



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 15
6 Weeks
4/6
Maximum Strength & Aerobic Enhancement

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: consistency with your eating, sleeping, and training is the biggest contributor to your overall health and ultimately your performance in training and racing. Please continue to utilize the various documentation tools within your Coach Robb report card so that we can track the specific variables that are contributing to your improvements: Food-Performance Log, Body Analysis, Sweat Rate Calculator, etc. Remember, by looking back at your training-food logs, we have the information we need to produce optimum results on race day.
- **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](#).

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout – Phase 15**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: adjust the weight/load levels so that you are working hard to complete the 8-10 reps; completing more than 10 reps may cause you to sacrifice form and increase your risk of injury.
Sets: 3
Repetitions: 8-10 Reps (unless otherwise noted)
Speed of Lift: fast off of the bottom of each range of motion
Rest Interval: 20" between exercises; 1:00 in between cycles
Choose one of the following for your afternoon workout:
- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (60 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 Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 5 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: Heart Rate Pacing Blocks: 50 Minutes
Settle into the low end of **HR Z3** and maintain for **8 minutes**
After 8 minutes increase your intensity to the high end of **HR Z3** and maintain for **8 minutes**.
After 2 minutes, lower your effort back to the lower end of **HR Z3** – 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
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**
- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (60 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:** 5 Minutes **Pull Rate:** less than 25 [Stretch your lower body](#)
Main Set: Heart Rate Pacing Blocks: 50 Minutes
Settle into the low end of **HR Z3** and maintain for **7-minutes**
After 8 minutes increase your intensity to the high end of **HR Z3** and maintain for **8 minutes**.
After 2 minutes, lower your effort back to the lower end of **HR Z3** – Repeat for 50 minutes.
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**



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes.
Complete One (1) of the Following for your Afternoon Workout
- **Complete Racing Solutions Bike: Intensity Intervals (60 Minutes)**

Misc. Notes: as you go through these intervals remember that the idea is to create "muscle confusion". By cruising at a consistent (and comfortable pace) will push you aerobically; then when you push the power and upper end of your aerobic engine for the second half of the interval, you will create both power and lactate tolerance. As you begin to fatigue (mentally & physically) focus on good form to avoid any unwanted injuries (this will set us back both mentally and physically).

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: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 10 minutes **Gearing:** small chain ring up front, middle rear gearing
Cadence: 80-90 (no higher/lower) **Misc.:** stretch and hydrate before moving into your main set

Main Set: Intensity Based Intervals: 15 x 3 Minutes
Seated acceleration for 2:00 seconds
Standing acceleration for 1:00
Rest 1 Minute
Repeat the 3 Minute blocks 15 times for a total of 45 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**
- **Complete Racing Solutions Row: Intensity Intervals (60 Minutes)**

Misc. Notes: for your main set, set your monitor to 500-meter interval plus 1:00 minutes rest interval

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 #1: Intensity Based Intervals: 15 x 500 Meters
Load Level: 5 **Duration:** 500 Meters **Pull Rate:** 25-30
200 Meters – Aerobic within **HR Z2**
300 Meters – **HR Z3+** / as fast as you can cover 300 meters
1 Minute Rest Interval
Repeat 15x

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**

Post Workout Protocols

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

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.
- **Complete Racing Solutions Combo Weight Workout – Phase 15**

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

Workout Notes: adjust the weight/load levels so that you are working hard to complete the 8-10 reps; completing more than 10 reps may cause you to sacrifice form and increase your risk of injury.

Sets: 3

Repetitions: 8-10 Reps (unless otherwise noted)

Speed of Lift: fast off of the bottom of each range of motion

Rest Interval: 20" between exercises; 1:00 in between cycles

Workout Notes: adjust the weight/load levels so that you are working hard to complete the 8-10 reps; completing more than 10 reps may cause you to sacrifice form and increase your risk of injury.

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

Repetitions: 8-10 Reps (unless otherwise noted)

Speed of Lift: fast off of the bottom of each range of motion

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

Choose one of the following for your afternoon workout:

- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (60 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 Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 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 Z3** and maintain for **8 minutes**

After 8 minutes increase your intensity to the high end of **HR Z3** and maintain for **8 minutes**.

After 2 minutes, lower your effort back to the lower end of **HR Z3** – **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**

Cadence: 85-90

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

- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (60 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: 5 Minutes

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 50 Minutes

Settle into the low end of **HR Z3** and maintain for **7 minutes**

After 8 minutes increase your intensity to the high end of **HR Z3** and maintain for **8 minutes**.

After 2 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

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](#)

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**

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**

Choose one of the following for your afternoon workout:

- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (60 Minutes)**

Misc. Notes: your focus for this workout is to generate power and then actively recovery with optimized biomechanics. Be careful not to go out too hard and blow up – this is a “habit” you want to refrain from creating. The goal is always to get progressively stronger as each interval transpires. Your heart rate monitor will be your pacing device, not your actual pace – remember, you are developing energy systems within your body, not striving to achieve some specific pace (that will come later in the season).

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: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 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: 51 Minutes

2 Minutes Aerobic – HR Z2 or less (After sprint effort #1, this becomes a recovery interval)

1 Minute Sprint Effort – HR Z3 plus (You have to complete 50 minutes’ worth of these intervals, so pace yourself)

Repeat for 51 minutes.

Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 4 minutes

Duration: 4 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**

- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (60 Minutes)**

Misc. Notes: please reference the notes from above.

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: 5 Minutes

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 51 Minutes

2 Minutes Aerobic – HR Z2 or less (After sprint effort #1, this becomes a recovery interval)

1 Minute Sprint Effort – HR Z3 plus (You have to complete 50 minutes worth of these intervals, so pace yourself)

Repeat for 51 minutes.

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: 4 Minutes

Pull Rate: less than 25

Stretch from head to toe

Post Workout Protocols

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

- **Evening Protocols**

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](#).



Saturday

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

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

Workout Notes: this workout is going to challenge you on creating opening lap speed and then being able to find the fastest lines and duplicate the speed interval after interval. Remember, it doesn't help you to go fast for one lap and then fall off pace, your goal is to create a consistent speed for as many laps as the moto is long. Due to the high level of intensity, your pre ride meal needs to be loaded with protein and carbs (pancakes, waffles, toast, etc.) & consume 2 hours prior to beginning this workout. Maintaining your blood sugar in between sets will improve the overall quality and outcome of the workout.

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: in addition to releasing hGH (human growth hormone) which makes you leaner, the biggest advantage is that your nap will support your immune system which will reduce your amount of down time increasing your consistency in training and ultimately performance. To maximize your nap, your room needs to be dark, cold and void of noise (wear ear plugs and a sleeping mask if necessary to block out the light and noise).
- **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 #1**

[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 a 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 an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**
Miss. Notes: once you wake up from your 2-3 hour nap; take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat actually penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.
- **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](#).

Combo Weight Workout – Phase 15			
Warm Up			
Trigger Point Therapy and Foam Rolling (5-10 minutes minimum)			
CYCLE ONE	Date	Date	Date
Inverted Push Ups			
Instructional Video: Inverted Push Ups			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Isolated Leg Squat Off of Bench			
Instructional Video: Isolated Leg Squat Off of Bench			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps Per Leg)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps Per Leg)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps Per Leg)			
Push Ups - Knee to Chest			
Instructional Video: Push Up - Knee to Chest			
Complete for 30 seconds (15 seconds per leg)			
Complete for 30 seconds (15 seconds per leg)			
Complete for 30 seconds (15 seconds per leg)			
CYCLE TWO	Date	Date	Date
Deep Squats with Bicep Curls			
Instructional Video: Deep Squats with Bicep Curls			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Hamstring Press with Extension			
Instructional Video: Hamstring Press with Extension			
Goal: 8-10 Reps (the slower your move the stronger you will get!)			
Goal: 8-10 Reps			
Goal: 8-10 Reps			
Hanging Leg Lifts			
Instructional Video: Hanging Leg Lifts			
Goal: 8-10 Reps (the slower your move the stronger you will get!)			
Goal: 8-10 Reps			
Goal: 8-10 Reps			



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CYCLE THREE	Date	Date	Date
Chest Flies w/Pause on Fit Ball			
Instructional Video: Chest Flies w/Pause on Fit Ball			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Open Ab Rotation w/Weight			
Instructional Video: Open Ab Rotation			
Goal: 8-10 Reps (2-5 pounds maximum)			
Goal: 8-10 Reps (2-5 pounds maximum)			
Goal: 8-10 Reps (2-5 pounds maximum)			
Calf Raises			
Instructional Video: Calf Raises			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
CYCLE FOUR	Date	Date	Date
Clean & Jerk Shoulder Press			
Instructional Video: Clean & Jerk Shoulder Press			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Inner Thigh - Squeeze & Hold Fit Ball			
Goal: 8-10 Reps (squeeze & hold fit ball in between knees - 3 sec.)			
Goal: 8-10 Reps (squeeze & hold fit ball in between knees - 3 sec.)			
Goal: 8-10 Reps (squeeze & hold fit ball in between knees - 3 sec.)			

Complete Racing Solutions MX Speed Workout #1							
Workout Focus: Opening Speed				Total Ride Time: 60 Minutes			
		Description					
Warm Up		Set Focus: Gradual Warm Up				Intensity	
		Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel				Less Than 50%	
Main Set #1		Set Focus: Pre-Race Routine				Intensity	
Workout Protocol:		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 / Re-hydrate with Energy Fuel				Too Short To Evaluate	
Main Set #2		Set Focus: Opening Lap Speed				Intensity	
Workout Protocol:		This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity. Moto Specific Heart Rate Zone - Low # High # 5 Minutes (no more or less) - Stretch and hydrate as necessary					
Rest Interval Performance Times: Performance Times: Performance Times: Performance Times: Performance Times: Performance Times: Recap:	Lap 1 Time:		Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%
	Lap 1 Time:		Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%
	Lap 1 Time:		Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%
	Lap 1 Time:		Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%
	Lap 1 Time:		Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%
	Lap 1 Time:		Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%
Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #3		Set Focus: Hold Consistent Times At An Aerobic Effort				Intensity	
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 # 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%
Performance	Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:		
Recap:			Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel				
Main Set #4		Set Focus: Hold Consistent Times At An Aerobic Effort				Intensity	
Workout Protocol:		Hold your pace for all 10 laps (maximum time 20 minutes) With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate. 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%
Performance	Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:		
Recap:							
Warm Down		5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down				40%	
		Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain					

Complete Racing Solutions Aerobic MX Workout #1					
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 Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Instructional Video - Stretching head to toe Rest For 5 Minutes - Stretch from head to toe / Re-hydrate 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 / Re-hydrate 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 / Re-hydrate 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 / Re-hydrate 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 / Re-hydrate 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 / Re-hydrate 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):