



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 14
8 Weeks
6/8
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 or above (Builds your strength & speed – burns fat as a primary fuel source)**

Monday

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete Rest Day**
Misc. Notes: when it comes to health, wellness and ultimate performance, the key to success isn't focusing on perfection but rather minimizing mistakes. The key to minimizing mistakes is planning with all aspects of your life in this order: sleep, food, family, professional and then athletically. Though we discuss this often it is something that has to be implemented on a daily basis, but is met with the most resistance by those around you that want you to accommodate their schedule – I refer to this as gravitational pull because the greatest amount of resistance is when you get started (and you capture the attention of those around you that you are not conceding to their needs, wants and desires -verses your own). Once you can overcome this initial level of resistance, you are able to maximize your productivity by doing exactly what you have scheduled based on YOUR priorities (personally and athletically).
- **Evening Protocols**
Misc. Notes: allow enough time to decompress from your day. Finish your evening snack, foam roll, consume 8 ounces of cold water, brush your teeth, and relax in a dark and cold room.

Tuesday

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: to ensure that you have the desired top end speed for your sprints, keep a close eye on your intensity levels during the aerobic set. Approach your sprint intervals as if it was a real race scenario-100% mentally focused on attacking the track and all its elements. Keep your rest interval in between your sprint intervals the EXACT same duration as your work time. For example, if your 3-lap sprint interval takes you 6 minutes, rest 6 minutes (no shorter). 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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.
- **(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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.
- **Evening Protocols**
Misc. Notes: allow enough time to decompress from your day. Finish your evening snack, foam roll, consume 8 ounces of cold water, brush your teeth, and relax in a dark and cold room.



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
Complete One of the Following for your Morning Workout:
- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (80 Minutes)**

Misc. Notes: for this workout you will need to know you're up to date **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](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 [Stretch your lower body](#)

Main Set (HR Z2): Heart Rate Pacing Blocks: 65 minutes
Load Level: 7 Duration: 50 Minutes Pull Rate: between 25-35

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](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 Performance Block (HR Zone 2): 1:15
Set Notes: Keep you cadence between 85-95 focusing on 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 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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.
- **Evening Protocols**

Misc. Notes: allow enough time to decompress from your day. Finish your evening snack, foam roll, consume 8 ounces of cold water, brush your teeth, and relax in a dark and cold room.



Thursday

- **Body Analysis:** please use your Coach Robb Report Card 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: this workout will help you address and improve your overall speed by eliminating your biggest limiter on the track. Just like we do with your cross-training efforts, we identify where you are "weak" and implement protocols to eliminate these weaknesses. On the track most racers will not step up and address what they are not good at; however, this is the quickest way to find new speed. Maintain proper blood sugar levels to ensure that your eye hand coordination is optimized.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **(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](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **Evening Protocols**

Misc. Notes: allow enough time to decompress from your day. Finish your evening snack, foam roll, consume 8 ounces of cold water, brush your teeth, and relax in a dark and cold room.

Friday

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

Complete One of the following For your Morning workout:

- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (60 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](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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:** 15 Minutes **Pull Rate:** less than 25 [Stretch your lower body](#)

Main Set (HR Z2): Heart Rate Pacing Blocks: 40 minutes

Load Level: 7 **Duration:** 30 Minutes **Pull Rate:** between 25-35

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 Even Tempo Bike (60 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](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 Performance Block: (HR Zone 2) – 45 minutes

Set Notes: Keep your cadence between 85-95 focusing on 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**

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.



Saturday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout (Choice)**

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

Workout Notes: choose from either of this week's speed workouts; if logistically possible, strive to improve on your lap times by 1% - every second counts. When you produce "faster" lap times, answer the question "how did I get faster". If you can explain what you did to create faster speeds, the more ingrained your speed will become.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **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](#) to top off both your calories and provide electrolytes for proper muscle contraction.

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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **Evening Protocols**

Misc. Notes: allow enough time to decompress from your day. Finish your evening snack, foam roll, consume 8 ounces of cold water, brush your teeth, and relax in a dark and cold room.

Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**

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

Workout Notes: 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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **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**

Misc. Notes: allow enough time to decompress from your day. Finish your evening snack, foam roll, consume 8 ounces of cold water, brush your teeth, and relax in a dark and cold room.

Phase 14 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)			



THE SCIENCE OF PERFORMANCE

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			



THE SCIENCE OF PERFORMANCE

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			
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	Intensity	
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	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: Elapsed Times: Elapsed Times: 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	80-85% 80-85%	
Main Set #3 Workout Protocol: Rest Interval Interval Times: Interval Times: Interval Times: Interval Recap:	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 takes to complete the 3-lap interval Lap 1 Time: Lap 2 Time: Lap 3 Time: Max HR: Lap 1 Time: Lap 2 Time: Lap 3 Time: Max HR: Lap 1 Time: Lap 2 Time: Lap 3 Time: Max HR: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest for additional 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	90-95% 90-95% 90-95%	
Main Set #4 Workout Protocol: Rest Interval Interval Times: Interval Times: Interval Times: Interval Recap:	Set Focus: Opening Lap Speed Take your fastest interval time from the last set and strive to get faster than this lap time Same amount of time it takes to complete the 3-lap interval Lap 1 Time: Lap 2 Time: Lap 3 Time: Max HR: Lap 1 Time: Lap 2 Time: Lap 3 Time: Max HR: Lap 1 Time: Lap 2 Time: Lap 3 Time: Max HR: Fastest Lap Time: Average Lap Pace: Average Heart Rate:	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 MX Speed Workout #2 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 takes to complete the 3-lap interval Lap 1 Time: Lap 2 Time: Max HR: Lap 1 Time: Lap 2 Time: Max HR: Lap 1 Time: Lap 2 Time: Max HR: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest for additional 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity 90-95% 90-95% 90-95%
Main Set #3 Workout Protocol:	Set Focus: Skills and Drills Choose a section on the track that you are struggling with during your two lap intervals Dedicate 20 minutes to "fixing" your frustrations in the area of the track where you struggled Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity N/A
Main Set #4 Workout Protocol: Rest Interval Interval Time: Interval Time: Interval Time: Interval Time:	Set Focus: Opening Lap Speed Take your fastest interval time from the last set and strive to get faster than this lap time Same amount of time it takes to complete the 3-lap interval Lap 1 Time: Lap 2 Time: Max HR: Lap 1 Time: Lap 2 Time: Max HR: Lap 1 Time: Lap 2 Time: Max HR: Fastest Lap Time: Average Lap Pace: Average Heart Rate:	Intensity 90-95% 90-95% 90-95%
Main Set #5 Workout Protocol:	Set Focus: Skills and Drills Choose a section on the track that you are struggling with during your two lap intervals Dedicate 20 minutes to "fixing" your frustrations in the area of the track where you struggled Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Intensity N/A
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: 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 / Rehydrate with Energy Fuel	Less Than < 40%
Main Set #1	Set Focus: Consistent Hole shots	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 / Rehydrate 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 / Rehydrate with Energy Fuel	
Main Set #3	Set Focus: Consistent Hole shots	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 / Rehydrate 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 / Rehydrate with Energy Fuel	75-80%
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 Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	75-80%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	< 40%