



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

*Phase 5*  
*6 Weeks*  
*2/6*  
*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 Body Analysis Spreadsheet to log this information for evaluation purposes.
- **Complete Rest Day**  
**Misc. Notes:** taking an honest look at your body's ability to adapt to stress is going to yield huge dividends to your training efforts. If you are sleeping deeply and for long periods of time, your body is getting adequate quality fat, protein, and carbohydrates. Deep and high-quality sleep will provide your body with the elements it needs to re-build muscle tissue quickly and minimize your residual muscles soreness.
- **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).  
**Psychology:** concept video "Face your fear of failure" – [video link](#)

**Tuesday**

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.  
**Complete One of the Following for today:**
- **Complete Racing Solutions MX: Speed Workout #1**  
**[Please refer to 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 15 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 productive work out here.  
**Post Workout Protocols**
  - **Flexibility:** follow this [trigger point routine](#) to eliminate any muscle tightness and adhesions
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar**Complete Racing Solutions Combo Weight Workout – Muscular Endurance**  
**[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 prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**Sets:** 2

**Duration:** 40 Seconds (unless otherwise noted)

**Speed of Lift:** consistent through entire range of motion

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

**Post Workout Protocols**

- **Flexibility:** follow this [trigger point routine](#) to eliminate any muscle tightness and adhesions
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar
- **Evening Protocols**  
**Flexibility:** after your shower spend fifty minutes foam rolling, trigger point therapy and stretching exercises – [CLICK HERE](#)  
**Nutrition:** consuming a high-quality smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner (released hGH) – short video explaining more ([CLICK HERE](#))







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

**Warm Up: HR Zone 1**

**Duration:** 5 minutes

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

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

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

**Main Performance Block: 25 Minutes (HR Zone 3)**

**Set Notes:** be aggressive without going anaerobic.

Interval Duration:

5 Minutes **High End of HR Z4** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

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

**Repeat 5x for a total of 25 minutes of work.**

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

**Duration:** 5 minutes

**Cadence:** 85-90

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

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

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar

▪ **Evening Protocols**

**Flexibility:** after your shower spend fifty minutes foam rolling, trigger point therapy and stretching exercises – [CLICK HERE](#)

**Nutrition:** consuming a high-quality smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner (released hGH) – short video explaining more ([CLICK HERE](#))

**Saturday**

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

- **Morning Workout) Complete Racing Solutions MX: Speed Workout #2**

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

**Workout Notes:** please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels.

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of insufficient calories and fluids - so plan. Also, just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

**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

- **2 Hour Power Nap after lunch**

**Misc. Notes:** think about this nap as a short cut 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**

**Flexibility:** after your shower spend fifty minutes foam rolling, trigger point therapy and stretching exercises – [CLICK HERE](#)

**Nutrition:** consuming a high-quality smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner (released hGH) – short video explaining more ([CLICK HERE](#))



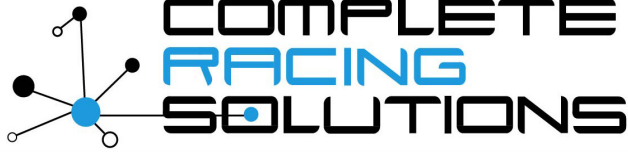
## Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #2**  
[Please reference the spreadsheet at the bottom of this document]
  - **Workout Notes:** strive to be consistent for all three main sets. If you have more than a two second deviation, then your average speed needs to increase slightly, or you need to slow down your initial pace. Remember, the idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. If possible, try to wear your HR monitor to help keep you honest throughout this 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
- **2 Hour Nap After Mid-Day Meal**
  - **Misc. Notes:** make your meal complete with clean proteins, complex carbohydrates and full of fresh fruits and vegetables. By eating the entire fruit and vegetables, you will absorb fresh vitamins and minerals that will keep your blood sugar levels low. Avoid any caffeine naturally or artificially so that you are able to get into REM pattern 3 during your nap (this is where the growth hormones are released). When you wake up, consume 8-10 ounces of COLD water.
- **Evening Protocols**
  - **Flexibility:** after your shower spend fifty minutes foam rolling, trigger point therapy and stretching exercises – [CLICK HERE](#)
  - **Nutrition:** consuming a high-quality smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner (released hGH) – short video explaining more ([CLICK HERE](#))



THE SCIENCE OF PERFORMANCE

<b>Complete Racing Solutions Combo Weight Workout – Muscular Endurance</b>	Date	Date
<b>Easy Row or Spin on Bike - 10 minutes</b>		
<b>Stretch - Head to Toe</b>		
<b><a href="#">Full Body Stretch - Instructional Video</a></b>		
<b>Cycle 1</b>		
<b>Marching Bridge</b>		
<a href="#">Instructional Video - Marching Bridge</a>		
<b>Rep Count - Right Leg</b>		
<b>Rep Count - Left Leg</b>		
<b>Rep Count - Right Leg</b>		
<b>Rep Count - Left Leg</b>		
<b>Low Back Extension off of Fit Ball</b>		
<a href="#">Instructional Video - Low Back Extension off of Fit Ball</a>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Single Leg Step Up with Weight</b>		
<a href="#">Instructional Video - Single Leg Step Up with Weight</a>		
<b>Weight</b>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Cycle 2</b>		
<b>Hanging Abdominal Knee Raises (Goal 8 Reps)</b>		
<a href="#">Instructional Video - Hanging Abdominal Knee Raises</a>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>Chest Fly with Pause on Fit Ball</b>		
<a href="#">Instructional Video - Chest Fly on Fit Ball</a>		
<b>Weight</b>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		
<b>2 Legged Box Hops - 60 seconds</b>		
<a href="#">Instructional Video - 2 Legged Box Hops</a>		
<b>Reps Set #1</b>		
<b>Reps Set #2</b>		



# COMPLETE RACING SOLUTIONS

THE SCIENCE OF PERFORMANCE

<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 Risors</b>		
<a href="#">Instructional Video - Abdominal Hip Risors</a>		
<b>Rep Count Right</b>		
<b>Rep Count Left</b>		
<b>Rep Count Right</b>		
<b>Rep Count Left</b>		



THE SCIENCE OF PERFORMANCE

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Aerobic Enhancement & Speed	Total Duration: 90 Minutes
	Description	Intensity	
Warm Up	<p>Set Focus: Gradual Warm Up</p> <p><a href="#">Instructional Video on how to set up the Concept 2 Rower</a></p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo</p> <p>Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	Less Than 50%	
Main Set #1	<p>Set Focus: Perfect Execution of Pre-Race Routine and Starts</p> <p>Complete 10 starts with your emphasis being on transitioning from over the gate to shifting up and pulling back on the bars for a deeper hook up of the rear wheel.</p> <p>Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:</p> <p>Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:</p> <p>Fastest Lap Time: Average Lap Pace: Average Heart Rate:</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	Too Short To Evaluate	
Main Set #2	<p>Set Focus: Aerobic Enhancement</p> <p>Your goal is to stay aerobic (based on your actual heart rate) for the first 10 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 5 minutes</p> <p>Moto Specific Heart Rate Zone - Low # High #</p> <p>15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:</p> <p>5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR:</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	80-85% 90-95%	
Main Set #3	<p>Set Focus: Aerobic Enhancement</p> <p>Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing</p> <p>Moto Specific Heart Rate Zone - Low # High #</p> <p>15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:</p> <p>5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR:</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	80-85% 90-95%	
Main Set #4	<p>Set Focus: Aerobic Enhancement</p> <p>Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing</p> <p>Moto Specific Heart Rate Zone - Low # High #</p> <p>15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:</p> <p>5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR:</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	80-85% 90-95%	
		Pre-Riding Weight:	Post-Riding Weight:
		Total Fluids Consumed:	Loss/Gain

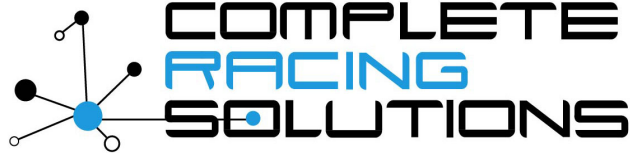
**Complete Racing Solutions MX Speed Workout #1**

**Workout Notes:** this workout will yield high results if you pay close attention to your heart rate during the first 15 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.



THE SCIENCE OF PERFORMANCE

Complete Racing Solutions Aerobic MX Workout #1		Workout Focus: Holding Aerobic Pace as Duration Increases	Workout Duration: 90 Minutes			
		Description				
		<b>Focus: Gradual Warm Up</b>				
<b>Warm Up</b>	<b>Set Focus: generate blood flow into all the working muscles</b>		<b>Intensity</b>			
<b>Workout Protocol:</b>	<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> Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>		<b>Less Than 40%</b>			
<b>Main Set #1</b>	<b>Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>		<b>Intensity</b>			
<b>Protocols:</b>	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)					
	<b>Moto Specific Heart Rate Zone - Low #</b> <span style="margin-left: 150px;"><b>High #</b></span>					
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b>	<b>Lap 2 Time:</b>	<b>Lap 3 Time:</b>	<b>Lap 4 Time:</b>	<b>Lap 5 Time:</b>	<b>80-85%</b>
<b>Elapsed Times:</b>	<b>Lap 6 Time:</b>	<b>Lap 7 Time:</b>	<b>Lap 8 Time:</b>	<b>Lap 9 Time:</b>	<b>Lap 10 Time:</b>	<b>80-85%</b>
<b>Elapsed Times:</b>	<b>Lap 11 Time:</b>	<b>Lap 12 Time:</b>	<b>Lap 13 Time:</b>	<b>Lap 14 Time:</b>	<b>Lap 15 Time:</b>	<b>80-85%</b>
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b>		<b>Slowest Lap Time:</b>		<b>Average Lap Pace:</b>	
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel				
<b>Main Set #2</b>	<b>Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>		<b>Intensity</b>			
<b>Protocols:</b>	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)					
	<b>Moto Specific Heart Rate Zone - Low #</b> <span style="margin-left: 150px;"><b>High #</b></span>					
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b>	<b>Lap 2 Time:</b>	<b>Lap 3 Time:</b>	<b>Lap 4 Time:</b>	<b>Lap 5 Time:</b>	<b>80-85%</b>
<b>Elapsed Times:</b>	<b>Lap 6 Time:</b>	<b>Lap 7 Time:</b>	<b>Lap 8 Time:</b>	<b>Lap 9 Time:</b>	<b>Lap 10 Time:</b>	<b>80-85%</b>
<b>Elapsed Times:</b>	<b>Lap 11 Time:</b>	<b>Lap 12 Time:</b>	<b>Lap 13 Time:</b>	<b>Lap 14 Time:</b>	<b>Lap 15 Time:</b>	<b>80-85%</b>
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b>		<b>Slowest Lap Time:</b>		<b>Average Lap Pace:</b>	
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel				
<b>Main Set #3</b>	<b>Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b>		<b>Intensity</b>			
<b>Protocols:</b>	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)					
	<b>Moto Specific Heart Rate Zone - Low #</b> <span style="margin-left: 150px;"><b>High #</b></span>					
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b>	<b>Lap 2 Time:</b>	<b>Lap 3 Time:</b>	<b>Lap 4 Time:</b>	<b>Lap 5 Time:</b>	<b>80-85%</b>
<b>Elapsed Times:</b>	<b>Lap 6 Time:</b>	<b>Lap 7 Time:</b>	<b>Lap 8 Time:</b>	<b>Lap 9 Time:</b>	<b>Lap 10 Time:</b>	<b>80-85%</b>
<b>Elapsed Times:</b>	<b>Lap 11 Time:</b>	<b>Lap 12 Time:</b>	<b>Lap 13 Time:</b>	<b>Lap 14 Time:</b>	<b>Lap 15 Time:</b>	<b>80-85%</b>
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b>		<b>Slowest Lap Time:</b>		<b>Average Lap Pace:</b>	
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel				
<b>Warm Down</b>	<b>10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)</b>		<b>40%</b>			
		<b>Pre-Riding Weight:</b>	<b>Post-Riding Weight:</b>			
		<b>Total Fluids Consumed:</b>	<b>Loss/Gain</b>			



THE SCIENCE OF PERFORMANCE

Complete Racing Solutions MX Speed Workout #2		Workout Focus: Consistent Speed	Total Ride Time: 2 Hours
	Description	Intensity	
Warm Up	<p>Set Focus: Gradual Warm Up</p> <p><a href="#">Instructional Video on how to set up the Concept 2 Rower</a></p> <p>Ride a bike or Concept 2 rower easy for 10 minutes - even tempo</p> <p>Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	Less Than 50%	
Set #1	<p>Focus: Smooth Riding at a Specific Effort</p> <p>Over the next 20 minutes, maintain the highest rate of speed while staying consistent for the entire duration (good throttle, clutch and brake control to maximize your momentum).</p> <p>Moto Specific Heart Rate Zone - Low # High #</p> <p>Elapsed Times: 20 Minute Interval #1: Average HR: Max HR: 85-90%</p> <p>Rest For 20 Minutes - Stretch from head to toe / Re-hydrate</p> <p>Elapsed Times: 20 Minute Interval #1: Average HR: Max HR: 85-90%</p> <p>Rest For 20 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	Intensity	
Set #2	<p>Focus: Smooth Riding at a Specific Effort</p> <p>Your goal is to maintain good body position and momentum (accomplish this by squeezing your knees &amp; looking ahead)</p> <p>Moto Specific Heart Rate Zone - Low # High #</p> <p>Elapsed Times: 15 Minute Interval #1: Average HR: Max HR: 90-95%</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate</p> <p>Elapsed Times: 15 Minute Interval #1: Average HR: Max HR: 90-95%</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	Intensity	
Set #3	<p>Focus: Smooth Riding at a Specific Effort</p> <p>Your goal is to breathe through your stomach verses your chest to maximize your oxygen uptake</p> <p>Moto Specific Heart Rate Zone - Low # High #</p> <p>Elapsed Times: 5 Minute Interval #1: Average HR: Max HR: 90-95%</p> <p>Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p> <p>Elapsed Times: 5 Minute Interval #1: Average HR: Max HR: 90-95%</p>	Intensity	
Warm Down	<p>Easy riding - nothing structured or intense; allow the HR to come down slowly</p> <p>Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain</p>	40%	

### Complete Racing Solutions MX Speed Workout #2

**Workout Notes:** please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels. This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of insufficient calories and fluids - so plan. Also, just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

#### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** consume 8-10 ounces of [Premium Muscle Builder](#) to replenish depleted sugar storages and electrolyte levels.



THE SCIENCE OF PERFORMANCE

Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Muscular Endurance and Strength	
	Description	Intensity	
<b>Warm Up - 10 Minutes</b>	<b>Focus: Gradual Warm Up</b>		
<b>Protocols:</b>	C2 Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle Stretch for 5 minutes - head to toe; hydrate if needed	40%	
<b>Main Set #1</b>	<b>Focus: Starts &amp; Transitions</b>	Intensity	
<b>Protocols:</b>	10 Minutes of starts - use your core; keep your upper body relaxed 10 Minutes of first turn transition - push with the outer knee and keep the inner knee pressed up Rest For 5 Minutes - Stretch from head to toe / Rehydrate with <a href="#">Energy Fuel</a>	N/A N/A	
<b>Main Set #2</b>	<b>Focus: Intensive Endurance</b>	Intensity	
<b>Workout Protocol:</b>	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 20 minutes		
<b>Elapsed Times:</b>	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	80-85%	
<b>Elapsed Times:</b>	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	80-85%	
<b>Elapsed Times:</b>	Fastest Lap Time:      Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel		
<b>Main Set #3</b>	<b>Focus: Intensive Endurance</b>	Intensity	
<b>Workout Protocol:</b>	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 20 minutes		
<b>Elapsed Times:</b>	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	80-85%	
<b>Elapsed Times:</b>	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	80-85%	
<b>Elapsed Times:</b>	Fastest Lap Time:      Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel		
<b>Main Set #4</b>	<b>Focus: Intensive Endurance</b>	Intensity	
<b>Workout Protocol:</b>	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 20 minutes		
<b>Elapsed Times:</b>	Lap 1 Time:      Lap 2 Time:      Lap 3 Time:      Lap 4 Time:      Lap 5 Time:	80-85%	
<b>Elapsed Times:</b>	Lap 6 Time:      Lap 7 Time:      Lap 8 Time:      Lap 9 Time:      Lap 10 Time:	80-85%	
<b>Elapsed Times:</b>	Fastest Lap Time:      Average Lap Pace: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel		
<b>Elapsed Times:</b>	Fastest Time:      Slowest Time:      Average Time: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
<b>Main Set #5</b>	<b>Focus: Starts &amp; Transitions</b>	Intensity	
<b>Protocols:</b>	10 Minutes of starts - use your core; keep your upper body relaxed 10 Minutes of first turn transition - push with the outer knee and keep the inner knee pressed up Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with SPORTS DRINK	N/A N/A	
<b>Warm Down</b>	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	40%	
	Beginning Weight:      Ending Weight:      Loss Gain (Loss):		