



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

*Phase 5*  
*6 Weeks*  
*3/6*  
*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:** pay close attention to your quality carb (raw/fresh fruits and vegetables) throughout the day. Your intake of quality carbs will ensure that your stored liver sugar (which feeds your brain) and muscle sugar (which fuels your movement) levels are topped off for optimum energy which results in better training quality and the elevation of your strength, endurance, and speed. Strive to consume fruits and vegetables at every snack and main meal; in addition to topping off your stored sugar levels, it will also provide your body the necessary vitamins and minerals necessary to support your immune system (and minimizing your down time).
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video)  
**Psychology:** concept video "[Difference between Anabolic or Catabolic](#)" – [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 MX: Speed Workout #1**  
**[Please refer to the spreadsheet at the bottom of this document]**  
**Workout Notes:** to maximize your productivity, during Set #2 pay close attention to your heart rate levels. The intervals shouldn't begin until you're within your 90-95% heart rate zones. During Set's #3 and #4, you should feel that you could drop the hammer at any time, if your heart rate is too high, you will not be able to complete the 20-minute pacing blocks feeling like you are in control.  
**Post Workout Protocols**
  - **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
  - **Nutrition:** immediately consume [Premium Muscle Builder](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **(Afternoon Workout) 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes  
  
**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](#))



## Wednesday

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.**  
**Complete One of the Following-Morning Workout:**
- **Complete Racing Solutions Row: Explosive Power Intervals (30-35 Min)**

**Workout notes:** this workout is going to create a high level of lactic acid and challenge you both mentally so come to this workout well hydrated, fed and rested (ideally complete this workout in the morning before beginning your day if logistically possible).

**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      Duration:** 2000 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**

**REPEAT THE FOLLOWING FOR 20 Minutes**

**Load Levels: 5**

**100 Meters: 100% Sprint from a near dead stop**

With good form and deep breathing – sprint for **100 Meters**

**400 Meter Active Recovery (HR Zone 2 or less);** with optimized pull mechanics, reduce your pull rate; at the end of 400 meters, move right back into your 100-meter sprint. **Stretch & hydrate as needed for optimum results.**

**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**

- **Complete Racing Solutions Bike: Explosive Power Intervals (35 Minutes)**

**Workout notes:** this workout is going to create a high level of lactic acid and challenge you both mentally so come to this workout well hydrated, fed and rested (ideally complete this workout in the morning before beginning your day if logistically possible).

**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:** 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

**REPEAT THE FOLLOWING FOR 20 Minutes**

**30 Seconds: 100% Sprint from a near dead stop**

**90 Seconds:** (HR Zone 2 or less):

**Cadence:** 60-75 focusing on optimized pedal mechanics      **Gearing:** the easier the better

**Misc. Notes:** Hydrate to maintain your blood sugar levels every 10 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

- **(Immediately following your Power Intervals) Complete Racing Solutions Core Work**

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

**Open Abdominals:** [click here for video](#)

**Hanging Leg Lifts:** [click here for video](#)

**Push Ups & Knee to Chest:** [click here for video](#)

**Pike-Side to Side Steps:** [click here for the video link](#)

**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](#))



## Thursday

- **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 #1**  
[Please refer to the spreadsheet at the bottom of this document]

**Workout Notes:** 2 x 30-minute aerobic blocks are going to teach your body to burn stored body fat as a primary fuel source. If you allow your HR to get too high, you will “teach” your body to burn stored sugar and NOT fat. To say that your HR monitor is the key component to nailing the focus of this workout would be an understatement. Maintain your blood sugar levels throughout the workout to maximize your productivity (implantation of your skills and drills along with improve your brain’s ability to handle race

### 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

- **(Afternoon Workout) 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

**Sets:** 2

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

### 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](#))

## Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes. Complete one of the following before breakfast:**
- **Complete Racing Solutions Bike: Even Tempo/ Aerobic Enhancement (30 Minutes)**

**Workout Notes:** the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

**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

### Main Performance Block: 20 minutes (HR Zone 2)

**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: 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 an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Premium Muscle Builder](#) to shorten your recovery window and replace depleted muscle sugar.

- **Complete Racing Solutions Row: Even Tempo/ Aerobic Enhancement (30 Minutes)**

**Misc. Notes:** the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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



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**Display:** Time      **Load Level:** 3      **Duration:** 5 Minutes      **Pull Rate:** less than 25      **Stretch from head to toe**

**Main Set: 20 Minutes within HR Z2 (no higher or lower):** Form is more important than pace to avoid injury  
**Display:** Time      **Load Level:** 5      **Duration:** 20 Minutes      **Pull Rate:** 25-30      **Hydrate:** every 10 minutes

**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:** 5 Minutes      **Pull Rate:** less than 25

**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](#))

**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:** simple protocols – see how fast you can go for 5 and 2 lap intervals. Refrain from becoming sloppy and focus on executing perfect mechanics: good throttle control, avoiding the rear brake, looking through the corners, tight core in corners, etc. Because of the intensity levels, you will drain your stored sugar levels, so hydrate with Energy Fuel after every set.

**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

- **2 Hour Power Nap after lunch**

**Misc. Notes:** prior to your nap, consume a meal that is high in MCT's (medium chain triglycerides) - extra virgin olive oil, avocados, raw coconut, raw nuts and cold-water fish (salmon). This quality fat will be used to recharge your body from the inside out while satisfying your appetite so that you can sleep soundly for 2-3 hours. When you wake up, consume 8-10 ounces of cold water and 2 scoops of Energy Fuel.

- **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:** 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.

**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

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

**Misc. Notes:** if possible, schedule this nap so that you are laying down within 15 minutes of finishing your post run meal; keep the room as dark and as cool as possible; before laying down consume 6-8 ounces of [Energy Fuel](#) to provide your body a dose of much needed electrolytes (lost through sweat); the replenishment of these electrolytes will improve your results within tomorrow workload.

- **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](#))



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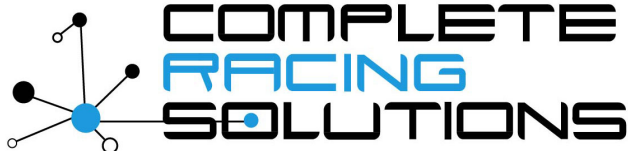
<b>Complete Racing Solutions Combo Weight Workout – Muscular Endurance</b>	Date	Date
<b>Easy Row or Spin on Bike - 10 minutes</b>		
<b>Stretch - Head to Toe</b>		
<b><a href="#">Full Body Stretch - Instructional Video</a></b>		
<b>Cycle 1</b>		
<b>Marching Bridge</b>		
<a href="#">Instructional Video - 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

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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>		



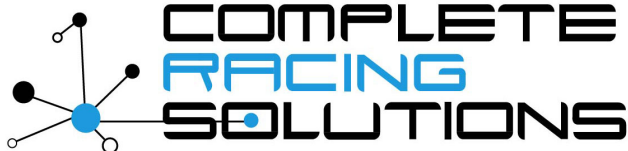
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Complete Racing Solutions MX Speed Workout #1		Workout Focus: Opening Speed	Total Ride Time: 60 Minutes
	<b>Description</b>		
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b> <a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>		<b>Intensity</b> Less Than 50%
<b>Main Set #1</b>	<b>Set Focus: Pre-Race Routine</b> 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		<b>Intensity</b> Too Short To Evaluate
<b>Main Set #2</b>	<b>Set Focus: Opening Lap Speed</b> 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		<b>Intensity</b>
<b>Rest Interval Performance Times:</b> <b>Performance Times:</b> <b>Performance Times:</b> <b>Performance Times:</b> <b>Performance Times:</b> <b>Performance Times:</b> <b>Recap:</b>	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95% 90-95% 90-95% 90-95% 90-95%	
<b>Main Set #3</b>	<b>Set Focus: Hold Consistent Times At An Aerobic Effort</b> Hold your pace for 20 minutes Pay close attention to your heart rate; by staying at 80-85% will "teach" your body to burn fat and spare stored sugar. Moto Specific Heart Rate Zone - Low # High #		<b>Intensity</b>
<b>Elapsed Times:</b> <b>Elapsed Times:</b> <b>Performance Recap:</b>	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85% 80-85%	
<b>Main Set #4</b>	<b>Set Focus: Hold Consistent Times at An Aerobic Effort</b> Hold your pace for 20 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 #		<b>Intensity</b>
<b>Elapsed Times:</b> <b>Elapsed Times:</b> <b>Performance Recap:</b>	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate:	80-85% 80-85%	
<b>Warm Down</b>	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down		< 40%
	<b>Pre-Riding Weight:</b> <b>Total Fluids Consumed:</b>	<b>Post-Riding Weight:</b> <b>Loss/Gain</b>	



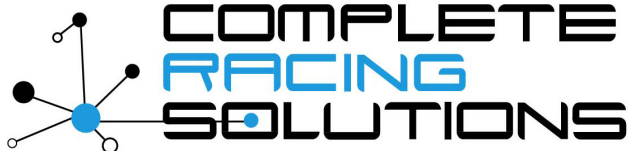
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Complete Racing Solutions Aerobic MX Workout #1		Workout Focus: Aerobic Enhancement Hours	Total Duration: 2			
		Description				
Warm Up	Set Focus: generate blood flow into all the working muscles		Intensity			
Workout Protocol:	<a href="#">Instructional 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: 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 <a href="#">Energy Fuel</a>		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 #					
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:	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 #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.					
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:	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). <b>REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL</b> Moto Specific Heart Rate Zone - Low # High #					
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:				
	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				



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<b>Complete Racing Solutions MX Speed Workout #2</b>		
<b>Workout Focus: Consistent Race Speed</b>		<b>Total Ride Time: 90 Minutes</b>
	Description	
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b> <a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	<b>Intensity Less Than 50%</b>
<b>Main Set #1</b>	<b>Set Focus: Pre-Race Routine</b>	<b>Intensity Too Short to Evaluate</b>
<b>Workout Protocol:</b>	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. <b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate</b>	
<b>Main Set #2</b>	<b>Set Focus: Race Day (5 Lap Sprints)</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	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! <b>Moto Specific Heart Rate Zone - Low # High #</b>	
<b>Performance Times:</b>	Lap 1 Time:    Lap 2 Time:    Lap 3 Time:    Lap 4 Time:    Lap 5 Time:    Avg. HR: <b>Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary</b>	<b>90-95%</b>
<b>Performance Times:</b>	Lap 1 Time:    Lap 2 Time:    Lap 3 Time:    Lap 4 Time:    Lap 5 Time:    Avg. HR: <b>Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary</b>	<b>90-95%</b>
<b>Performance Times:</b>	Lap 1 Time:    Lap 2 Time:    Lap 3 Time:    Lap 4 Time:    Lap 5 Time:    Avg. HR: <b>Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary</b>	<b>90-95%</b>
<b>Performance Times:</b>	Lap 1 Time:    Lap 2 Time:    Lap 3 Time:    Lap 4 Time:    Lap 5 Time:    Avg. HR: <b>Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary</b>	<b>90-95%</b>
<b>Performance Times:</b>	Lap 1 Time:    Lap 2 Time:    Lap 3 Time:    Lap 4 Time:    Lap 5 Time:    Avg. HR: <b>Rest: 5 Minutes (no more or less) - Stretch and hydrate as necessary</b>	<b>90-95%</b>
<b>Performance Recap:</b>	Fastest Lap Time:                      Deviation:                      Average Heart Rate: <b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate</b>	
<b>Main Set #3</b>	<b>Set Focus: Opening Lap Speed</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	<b>NOTE: IF YOU ARE EXHAUSETED FROM SET #2, DON'T ATTEMPT THIS SET, YOU ARE DONE FOR DAY</b> Your goal is to be as fast or faster than Set #2 - Volume is down, speed goes up! <b>Moto Specific Heart Rate Zone - Low # High #</b>	
<b>Performance Times:</b>	Lap 1 Time:                      Lap 2 Time:                      Avg HR:                      Rest: 3 Minutes	<b>90-95%</b>
<b>Performance Times:</b>	Lap 1 Time:                      Lap 2 Time:                      Avg HR:                      Rest: 3 Minutes	<b>90-95%</b>
<b>Performance Times:</b>	Lap 1 Time:                      Lap 2 Time:                      Avg HR:                      Rest: 3 Minutes	<b>90-95%</b>
<b>Performance Times:</b>	Lap 1 Time:                      Lap 2 Time:                      Avg HR:                      Rest: 3 Minutes	<b>90-95%</b>
<b>Performance Times:</b>	Lap 1 Time:                      Lap 2 Time:                      Avg HR:                      Rest: 3 Minutes	<b>90-95%</b>
<b>Performance Recap:</b>	Fastest Lap Time:                      Deviation:                      Average Heart Rate: <b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate</b>	
<b>Warm Down</b>	<b>5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down</b>	<b>40%</b>



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Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Muscular Endurance and Strength	
		Description	
<b>Warm Up</b>	<b>Focus: Gradual Warm Up</b>		<b>Intensity</b>
<b>Protocols:</b>	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%
<b>Main Set #1</b>	<b>Focus: Moving the bike with your core</b>		<b>Intensity</b>
<b>Protocols:</b>	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 <a href="#">Energy Fuel</a>		Incremental
<b>Main Set #2</b>	<b>Focus: First Turn Transitions</b>		<b>Intensity</b>
<b>Protocols:</b>	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!		
<b>Elapsed Times:</b>	<b>Interval 1 Time:</b>	<b>Interval 2 Time:</b>	<b>Interval 3 Time:</b>
<b>Elapsed Times:</b>	<b>Interval 4 Time:</b>	<b>Interval 5 Time:</b>	<b>Interval 6 Time:</b>
<b>Elapsed Times:</b>	<b>Interval 7 Time:</b>	<b>Interval 8 Time:</b>	<b>Interval 9 Time:</b>
<b>Elapsed Times:</b>	<b>Interval 10 Time:</b>	<b>Interval 11 Time:</b>	<b>Interval 12 Time:</b>
<b>Elapsed Times:</b>	<b>Fastest Time:</b>	<b>Slowest Time:</b>	<b>Average Time:</b>
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		100%
			100%
			100%
<b>Main Set #3</b>	<b>Focus: Muscular Endurance &amp; Strength</b>		<b>Intensity</b>
<b>Protocols:</b>	30 Minute Moto - Even Paced / Take the smoothest lines every lap 15 Minute Moto - Even Paced (Beginning to End)		
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b>	<b>Lap 2 Time:</b>	<b>Lap 3 Time:</b>
<b>Elapsed Times:</b>	<b>Lap 4 Time:</b>	<b>Lap 5 Time:</b>	<b>Lap 6 Time:</b>
<b>Elapsed Times:</b>	<b>Lap 7 Time:</b>	<b>Lap 8 Time:</b>	<b>Lap 9 Time:</b>
<b>Elapsed Times:</b>	<b>Lap 10 Time:</b>	<b>Lap 11 Time:</b>	<b>Lap 12 Time:</b>
<b>Elapsed Times:</b>	<b>Lap 13 Time:</b>	<b>Lap 14 Time:</b>	<b>Lap 15 Time:</b>
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b>	<b>Slowest Lap Time:</b>	<b>Average Lap Pace:</b>
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		80-85%
			80-85%
			80-85%
<b>Main Set #4</b>	<b>Focus: Muscular Endurance &amp; Strength</b>		<b>Intensity</b>
<b>Protocols:</b>	30 Minute Moto - Even Paced / Take the smoothest lines every lap		
<b>Elapsed Times:</b>	<b>Lap 1 Time:</b>	<b>Lap 2 Time:</b>	<b>Lap 3 Time:</b>
<b>Elapsed Times:</b>	<b>Lap 4 Time:</b>	<b>Lap 5 Time:</b>	<b>Lap 6 Time:</b>
<b>Elapsed Times:</b>	<b>Lap 7 Time:</b>	<b>Lap 8 Time:</b>	<b>Lap 9 Time:</b>
<b>Elapsed Times:</b>	<b>Lap 10 Time:</b>	<b>Lap 11 Time:</b>	<b>Lap 12 Time:</b>
<b>Elapsed Times:</b>	<b>Lap 13 Time:</b>	<b>Lap 14 Time:</b>	<b>Lap 15 Time:</b>
<b>Elapsed Times:</b>	<b>Fastest Lap Time:</b>	<b>Slowest Lap Time:</b>	<b>Average Lap Pace:</b>
<b>Protocols:</b>	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		80-85%
<b>Warm Down</b>	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.		
	<b>Beginning Weight:</b>	<b>Ending Weight:</b>	<b>Loss Gain (Loss):</b>

### Complete Racing Solutions MX Aerobic Workout #2

**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.