



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 14
8 Weeks
8/8
Lower Intensity - Active Recovery

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: let your focus for today be to optimize your range of motion throughout your entire body. This includes maintaining your hydration levels (half of your body weight in ounces of water); consistent consumption of fruits and vegetables (loaded with natural electrolytes and water) and spending 15-20 minutes foam rolling, [isolated stretching](#) & [dynamic stretches](#). By improving your range of motion (i.e., reducing the amount of restriction within the muscles) will improve both your strength & endurance from the inside out.
- **Evening Protocols**
Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts
Nutrition: 15 minutes before bed, take your evening supplements with your whey protein smoothie

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
Note: if you're resting HR is up 5 or more beats, no working out today
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)**
Misc. Notes: finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes.
Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
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: Even Tempo for 45 Minutes in HR Z2 (no higher)
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
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**
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 MX: Aerobic Workout #1**
[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 [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
Note: if you're resting HR is up 5 or more beats, no working out today
- **(Morning Workout) Combo Weight Workout (10% Less Weight than last week)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: lighten your load levels FOR BOTH SETS; the header is heightened red because ALL weight lifting is anaerobic by nature, so please don't surpass the load levels and 2 sets (no matter how strong you are feeling).
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes.
Sets: 2
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 tomorrows workouts more productive).
- **(Afternoon Workout) Bike: HR Pacing Blocks (65 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 you the much-needed electrolytes.
Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
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 Pacing Blocks: 50 Minutes
Settle into the low end of **HR Z2** and maintain for **7 minutes**
After 7 minutes increase your intensity to the high end of **HR Z2** and maintain for **7 minutes**.
After 3 minutes, lower your effort back to the lower end of **HR Z2** – **Repeat for 50 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**
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
Note: if you're resting HR is up 5 or more beats, no working out today
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)**
 - Misc. Notes:** finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.
 - Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes.
 - Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning
 - 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: Even Tempo for 45 Minutes in HR Z2 (no higher)**
 - Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
 - 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**
 - 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 MX: Aerobic Workout #2**
[Please refer to the spreadsheet at the bottom of this document]
 - Workout Notes:** To get the most out of this workout, make sure that you allow yourself some room to pick up the pace the second half of your main intervals. Wear an HR monitor to keep you from going too hard initially - pay close attention to the indicated intensity levels. Proper hydration will be imperative for you to optimize your time - mental clarity will be important for the last interval of starts.
 - 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**
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)**

Misc. Notes: finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes.

Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
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: Even Tempo for 45 Minutes in HR Z2 (no higher)
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

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 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 Workout) Complete Racing Solutions Combo Weight Workout (10% Less Weight than last week)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: lighten your load levels FOR BOTH SETS; the header is heightened red because ALL BOTH SETS; the header is heightened red because ALL weight lifting is anaerobic by nature, so please don't surpass the load levels and 2 sets (no matter how strong you are feeling).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes.

Sets: 2 **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.



Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
Note: if you're resting HR is up 5 or more beats, no working out today
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #3**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you must implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keeping your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.
- **2 Hour Nap After Mid-Day Meal**
Miss. Notes: research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein & fat (the only thing that satisfies your appetite).
- **(Evening Workout) Complete Racing Solutions Bike: Even Tempo (75 Minutes)**
Misc. Notes: similar to your other even tempo rides this week, just slightly longer.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes.

Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
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: Even Tempo for 60 Minutes in HR Z2 (no higher)
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

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.
- **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**
Note: if you're resting HR is up 5 or more beats, no working out today
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout (Choice)**
Workout Notes: take one of this week's aerobic workouts and duplicate them at the same time and location if logistically possible. Your goal is to surpass your lap times at the same efforts. By teaching yourself to breathe deeply, relax and flow verses, throwing a bundle of effort into your laps is the benefit to this workout.
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: pay close attention to your protein intake; protein (specifically amino acids) is designed to rebuild the muscles that you have torn down during training. No matter how hard you go, you should not be tender any longer than 2 days, if you are struggling with soreness or overall fatigue levels, bump up your protein and brown bread intake. The B-Vitamins will improve the absorption of your protein for a quicker and more complete recovery.
- **(Evening Workout) Complete Racing Solutions Combo Weight Workout (10% Less Weight than last week)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: lighten your load levels FOR BOTH SETS; the header is heightened red because ALL weight lifting is anaerobic by nature, so please don't surpass the load levels and 2 sets (no matter how strong you are feeling).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes.

Sets: 2 **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 – please reference Monday's notes and links.**



Complete Racing Solutions Aerobic MX Workout #1			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					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					80-85%	
		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						
Performance Recap:		Fastest Time:		Average Time:		Average Heart Rate:		
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel						
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					80-85%	
		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						
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					80-85%	
		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						
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				

Complete Racing Solutions Aerobic MX Workout #2					
Workout Focus: Aerobic Enhancement / Pacing					
		Description			
Warm Up		Focus: generate blood flow into all the working muscles			
Warm Up		Set Focus: Gradual Warm Up			
		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 Rest For 5 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel			
Main Set #1		Set Focus: Reaction Time & Transitions			
Protocols:		10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel			
Main Set #2		Set Focus: Aerobic Enhancement / Negative Split			
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. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.			
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	75-80%
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	75-80%
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	90-95%
		Fastest Lap Time:	Average Lap Pace:	Avg. Heart Rate:	Max HR:
		Rest For 5 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel			
Main Set #3		Set Focus: Aerobic Enhancement / Negative Split			
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. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.			
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	75-80%
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	75-80%
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	90-95%
		Fastest Lap Time:	Average Lap Pace:	Avg. Heart Rate:	Max HR:
		Rest For 5 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel			
Main Set #4		Set Focus: Aerobic Enhancement / Negative Split			
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. At the 20-minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.			
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	75-80%
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	78-80%
Elapsed Times:		Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	90-95%
		Fastest Lap Time:	Average Lap Pace:	Avg. Heart Rate:	Max HR:
		Rest For 5 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel			
Main Set #5		Set Focus: Reaction Time & Transitions			
Protocols:		10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 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)			



Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

Beginning Weight:

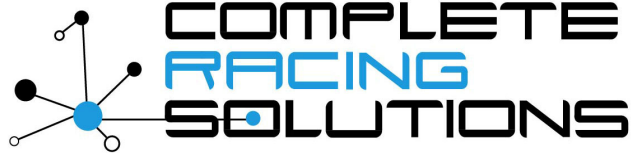
Ending Weight:

Loss Gain (Loss):

**Complete Racing
Solutions Aerobic
MX Workout #3**

Workout Focus: Holding Aerobic Pace as Duration Decreases

	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
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: Moving the bike with your core	Intensity Very Relaxed
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over Rest For 5 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	
Main Set #2	Set Focus: Muscular Endurance	Intensity
Protocols:	Note: these protocols are based on lap time of approximately 1 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	
Main Set #3	Set Focus: Muscular Endurance	Intensity
	** Strive to maintain the same pace as Set #2 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	
Main Set #4	Set Focus: Muscular Endurance & Speed	Intensity
	10 Minute Moto - Negative Split 2nd Half of Moto Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel	
Main Set #5	Set Focus: Body Balance	Intensity



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Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over	Very Relaxed
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight:	Ending Weight: Loss Gain (Loss):



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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: 5-8 Reps			
Goal: 5-8 Reps			
Goal: 5-8 Reps			
Lunge Sequence with Weight			
Instructional Video: Lunge Sequence			
Weight (10% Less than last week)			
Reps Set #1 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #2 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #3 (Goal: 6-8 Reps) - Per direction			
Pike Position - Step Left and Right			
Instructional Video: Pike Position-Step Left & Right			
Complete for 20 seconds			
Complete for 20 seconds			
Complete for 20 seconds			
CYCLE TWO	Date	Date	Date
Bicep Curls - 14's			
Instructional Video: Bicep Curls-14's			
Weight (10% Less than last week)			
Reps Set #1 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #2 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #3 (Goal: 6-8 Reps) - Per direction			
Hamstring Press with Extension			
Instructional Video: Hamstring Press with Extension			
Goal: 5-8 Reps			
Goal: 5-8 Reps			
Goal: 5-8 Reps			
Crunches on Fit Ball with Weight			
Instructional Video: Crunches on Fit Ball			
Weight (10% Less than last week)			
Reps Set #1 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #2 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #3 (Goal: 6-8 Reps) - Per direction			

CYCLE THREE	Date	Date	Date
Incline on Fit Ball			
Instructional Video: Incline on Fit Ball			
Weight (10% Less than last week)			
Reps Set #1 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #2 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #3 (Goal: 6-8 Reps) - Per direction			
Open Ab Rotation			
Instructional Video: Open Ab Rotation			
Goal: 5-8 Reps			
Goal: 5-8 Reps			
Goal: 5-8 Reps			
Calf Raises			
Instructional Video: Calf Raises			
Weight (10% Less than last week)			
Reps Set #1 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #2 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #3 (Goal: 6-8 Reps) - Per direction			
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 20 seconds-hold good form)			
Slightly more than set one			
Rep 2 (As many reps as you can do in 20 seconds-hold good form)			
Slightly more than set two			
Rep 3 (as many as you can complete in 20 seconds)			
Low Back Extension on Fit Ball			
Instructional Video: Low Back Extension on Fit Ball			
Goal: 5-8 Reps			
Goal: 5-8 Reps			
Goal: 5-8 Reps			
Inner Thigh			
Instructional Video: Side Skaters			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Goal: 8-10 Reps			



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CYCLE FIVE	Date	Date	Date
Arm & Leg Extension with Weight			
Instructional Video: Arm and Leg Extension with Weight			
Weight (10% Less than last week)			
Reps Set #1 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #2 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #3 (Goal: 6-8 Reps) - Per direction			
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Goal: 5 Reps			
Goal: 5 Reps			
Goal: 5 Reps			
Abs: Standing Abdominal Twist			
Instructional Video: Standing Abdominal Twist			
Weight (10% Less than last week)			
Reps Set #1 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #2 (Goal: 6-8 Reps) - Per direction			
Weight (10% Less than last week)			
Reps Set #3 (Goal: 6-8 Reps) - Per direction			
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 20 seconds-hold good form)			
Slightly more than set one			
Rep 2 (As many reps as you can do in 20 seconds-hold good form)			
Slightly more than set two			
Rep 3 (as many as you can complete in 20 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 20 seconds-hold good form)			
Slightly more than set one			
Rep 2 (As many reps as you can do in 20 seconds-hold good form)			
Slightly more than set two			
Rep 3 (as many as you can complete in 20 seconds)			
Rear Deltoid			
Instructional Video: Rear Deltoid			
Color of Stretch Cord or Weight Amount:			
Rep 1 (As many reps as you can do in 20 seconds-hold good form)			
Slightly more than set one			



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Rep 2 (As many reps as you can do in 20 seconds-hold good form)			
Slightly more than set two			
Rep 3 (as many as you can complete in 20 seconds)			