



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 14
8 Weeks
3/8
Enhanced Strength, Endurance & Lactate Tolerance

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: each day in your notes, I encourage you to isolate & stretch; the reason for this is beyond the obvious thought of increasing your range of motion. It is actually a tool to keep you from becoming injured in the future. Any “hot spot” in a muscle is a location where the muscle is beginning to shorten, and just like a piece of rope, if the tissue shortens too much it becomes a knot and a point where a tear is likely to occur. With this in mind, I want to encourage you to use a foam roller and/or a [trigger point ball](#) to keep the tissue pliable prior to stretching. This will bring fresh blood flow to the area, warm the tissue up and encourage the muscle spindle cells to “relax” making the stretching more productive.
- **Evening Protocols**
Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

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: the first set of this workout is going to get your metabolic systems activated so that your sprint efforts are faster and consistent from Set #2 – Set #4. Focus on optimized throttle control out of the corners and landing the backsides for maximum tire hook up. Maintain proper blood sugar levels to ensure that your eye hand coordination is optimized.
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: Maximum Strength**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: stay mentally focused on the emphasis of this strength phase: maximum strength. Your rep count will be low and the load levels need to increase from set to set. To avoid injury, implement PERFECT form and control the weight (avoid throwing the weight around this will stress your tendons and ligaments).
Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.
Sets: 3
Reps: 6 – 8 (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).
- **Evening Protocols**
Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



Wednesday

Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
Choose one of the following for your evening workout:

- **Complete Racing Solutions Row: Heart Rate Ladders (90 Minutes)**

Misc. Notes: for this workout you will need to know your **HR Z3 numbers** (high and low specific number).

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

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

Load Level: 3 Duration: 10 Minutes Pull Rate: less than 25

Main Set (HR Z3): Heart Rate Ladder Blocks: 75 minutes

Load Level: 5 Duration: 75 Minutes Pull Rate: between 25-35

Set Notes: increase your effort until you hit your top number at the top of HR Z3; once you hit this number slow down your effort until your HR hits the lowest number in Z3; re-accelerate back up to the top of HR Z3. Repeat this cycle for 75 minutes with good form. Stop to stretch and hydrate as necessary to maintain proper form, intensity and range of motion.

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

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

- **Complete Racing Solutions Bike: Even Tempo (90 Minutes)**

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

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

Warm up (HR Zone 1):

Duration: 10 minutes

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

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

Main Set: Heart Rate Ladder Blocks (HR Zone 3): 1:15

Set Notes: increase your effort until you hit your top number at the top of HR Z3; once you hit this number slow down your effort until your HR hits the lowest number in Z3; re-accelerate back up to the top of HR Z3. Repeat this cycle for 65 minutes with good form. Keep your cadences between 85-95 focusing with optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 minutes.

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

Duration: 5 minutes

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

Cadence: 85-90

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

- **(Immediately following your workout) Complete Racing Solutions Chest, Core & Lower Back Work**

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

Ab Pike on Fit Ball: [how to video](#)

Fit Ball Knee Roll & Push Up: [how to video](#)

Pike & Push Ups on Fit Ball: [how to video](#)

Ab Crunch on Fit Ball: [how to video](#)

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 tomorrow's workouts more productive).

- **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



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: this is one of my favorite workout blocks, staying aerobic for the entire duration and seeing how “fast” you can ride while staying within your 80-85% effort levels. Think about this, everyone can go faster by pushing the effort, but how many riders can go faster than everyone else while staying aerobic? When you teach yourself how to do this, you leave yourself some room to drop the hammer when/if necessary (create a gap on someone, pick the bike up and crank it if you fall, etc.). This is a great workout to teach yourself patience and intelligence about going fast and being able to sustain it.

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 tomorrow's workouts more productive).

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Maximum Strength**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: stay mentally focused on the emphasis of this strength phase: maximum strength. Your rep count will be low and the load levels need to increase from set to set. To avoid injury, implement PERFECT form and control the weight (avoid throwing the weight around this will stress your tendons and ligaments).

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

Sets: 3

Reps: 6 – 8 (unless otherwise noted)

Speed of Lift: consistently slow 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 tomorrow's workouts more productive).

- **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Choose one of the following:**
- **Complete Racing Solutions Row: 1 Minute Explosive Intervals (60 Minutes)**

Misc. Notes: this workout will create high levels of lactic acid, come into this workout mentally focused, fed and hydrated.

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

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

Load Level: 3

Duration: 10 Minutes

Pull Rate: less than 25

Main Set: 1 Minute Sprint Interval (30 minutes total)

Load Level: 7

Duration: 44 Minutes

Pull Rate: between 25-35

Work load Protocols: 1 minute at maximum effort and optimized form (to avoid pulling a muscle)

Recovery Protocols: 1 minute easy (refrain from stopping)

Cool Down (HR Z1): you can't go too easy here

Load Level: 2

Distance: 6 Minutes

Pull Rate: less than 25

Stretch from head to toe

- **Complete Racing Solutions Bike: 1 Minute Explosive Intervals (1 Hour)**

Misc. Notes: adjust your load levels for the main set to heavy.

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

Warm up (HR Zone 1):

Duration: 10 minutes

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

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

Main Set: 1 Minute Sprint Interval (45 minutes total)

Workload Protocols: 1 minute at maximum effort and optimized pedal mechanics (avoid pulling a muscle)



Recovery Protocols: 1 minute easy (refrain from stopping)

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 workout) Chest, Core & Lower Back Work**

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

Ab Pike on Fit Ball: [how to video](#)

Fit Ball Knee Roll & Push Up: [how to video](#)

Pike & Push Ups on Fit Ball: [how to video](#)

Ab Crunch on Fit Ball: [how to video](#)

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**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

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: remember that this workout is called “practice” for a reason. Practice is all about “teaching” your body what to do in a pro-active manner (in both good and bad situations). Come into this workout realizing that you are going to be generating a high level of lactic acid and will be quite uncomfortable – mentally offset this with strong mental focus and clarity. Also, during your rest interval, consume 6-8 ounces of Energy Fuel to maintain your muscle and blood sugar levels along with your electrolytes for optimum muscle contraction.

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 Nap After Mid-Day Meal**

Misc. Notes: to help “encourage” sleepiness, consume some high glycemic item: bowl of cereal, white spaghetti, potato or rice. Make notes as to what you choose to consume, amount and how it affected your stomach; if you had no GI issues, then the item needs to be part of your meal items identified as nap enhancers.

- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: Maximum Strength**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: stay mentally focused on the emphasis of this strength phase: maximum strength. Your rep count will be low and the load levels need to increase from set to set. To avoid injury, implement PERFECT form and control the weight (avoid throwing the weight around this will stress your tendons and ligaments).

Pre-Hydration/Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

Sets: 3

Speed of Lift: consistently slow through entire range of motion

Reps: 6 – 8 (unless otherwise noted)

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**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



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 refer to the spreadsheet at the bottom of this document]

Workout Notes: the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smooth, 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 actually become faster by lowering your effort down thanks to the momentum you will create. Remember, 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).
- **2 Hour Nap After Mid-Day Meal**

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**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs (caution: can be very tender!).



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P14 Maximum Strength			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	Date	Date
Deep Push Ups on Weights			
Instructional Video: Deep Push Ups on Weights			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Lunge Sequence with Weight			
Instructional Video: Lunge Sequence			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps) - Per direction			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps) - Per direction			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps) - Per direction			
Pike Position - Step Left and Right			
Instructional Video: Pike Position-Step Left & Right			
Complete for 30 seconds			
Complete for 30 seconds			
Complete for 30 seconds			
CYCLE TWO	Date	Date	Date
Bicep Curls - 14's			
Instructional Video: Bicep Curls-14's			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Hamstring Press with Extension			
Instructional Video: Hamstring Press with Extension			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Crunches on Fit Ball with Weight			
Instructional Video: Crunches on Fit Ball			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			

CYCLE THREE	Date	Date	Date
Incline on Fit Ball			
Instructional Video: Incline on Fit Ball			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Open Ab Rotation			
Instructional Video: Open Ab Rotation			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Calf Raises			
Instructional Video: Calf Raises			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE FOUR	Date	Date	Date
Shoulder Press on 1 Leg			
Instructional Video: Shoulder Press on 1 Leg			
Color of Stretch Cord or Weight Amount:			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Slightly more than set one			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Slightly more than set two			
Rep 3 (as many as you can complete in 30 seconds)			
Low Back Extension on Fit Ball			
Instructional Video: Low Back Extension on Fit Ball			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Inner Thigh			
Instructional Video: Side Skaters			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Goal: 8-10 Reps			

CYCLE FIVE	Date	Date	Date
Arm & Leg Extension with Weight			
Instructional Video: Arm and Leg Extension with Weight			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Abs: Standing Abdominal Twist			
Instructional Video: Standing Abdominal Twist			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE SIX	Date	Date	Date
Stretch Cords - Arm Circles			
Instructional Video: Stretch Cords - Arm Circles			
Color of Stretch Cord or Weight Amount:			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Slightly more than set one			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Slightly more than set two			
Rep 3 (as many as you can complete in 30 seconds)			
Anterior & Middle Deltoid			
Instructional Video: Anterior & Middle Deltoid			
Color of Stretch Cord or Weight Amount:			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Slightly more than set one			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Slightly more than set two			
Rep 3 (as many as you can complete in 30 seconds)			
Rear Deltoid			
Instructional Video: Rear Deltoid			
Color of Stretch Cord or Weight Amount:			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Slightly more than set one			



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Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Slightly more than set two			
Rep 3 (as many as you can complete in 30 seconds)			

Complete Racing Solutions MX Speed Workout #1 Workout Focus: Top End Speed 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 / Rehydrate with Energy Fuel	Intensity Less Than 50%
Main Set #1 Workout Protocol: Elapsed Times: Elapsed Times: Performance Recap:	Set Focus: Hold Consistent Times At An Aerobic Effort Hold your pace for all 10 laps (maximum time 20 minutes) Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals. 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: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 20 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 80-85% 80-85%
Main Set #2 Workout Protocol: Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: Opening Lap Speed Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc. Same amount of time it take to complete the 4-lap interval 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 an additional 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 90-95% 90-95% 90-95%
Main Set #3 Workout Protocol: Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: Consistency Strive to maintain your momentum everywhere and land the backsides of all the jumps Same amount of time it takes to complete the 4-lap interval 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:	Intensity 90-95% 90-95% 90-95%
Main Set #4 Workout Protocol: Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: Consistency Strive to maintain your momentum everywhere and land the backsides of all the jumps Same amount of time it takes to complete the 4-lap interval 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:	Intensity 90-95% 90-95% 90-95%
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down	< 40%

Workout Notes: the first set of this workout is going to get your metabolic systems activated so that your sprint efforts are faster and consistent from Set #2 – Set #4. Focus on optimized throttle control out of the corners and landing the backsides for maximum tire hook up.

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 MX Speed Workout #2 Workout Focus: High Levels of Lactic Acid 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 / Rehydrate with Energy Fuel	Intensity Less Than 50%
Main Set #1	Set Focus: Pre-Race Routine 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 / Rehydrate with Energy Fuel	Intensity Too Short To Evaluate
Main Set #2 Workout Protocol: Interval Time: Interval Time: Performance Recap:	Set Focus: Hold Consistent Times At An Aerobic Effort Hold your pace for all 12 laps (maximum time 25 minutes) Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals. 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: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 20 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 80-85% 80-85%
Main Set #3 Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: Recovering from a stall or wreck Set focus: complete 2 laps; stop and kill the motor. Lay the bike down until the bars touch the ground and then pick the bike back up 5 times. Kick the bike with the kill switch suppressed for 10 kicks. Crank bike and complete 2 more laps as quickly as possible. Focus on breathing through your belly to keep your HR low. Choose lines that are smooth and efficient verses bouncing off of the faces of everything. Landing the backsides of all the rollers and jumps will improve your acceleration and decrease your times. Same amount of time it takes to complete the 4-lap interval 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 an additional 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 90-95% 90-95% 90-95%
Main Set #4 Workout Protocol: Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: High Levels of Lactic Acid Duplicate Set #3 protocols. Same amount of time it takes to complete the 4-lap interval 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:	Intensity 90-95% 90-95% 90-95%
Main Set #5 Workout Protocol: Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: High Levels of Lactic Acid Duplicate Set #3 protocols. Same amount of time it takes to complete the 4-lap interval 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:	Intensity 90-95% 90-95% 90-95%
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down	< 40%



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Holding Aerobic Pace as Duration Increases		Workout Duration: 90 Minutes
	Description	
	Focus: Gradual Warm Up	
Warm Up	Set Focus: generate blood flow into all the working muscles	Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower	Less Than 40%
	Concept 2™ Rower - 10 minutes: low intensity pulling	
	Instructional Video on how to stretch - head to toe	
	Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	
Main Set #1	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 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)	80-85% 80-85%
	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:	
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	
Main Set #2	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 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)	80-85% 80-85%
	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:	
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	
Main Set #3	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 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)	80-85% 80-85%
	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:	
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	
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	



Complete Racing Solutions Aerobic MX Workout #2 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 Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	Less Than 40%
Main Set #1	Set Focus: Consistency Challenge with your start and first turn	Intensity
Workout Protocol:	Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) Keep a close eye on your body position - attack, looking up and using your legs/core combination Take your time from the start to the end of the first straight away	Too Short To Measure
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:	
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate 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. Rest For 10 Minutes - Stretch from head to toe / Rehydrate	Too Short To Measure
Main Set #3	Set Focus: Aerobic Endurance (15 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes Moto Specific Heart Rate Zone - Low # High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate	
Main Set #4	Set Focus: Aerobic Endurance (15 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Rehydrate	80-85%
Main Set #5	Set Focus: Aerobic Endurance (15 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Rehydrate	80-85%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%



Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain
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