



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 16
10 Weeks
5/10
Lower Intensity - Active Recovery – Absorb Last Four Weeks of Training

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**
Mental Notes: take 10 minutes and complete these two things (5 minutes each): [Diaphragmatic Breathing](#) & pressing your lower back to the floor. Repeat throughout the day as often as your schedule permits.
Diaphragmatic Breathing: learning how to control your breathing and change your style of breathing: either through your chest or your belly. Belly breathing – activating the diaphragm muscle, is more effective in delivering oxygen to your working muscles.
Pressing your Lower Back: to release the tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), you need to [foam roll your quads](#) and then isolate and stretch the quadriceps.
- **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 Combo Weight Workout – Phase 16 3 Second Challenges**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: maintain the same exercises but reduce the number of sets to 2 and reduce the weight used by 20%
Sets: 2
Repetitions: 6-8 Reps (unless otherwise noted)
Speed of Lift: fast off of the bottom of each range of motion
Rest Interval: no rest 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 [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue
- **(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 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 [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue
- **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



Wednesday

Note: if you're resting HR is up 5 or more beats, no working out today

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

Complete One of the Following:

- **Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (70 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 cold [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: 15 minutes (no shorter)

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 Mile Intervals at HR Z2 (No Higher): 50 Minutes

1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**

½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**

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: 500 Meter Aerobic Intervals (70 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 cold [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 (no shorter)

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 50 Minutes

Load Level: 5

500 Meter Interval: Fastest pace you can maintain while settling into **HR Z2**

1 Minute Recovery: Lower your effort to bring your **HR into Z1**

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: 3

Distance: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

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

- **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & 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.

- **Push Up-Knee to Shoulder:** [how to video](#)

Abdominal Chris Cross: [how to video](#)

- **Abdominal Open Rotation:** [how to video](#)

Ab Hip Risers: [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 [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue

- **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



Thursday

Note: if you're resting HR is up 5 or more beats, no working out today

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout – Phase 16 3 Second Challenges**

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

Workout Notes: maintain the same exercises but reduce the number of sets to 2 and reduce the weight used by 20%

Sets: 2

Repetitions: 6-8 Reps (unless otherwise noted)

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

Rest Interval: no rest 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 [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue

- **(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 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 dynamic movements, static stretches & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue

- **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

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 working out today**

Complete One of the Following:

- **Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (70 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 cold [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: 15 minutes (no shorter)

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

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

Main Set: 1 Mile Intervals at HR Z2 (No Higher): 50 Minutes

1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**

½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**

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: 500 Meter Aerobic Intervals (70 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 cold [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 (no shorter)

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 50 Minutes

Load Level: 5

500 Meter Interval: Fastest pace you can maintain while settling into **HR Z2**

1 Minute Recovery: Lower your effort to bring your **HR into Z1**

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: 3

Distance: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

- **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & 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.
- **Push Up-Knee to Shoulder:** [how to video](#) **Abdominal Chris Cross:** [how to video](#)
- **Abdominal Open Rotation:** [how to video](#) **Ab Hip Risers:** [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 [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue

▪ **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

Saturday

Note: if you're resting HR is up 5 or more beats, no working out today

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout – Phase 16 3 Second Challenges**

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

Workout Notes: maintain the same exercises but reduce the number of sets to 2 and reduce the weight used by 20%

Sets: 2

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

Repetitions: 6-8 Reps (unless otherwise noted)

Rest Interval: no rest 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 [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue

- **(Afternoon 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 have to 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 keep 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.

Post Workout Protocols

- **Flexibility:** complete dynamic movements, static stretches & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue

▪ **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



Sunday

Note: if you're resting HR is up 5 or more beats, no working out today

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

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

Workout Notes: take one of the three aerobic workouts from the week and implement today. If you can ride at the same track, strive to be as fast or faster than earlier in the week. As you develop the faster times, determine what is creating the increased speed.

Post Workout Protocols

- **Flexibility:** complete dynamic movements, static stretches & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue

- **2 Hour Nap After Mid-Day Meal**

Misc. Notes: keep in mind that your body will release human growth hormone while you sleep (making you both leaner and stronger), so the goal is to sleep as deeply and as long as possible. For your mid-day meal, make sure that it is loaded with high quality fruits and vegetables, clean fats and lean protein. There are only two things that satisfy appetite: protein and fat, so a satisfied appetite will result in deeper sleep and an overall improvement in your health and ultimately your performance.

Complete One of the Following for your Afternoon Workout:

- **Complete Racing Solutions Bike: Even Tempo with Brief Accelerations Blocks (60 Minutes)**

Workout notes: during this workout "feel" for the power that you are generating at a low heart rate. The "tension" that you are creating within the muscles will become "familiar" to your brain, and your speed will get faster at the same heart rate.

Warm up: 15 Minutes (HR Zone 1)

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

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

REPEAT THE FOLLOWING FOR 40 MINUTES

4 Minutes at an Even Effort @ HR Zone 2 (No higher)

With optimized pedal mechanics, spin the tallest gear combination that you can while staying in your **HR Z2**. At the end of the 4 minutes, gear up and gently stand up into your **1-minute acceleration**.

1 Minute Acceleration (Low End HR Z3)

With an even distribution of your weight over the pedals and a slight pull of the bars, accelerate over the course of 1 minute; if your pedal stroke gets choppy because you have run out of gear, sit down – gear up and stand back up. If your HR gets into the upper ranges of **HR Z3** – you have gone too hard. At the end of 1 minute, sit back down, lighten your gear combination & settle back into your **4 Minute/HR Z2 Block**.

Repeat 10x for 40 minutes – Keep in mind, speed is not the focus but rather optimized pedal mechanics

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 allows for 85-90 cadence & HR Z1

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

- **Complete Racing Solutions Row: HR Intensity Blocks (60 Minutes)**

Misc. Notes: during this workout "feel" for the power that you are generating at a low heart rate. The "tension" that you are creating within the muscles will become "familiar" to your brain, and your speed will get faster at the same heart rate.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up-HR Zone 1: 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 from head to toe

Main Set#1 (20 Minutes): Have your HR Zones written down and easily visible during this workout to eliminate you missing your intensity levels

Load Level: 6

Pull Rate: 25-35

Settle into each HR Zone as quickly as possible and then settle into the effort level with perfect form and deep breathing

10 Minutes: Lower range (5 beats of your low number) of **HR Z3**

10 Minutes: Upper range (5 beats of your top number) of **HR Z3**

Repeat for a total of 20 minutes

Transition Set: 5 minutes of easy pulling/active recovery – strive to get your HR into Z1 for the majority of this 5 minutes

Main Set#2 (20 Minutes): Heart Rate Acceleration

Load Level: 6

Pull Rate: 25+

Accelerate until you reach the upper end of your **HR Z3** (no higher)

Recover by pulling easy until your HR reaches your lowest number in **HR Z2**



Repeat for 20 minutes

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

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

▪ **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & 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.
- **Push Up-Knee to Shoulder:** [how to video](#) **Abdominal Chris Cross:** [how to video](#)
- **Abdominal Open Rotation:** [how to video](#) **Ab Hip Risers:** [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 [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue

▪ **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

Phase 16 - 3 Second Challenge			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	Date	Date
3 Second Shoulder Press			
Instructional Video: Shoulder Press			
Weight (20% less than last week)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Same as Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Same as Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Sit Ups on Fit Ball with Weight			
Instructional Video: Abdominal Crunch on Fit Ball			
Weight (20% less than last week)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Same as Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Same as Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
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
3 Second Bicep Curls - 14's			
Instructional Video: Bicep Curls-14's			
Weight (20% less than last week)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Same as Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Same as Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Open Abs			
Instructional Video: Open Ab Rotation			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Tricep Kickbacks			
Instructional Video: Tricep Kickbacks			
Weight (20% less than last week)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Same as Set 1)			

Reps Set #2 (Goal: 6-8 Reps)			
Weight (Same as Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			

CYCLE THREE	Date	Date	Date
3 Second - Front and Side Deltoids			
Instructional Video: Front & Middle Deltoids			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Same as weight)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Same as weight)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Calf Raises			
Instructional Video: Calf Raises			
Weight (20% less than last week)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Same as Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Same as Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE FOUR	Date	Date	Date
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Reps Set #1 (Goal: 4-5 Reps)			
Reps Set #2 (Goal: 4-5 Reps)			
Reps Set #3 (Goal: 4-5 Reps)			
Low Back Extension on Fit Ball			
Instructional Video: Low Back Extension on Fit Ball			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Inner Thigh			
Instructional Video: Side Skaters			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			



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 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 / Re-hydrate 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 / Re-hydrate	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 / Re-hydrate with Energy Fuel	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 / Re-hydrate with Energy Fuel	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 / Re-hydrate 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: 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)			



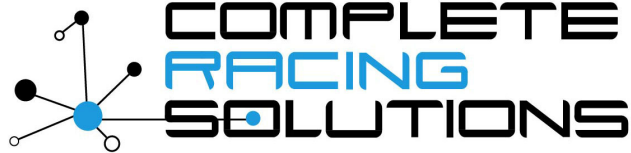
Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

Beginning Weight:

Ending Weight:

Loss Gain (Loss):

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					Less Than 40%	
	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						
Main Set #1	Set Focus: Moving the bike with your core					Intensity	
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips					Very Relaxed	
	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 / Re-hydrate 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					80-85% 80-85% 80-85%	
	** 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:		
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:		
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:		
Elapsed Times:	Fastest Lap Time:		Avg. HR#:		Max HR#:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #3	Set Focus: Muscular Endurance						Intensity
	** Strive to maintain the same pace as Set #2					80-85% 80-85% 80-85%	
	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:		
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:		
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:		
Elapsed Times:	Fastest Lap Time:		Avg. HR#:		Max HR#:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
Main Set #4	Set Focus: Muscular Endurance & Speed						Intensity
	10 Minute Moto - Negative Split 2nd Half of Moto						80-85% 90-95%
	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:		
Elapsed Times:	Fastest Lap Time:		Avg. HR#:		Max HR#:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate 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 finger tips 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):