main Set: Intensity Based Intervals: 10 x 5 Minutes**  
**Load Level: 5**    **Duration:** 500 Meters    **Pull Rate:** 25-30  
2-Minute Interval: Fastest pace you can maintain while in the lower end of **HR Z2**  
2 Minute Interval: Pick up the pace by 2-5 seconds and slip into the upper end of **HR Z3**  
1 Minute Sprint Interval: Drop the hammer for 1 minute (dig deep here!) **NO HR LIMIT**  
**Repeat the 5 Minute blocks 10 times for a total of 50 minutes**



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**Cool Down (HR Z1):** Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

**Load Level: 2**      **Distance:** 5 Minutes      **Pull Rate:** less than 25      **Stretch from head to toe**

- **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & Lower Back Work**
  - **Workout notes:** complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.
  - **Push Up-Knee to Shoulder:** [how to video](#)      **Abdominal Chris Cross:** [how to video](#)
  - **Abdominal Open Rotation:** [how to video](#)      **Ab Hip Risers:** [how to video](#)
- **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 [Best Whey](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols** – please reference Monday'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 #1**  
[Please refer to the spreadsheet at the bottom of this document]

**Workout Notes:** this incremental workout is going to push your anaerobic and aerobic engine specific to your heart rate intensity zones on the motorcycle. With this in mind, please take the time to jot down the heart rate numbers relevant to the indicated heart rate percentages. You will notice that during sets #3 and #4, you will be taking the non-optimum lines forcing you to create the wanted speeds & momentum. During set #5 you will be taking the optimum lines which will allow you to keep your heart rate low and your overall times (ideally) faster. During this workout, you will have plenty of opportunities to apply your belly breathing skills; by implementing this skill, you will "teach" your body to stay relaxed while going fast.

**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 [Best Whey](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Power Nap after lunch**

**Misc. Notes:** think about this nap as a shortcut to the top! The extra two hours of rest and recovery will ensure that your body is getting the necessary hGH (human growth hormone) along with a time to simply relax: mentally and physically. You have earned this extra dose of sleep, so take full advantage of it.
- **Evening Protocols** – please reference Monday'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]

**Workout Notes:** the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smoothly, yet efficiently. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can become faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart, not hard!
- **2-Hour Nap After Mid-Day Meal** – please reference yesterday's notes  
**Choose one of the following for your afternoon workout:**
- **Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (60 Minutes)**

**Misc. Notes:** For this workout, you will need to know your **HR Z2** numbers (high and low specific numbers).

**Pre-Hydration & Nutrition:** 10-15 minutes before 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:** 15 minutes (no shorter)      **Gearing:** small chain ring up front, middle rear gearing  
**Cadence:** 80-85 (no higher/lower)      **Misc.:** stretch and hydrate before moving into your main set

**Main Set: 1 Mile Intervals at HR Z2 (No Higher): 40 Minutes**  
1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**  
½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**  
**Repeat for 40 minutes.**

**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 gets you into **HR Z1**  
**Cadence:** 85-90      **Misc.:** don't dismount until your heart rate is within **HR Z1**
- **Complete Racing Solutions Row: 500 Meter Aerobic Intervals (60 Minutes)**

**Misc. Notes:** For this workout, you will need to know your **HR Z2** numbers (high and low specific numbers).



**Pre-Hydration & Nutrition:** 10-15 minutes before 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 Z1):** Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**      **Duration:** 15 Minutes (no shorter)      **Pull Rate:** less than 25      **[Stretch your lower body](#)**

**Main Set: Heart Rate Pacing Blocks: 40 Minutes**

**Load Level: 5**

500 Meter Interval: Fastest pace you can maintain while settling into **HR Z2**

1 Minute Recovery: Lower your effort to bring your **HR into Z1**

**Repeat for 40 minutes.**

**Cool Down (HR Z1):** Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**      **Distance:** 5 Minutes      **Pull Rate:** less than 25      **[Stretch from head to toe](#)**

**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 [Best Whey](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols** – please reference Monday's notes and video links



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Complete Racing Solutions Combo Weight Workout	Date	Date
Easy Row or Spin on Bike - 10 minutes		
Stretch - Head to Toe		
<a href="#">Full Body Stretch - Instructional Video</a>		
<b>Cycle 1</b>		
<b>Marching Bridge</b>		
<a href="#">Instructional Video - Marching Bridge</a>		
Rep Count - Right Leg		
Rep Count - Left Leg		
Rep Count - Right Leg		
Rep Count - Left Leg		
<b>Low Back Extension off of Fit Ball</b>		
<a href="#">Instructional Video - Low Back Extension off of Fit Ball</a>		
Reps Set #1		
Reps Set #2		
<b>Single Leg Step Up with Weight</b>		
<a href="#">Instructional Video - Single Leg Step Up with Weight</a>		
Weight		
Reps Set #1		
Reps Set #2		
<b>Cycle 2</b>		
<b>Hanging Abdominal Knee Raises</b>		
<a href="#">Instructional Video - Hanging Abdominal Knee Raises</a>		
Reps Set #1		
Reps Set #2		
<b>Chest Fly with Pause on Fit Ball</b>		
<a href="#">Instructional Video - Chest Fly on Fit Ball</a>		
Weight		
Reps Set #1		
Reps Set #2		
<b>2 Legged Box Hops - 60 seconds (No Higher)</b>		
<a href="#">Instructional Video - 2-Legged Box Hops</a>		
Reps Set #1		
Reps Set #2		



# COMPLETE RACING SOLUTIONS

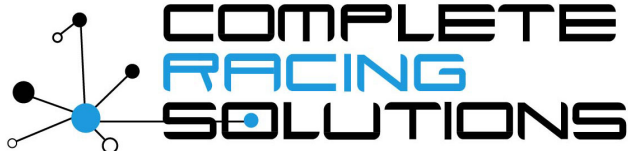
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<b>Cycle 3</b>		
<b>Flat Bench Press on Fit Ball</b>		
<a href="#">Instructional Video - Flat Bench Press on Fit Ball</a>		
<b>Weight</b>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Hamstring Press with Extension on Fit Ball</b>		
<a href="#">Instructional Video - Hamstring Press with Extension on Fit Ball</a>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Push Up - Knee to Shoulder</b>		
<a href="#">Instructional Video - Push Up-Knee to Shoulder</a>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Biceps - 14's</b>		
<a href="#">Instructional Video - Bicep 14's</a>		
<b>Weight</b>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Cycle 4</b>		
<b>Abdominal Criss Cross</b>		
<a href="#">Instructional Video - Abdominal Criss Cross</a>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Single Leg Push Ups</b>		
<a href="#">Instructional Video - Single Leg Push Ups</a>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Abdominal Open Rotation</b>		
<a href="#">Instructional Video - Abdominal Open Rotation</a>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Abdominal - Hip Risers</b>		
<a href="#">Instructional Video - Abdominal Hip Risers</a>		
<b>Rep Count Right</b>		
<b>Rep Count Left</b>		
<b>Rep Count Right</b>		
<b>Rep Count Left</b>		









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Complete Racing Solutions Aerobic MX Workout #1		Workout Focus: Consistent Race Speed	Total Ride Time: 60 Minutes
	Description		
Warm Up	Focus: Gradual Warm Up		Intensity
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Concept 2™ Rower - 10 minutes: low-intensity pulling <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe		Less Than 40%
Main Set #1	Set Focus: Consistency Challenge with your start and first turn		Intensity
Workout Protocol:	Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) Keep a close eye on your body position - attack, looking up and using your legs/core combination Take your time from the start to the end of the first straight away Interval 1:      Interval 2:      Interval 3:      Interval 4:      Interval 5: Interval 6:      Interval 7:      Interval 8:      Interval 9:      Interval 10: Fastest Time:                      Average Time:                      Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>		Too Short To Measure
Main Set #2	Set Focus: Body Balance - Timing of faster cornering		Intensity
Workout Protocol:	Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake, and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer to the corner, simply increase the speed at which you approach the corner. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		Too Short To Measure
Main Set #3	Set Focus: Aerobic Endurance (15 Minute Moto)		Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two-second deviation) for 15 minutes  Moto Specific Heart Rate Zone - Low #                      High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time:                      Average Time:                      Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		80-85%
Main Set #4	Set Focus: Aerobic Endurance (15 Minute Moto)		Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two-second deviation) for 15 minutes  Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		80-85%
Main Set #5	Set Focus: Aerobic Endurance (15 Minute Moto)		Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two-second deviation) for 15 minutes  Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		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	