



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 14
8 Weeks
7/8
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 Report Card to log this information for evaluation purposes
- **Complete Rest Day**
Misc. Notes: Sleep in, enjoy a hot shower (stretch afterwards if you feel compelled) and jump start your day with a big breakfast. Plan and have your low glycemic snacks and lunch available to consistently eat throughout the day. End your day with a 15-minute stretching session after your evening shower. Before lying down for the night, top off on your water intake to ensure that you consume half of your body weight (in ounces) by the end of the day.
- **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: 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:** after your shower, foam roll full body – [instructional video series](#)
 - **Nutrition:** within 15 minutes after your finish, consume a recovery smoothie
- **(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
Reps: 6 – 8 (unless otherwise noted)
Post Workout Protocols
 - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **Evening Protocols**
Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)
Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal and your [evening supplements](#).



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 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](#) 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

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](#) 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 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:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)
Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal and your [evening supplements](#).



Thursday

- **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 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:** after your shower, foam roll full body – [instructional video series](#)
- **Nutrition:** within 15 minutes after your finish, consume a recovery smoothie

- **(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

Reps: 6 – 8 (unless otherwise noted)

Post Workout Protocols

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal and your [evening supplements](#).

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: 1 Minute Explosive Intervals (1 Hour)**

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](#) 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

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

Load Level: 7 **Duration:** 44 Minutes **Pull Rate:** between 25-35

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

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 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**



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 #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:** after your shower, foam roll full body – [instructional video series](#)
 - **Nutrition:** within 15 minutes after your finish, consume a recovery smoothie
- **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
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:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **Evening Protocols**
Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)
Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal and your [evening supplements](#).

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 #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 become faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart not hard!
Post Workout Protocols
 - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **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**
Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)
Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal and your [evening supplements](#).

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)			



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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			



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: 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 # 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: Performance Recap: Fastest Lap Time: Average Lap Pace: Average Heart Rate: Rest For 20 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Set Focus: Hold Consistent Times At An Aerobic Effort High #	Intensity 80-85% 80-85%
Main Set #2 Workout Protocol: 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. Rest Interval Same amount of time it takes to complete the 4-lap interval Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval 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	Set Focus: Opening Lap Speed	Intensity 90-95% 90-95% 90-95%
Main Set #3 Workout Protocol: Strive to maintain your momentum everywhere and land the backsides of all the jumps Rest Interval Same amount of time it takes to complete the 4-lap interval Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate:	Set Focus: Consistency	Intensity 90-95% 90-95% 90-95%
Main Set #4 Workout Protocol: Strive to maintain your momentum everywhere and land the backsides of all the jumps Rest Interval Same amount of time it takes to complete the 4-lap interval Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Interval Time: Fastest Lap Time: Average Lap Pace: Average Heart Rate:	Set Focus: Consistency	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%



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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%
	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	80-85%
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%
	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	80-85%
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%
	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	80-85%
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		Total Ride Time: 60 Minutes
	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 Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	Too Short To Measure
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 Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Rehydrate	80-85%
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: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	