



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 5
6 Weeks
4/6
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: though we have discussed this a lot in the past, dedicate some extra attention to your sweat rate this week. Keep in mind that a sweat rate above 2% can decrease your power and strength significantly. It doesn't make sense to spend so much time developing your strength only to have it eroded by dehydration. Watch the color of your urine throughout the day – it should be relatively clear. If your urine is slightly discolored and you haven't consumed a B Vitamin, then you need to bump up both your hydration intake (half of your body weight in ounces of water) and your amino acid intake (your body is breaking down muscle tissue hence the discoloration of your urine if you are well hydrated).
- **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 "[What is Contrast Therapy](#)" – [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]
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 & to avoid unwanted cramping.

Workout Notes: pay extra attention to your heart rate for the first 15 minutes of each block - HR Z2 or less. At the 15-minute mark, bump up the pace slightly (into HR Z3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance (Note: 1 Minute in duration)**
[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 & to avoid unwanted cramping.

Sets: 2
Duration: 60 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:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols – Contrast Therapy**
Misc. Notes: if logistically possible complete a few sessions of hot/cold water therapy to facilitate recovery:
Cold (not freezing): 10-minute soak (pool would be ideal – up to your neck)
Warm (not too hot): 10-minute soak (jacuzzi would be ideal – up to your neck)
Repeat 2 to 3 times – Consume 10-12 ounces of ice-cold water immediately following.



Wednesday

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

Complete One of the Following for your Morning Workout:

- **Complete Racing Solutions Row: Pacing Intervals (40 Minutes)**

Workout notes: to maximize your productivity for this workout, you will need to have your display set to pace & easily available to you. Each interval block will last three (3) minutes with two (2) minutes of recovery (no shorter to maintain good form & optimum power output).

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 & to avoid unwanted cramping.

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 25 Minutes

Load Levels: 5

REPEAT THE FOLLOWING 5-minute block for 25 Minutes.

3-minute block: each minute you will *increase your pull rate and/or your pace by 5-10 seconds.*

For example: Minute 1-2:00 pace, Minute 2-1:55 pace, etc.

Hit your goal pace each minute after being established by interval #1(hold yourself accountable here).

2 Minute Recovery Block

2 minutes of easy pulling; you can't pull too easily here.

Misc. Notes: Hydrate with Energy Fuel every 10 minutes to maintain your blood sugar levels.

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: Pacing Intervals (40 Minutes)**

Workout notes: to maximize your productivity for this workout, you will need to have your bike computer set to speed & easily available to you. Each interval block will last three (3) minutes with two (2) minute recovery (no shorter to maintain optimum power output).

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 & to avoid unwanted cramping.

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 25 Minutes

3 Minute Pacing Block (NO Higher than HR Z3)

Each minute you will *increase your speed by 1 mph.* For example: Minute 1-15 mph, Minute 2-16 mph, etc.

Adjust your gearing so that your cadence stays within 75-85 but still hit your goal pace of each minute after being established by interval #1(hold yourself accountable here).

2 Minute Recovery Block (NO Higher than HR Z2)

2 minutes of easy spinning; you can't spin too easy here.

Misc. Notes: Hydrate with Energy Fuel every 10 minutes to maintain your blood sugar levels

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

- **Evening Protocols – Contrast Therapy**

Misc. Notes: if logistically possible complete a few sessions of hot/cold water therapy to facilitate recovery:

Cold (not freezing): 10-minute soak (pool would be ideal – up to your neck)

Warm (not too hot): 10-minute soak (jacuzzi would be ideal – up to your neck)



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]

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 & to avoid unwanted cramping.

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 fast. 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, stay focused and Ride Smart Not Hard!

Post Workout Protocols

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

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance (Note: 1 minute in duration)**
[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 & to avoid unwanted cramping.

Sets: 2

Duration: 60 Seconds (unless otherwise noted)

Post Workout Protocols

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

Speed of Lift: consistent through entire range of motion

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

- **Evening Protocols – Contrast Therapy**

Misc. Notes: if logistically possible complete a few sessions of hot/cold water therapy to facilitate recovery:

Cold (not freezing): 10-minute soak (pool would be ideal – up to your neck)

Warm (not too hot): 10-minute soak (jacuzzi would be ideal – up to your neck)

Repeat 2 to 3 times – Consume 10-12 ounces of ice-cold water immediately following.

Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.**
(Complete Which Ever Workout You Didn't complete on Wednesday)
- **Complete Racing Solutions Row: Pacing Intervals (40') or Complete Racing Solutions Bike: Pacing Intervals (40 Minutes)**
- **(Immediately following your Pacing 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:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols – Contrast Therapy**

Misc. Notes: if logistically possible complete a few sessions of hot/cold water therapy to facilitate recovery:

Cold (not freezing): 10-minute soak (pool would be ideal – up to your neck)

Warm (not too hot): 10-minute soak (jacuzzi would be ideal – up to your neck)

Repeat 2 to 3 times – Consume 10-12 ounces of ice-cold water immediately following.



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]

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 & to avoid unwanted cramping.

Workout Notes: we are going to change the format around; sprint early and then settle into a comfortable pace. To maximize your efforts, when back down your intensity, strive to maintain consistent fundamentals. Many are not aware that what makes riding and racing so fatiguing is bouncing off the faces and deviating from fundamentals. Capture your lap times and compare your heart rate data to see how much "faster" you were riding during your opening laps along with what "effort" did it took to obtain these lap times.

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour 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 – Contrast Therapy**
Misc. Notes: if logistically possible complete a few sessions of hot/cold water therapy to facilitate recovery:
Cold (not freezing): 10-minute soak (pool would be ideal – up to your neck)
Warm (not too hot): 10-minute soak (jacuzzi would be ideal – up to your neck)
Repeat 2 to 3 times – Consume 10-12 ounces of ice-cold water immediately following.

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]

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 & to avoid unwanted cramping.

Workout Notes: this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.

- **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.
- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo/ Aerobic Enhancement (40 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

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

Main Performance Block: 25 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 5 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



- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Complete Racing Solutions Row: Incremental Pacing Intervals (40 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Display: Time **Load Level:** 3 **Duration:** 10 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

Main Set: 55 Minutes within HR Z2 (no higher or lower): Form is more important than pace to avoid injury
Display: Time **Load Level:** 5 **Duration:** 25 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:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols – Contrast Therapy**

Misc. Notes: if logistically possible complete a few sessions of hot/cold water therapy to facilitate recovery:
Cold (not freezing): 10-minute soak (pool would be ideal – up to your neck)
Warm (not too hot): 10-minute soak (jacuzzi would be ideal – up to your neck)
Repeat 2 to 3 times – Consume 10-12 ounces of ice-cold water immediately following.



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



COMPLETE RACING SOLUTIONS

THE SCIENCE OF PERFORMANCE

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



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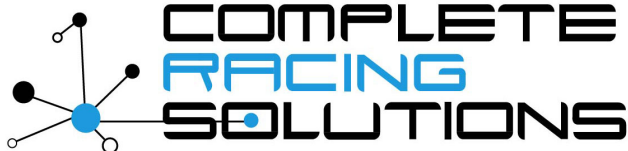
Complete Racing Solutions MX Speed Workout #1		Workout Focus: Aerobic Enhancement/Burn Fat	Total Ride Time: 2 Hours
		Description	
Warm Up	Set Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Intensity Less Than 50%
Main Set #1	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High # Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 80-85% 80-85% 80-85% 85-90%
Main Set #2	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High # Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 80-85% 80-85% 80-85% 85-90%
Main Set #3	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High # Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 80-85% 80-85% 80-85% 85-90%
Main Set #4	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15-minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High # Elapsed Times: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		Intensity 80-85% 80-85% 80-85% 85-90%
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down		< 40%

Complete Racing Solutions MX Speed Workout #1

Workout Notes: pay extra attention to your heart rate for the first 15 minutes of each block - HR Z2 or less. At the 15-minute mark, bump up the pace slightly (into HR Z3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).

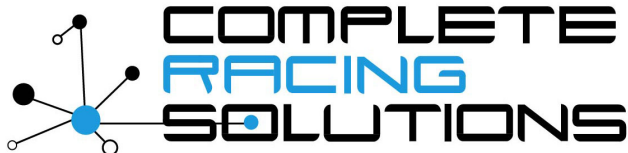
Post Workout Protocols

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



THE SCIENCE OF PERFORMANCE

Complete Racing Solutions Aerobic MX Workout #1		Workout Focus: Consistent Race Speed Minutes	Total Ride Time: 60
		Description	
Warm Up	Focus: Gradual Warm Up		Intensity
Workout Protocol:	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: 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		
Elapsed Times:	Interval 1:	Interval 2:	Interval 3:
Elapsed Times:	Interval 6:	Interval 7:	Interval 8:
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	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 into the corner, simply increase the speed that you approach the corner.		N/A
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Set Focus: Aerobic Endurance (30 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 30 minutes		
Performance Recap:	Moto Specific Heart Rate Zone - Low #	High #	75-80%
	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 with Energy Fuel		
Main Set #4	Set Focus: Aerobic Endurance (30 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 30 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 with Energy Fuel		
Main Set #5	Set Focus: Aerobic Endurance (30 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 30 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		



THE SCIENCE OF PERFORMANCE

	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%

Complete Racing Solutions MX Speed Workout #2 Workout Focus: Aerobic Enhancement/Burn Fat Total Ride Time: 2 Hours		
	Description	
Warm Up	Set Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Intensity Less Than 50%
Main Set #1 Workout Protocol:	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5 minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High # 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: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 85-90% 80-85% 80-85% 80-85%
Main Set #2 Workout Protocol:	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High # 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: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 85-90% 80-85% 80-85% 80-85%
Main Set #3 Workout Protocol:	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High # 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: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 85-90% 80-85% 80-85% 80-85%
Main Set #4 Workout Protocol:	Set Focus: Teach your body to burn more stored fat (20 Minutes) Set your HR monitor so that you ensure you stay within HR Z3 for the first 5 minutes; at the 5-minute mark, pull back your intensity into HR Z2 for 15 min. while staying as smooth as possible. Moto Specific Heart Rate Zone - Low # High # 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: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 85-90% 80-85% 80-85% 80-85%
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down	< 40%

Complete Racing Solutions MX Speed Workout #2

Workout Notes: we are going to change the format around; sprint early and then settle into a comfortable pace. To maximize your efforts, when back down your intensity, strive to maintain consistent fundamentals. Many are not aware that what makes riding and racing so fatiguing is bouncing off of the faces and deviating from fundamentals. Capture your lap times and compare your heart rate data to see how much "faster" you were riding during your opening laps along with what "effort" did it take to obtain these lap times.



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Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Consistent Race Speed		Total Ride Time: 2:15
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	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: Consistent Holeshots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Aerobic Endurance (30 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 30 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	75-80%
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 #3	Set Focus: Consistent Holeshots	Intensity
Workout Protocol:	Complete 10 starts - with a gate (logistic pending) charge into and down the next straight. Change up your gate position so that you can practice the various gate picks you may face Complete your entire routine for each start - muscle memory is imperative here Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #4	Set Focus: Aerobic Endurance (30 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 30 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 with Energy Fuel	75-80%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%

Complete Racing Solutions MX Aerobic Workout #2

Workout Notes: this workout is long, so the intensity needs to be low (wear your heart rate monitor to help keep you within the optimum zones). By staying aerobic during the entire workout, you are teaching your body to burn body fat as a primary fuel source. This will result in an improved VO2 Max along with a decreased percentage of body fat. If you feel anything tighten up, stop immediately, isolate and stretch the tissue passively until it releases.

Post Workout Protocols

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