



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 16
10 Weeks
9/10
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: the key to successful training is eliminating the various distractions that get in your way. The best way to minimize the rippling effect of distractions is to plan. Think about how stressful it is when you are running around short on time or can't find your calories or fluids for a particular workout. The same thing applies to clean eating, the main reason why athletes fall off clean eating is the proverbial "I don't have time to cook". Plan and designate some time to prep what you have purchased so that you can literally grab and go with high quality, low glycemic food and snack items. Having fresh bottles of filtered water readily available is instrumental in your overall hydration program.
- **Evening Protocols**
Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw; focus on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: this incremental workout is going to push your anaerobic and aerobic engine specific to your heart rate intensity zones on the motorcycle. Please take the time to jot down the heart rate numbers relevant to the indicated heart rate percentages. You will notice that during sets #3 and #4 you will be taking the non-optimum lines forcing you to create the wanted speeds & momentum. During set #5 you will be taking the optimum lines which will allow you to keep your heart rate low and your overall times (ideally) faster. During this workout, you will have plenty opportunities to apply your belly breathing skills; by implementing this skill, you will "teach" your body to stay relaxed while going fast.
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 – 30" Blast Challenge

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

Workout Notes: take your heaviest weight levels from two weeks ago and lift it with perfect form to avoid injury. Dig deep mentally and understand why you are doing this – to build power and endurance! Maintain proper sugar/electrolyte levels throughout the workout for optimum results.

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

Sets: 3

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

Repetitions: as many as you can in 30"

Rest Interval: no rest between exercises; 1:00 in between cycles

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

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.



Wednesday

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

Complete One of the Following for your Morning Workout:

- **Complete Racing Solutions 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 ice 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 ice 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 Racing Solutions (CRS) 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 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**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw; focus on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



Thursday

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

- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**

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

Workout Notes: 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 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 – 30" Blast Challenge

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

Workout Notes: take your heaviest weight levels from two weeks ago and lift it with perfect form to avoid injury. Dig deep mentally and understand why you are doing this – to build power and endurance! Maintain proper sugar/electrolyte levels throughout the workout for optimum results.

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

Sets: 3

Repetitions: as many as you can in 30"

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 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**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw; focus on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

Friday

- **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: 5 Minute Intensity Blocks (75 Minutes)**

Misc. Notes: these intervals are designed to push you both mentally & physically so begin this work out fresh: hydrated, rested, properly fed and topped off with your Energy Fuel (for optimum muscle contraction). As you go through the first 6-minute set, remember that you have to complete 9 more intervals, so don't blow yourself up by going too hard!

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice 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: 10 minutes

Cadence: 80-90 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Main Set: Intensity Based Intervals: 10 x 6 Minutes

2 Minute Interval: Fastest pace you can maintain while in the lower end of **HR Z2**

2 Minute Interval: Pick up the pace by 1 mile per hour and slip into the upper end of **HR Z3**

2 Minute Standing Interval: Pick up the pace and maintain for 2 minutes (dig deep here!) **NO HR LIMIT**

Repeat the 6 Minute blocks 10 times for a total of 60 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: Intensity Blocks (75 Minutes)**

Misc. Notes: set your monitor to straight time for the duration of the workout.



Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice 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:** 10 Minutes **Pull Rate:** less than 25 [Stretch your lower body](#)

Main Set: Intensity Based Intervals: 10 x 6 Minutes

Load Level: 5 **Duration:** 500 Meters **Pull Rate:** 25-30

2 Minute Interval: Fastest pace you can maintain while in the lower end of **HR Z2**

2 Minute Interval: Pick up the pace by 2-5 seconds and slip into the upper end of **HR Z3**

2 Minute Sprint Interval: Drop the hammer for 1 minutes (dig deep here!) **NO HR LIMIT**

Repeat the 6 Minute blocks 10 times for a total of 60 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**

▪ **(Immediately Following Cross Training Workout) Complete Racing Solutions (CRS) 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 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.

Saturday

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

▪ **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1 (same as Tuesday intentionally)**

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

Workout Notes: this incremental workout is going to push your anaerobic and aerobic engine specific to your heart rate intensity zones on the motorcycle. With this in mind, please take the time to jot down the heart rate numbers relevant to the indicated heart rate percentages. You will notice that during sets #3 and #4 you will be taking the non-optimum lines forcing you to create the wanted speeds & momentum. During set #5 you will be taking the optimum lines which will allow you to keep your heart rate low and your overall times (ideally) faster. During this workout, you will have plenty opportunities to apply your belly breathing skills; by implementing this skill, you will "teach" your body to stay relaxed while going fast.

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 Power Nap after lunch**

Misc. 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 (they only thing that satisfies your appetite).

(Evening Workout) Complete Racing Solutions Combo Weight Workout – 30" Blast Challenge

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

Workout Notes: take your heaviest weight levels from two weeks ago and lift it with perfect form to avoid injury. Dig deep mentally and understand why you are doing this – to build power and endurance! Maintain proper sugar/electrolyte levels throughout the workout for optimum results.

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

Sets: 3

Repetitions: as many as you can in 30"

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 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.



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 (Same as Thursday intentionally)**
[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!

- **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.

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

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

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Cadence: 85-90

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 ice 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 Racing Solutions (CRS) 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 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.

P16 30 Second Blast Challenge			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	Date	Date
30 Second Shoulder Press			
Instructional Video: Shoulder Press			
Weight (Moderate)			
Reps Set #1 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #2 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #3 (As many as you can complete in 30 seconds)			
30 Second Sit Ups on Fit Ball with Weight			
Instructional Video: Abdominal Crunch on Fit Ball			
Weight (Moderate)			
Reps Set #1 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #2 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #3 (As many as you can complete in 30 seconds)			
Pike Position - Step Left and Right			
Instructional Video: Pike Position-Step Left & Right			
Complete for 60 seconds			
Complete for 60 seconds			
Complete for 60 seconds			
CYCLE TWO	Date	Date	Date
30 Second Bicep Curls Pump			
Instructional Video: Bicep Curls			
Weight (Moderate)			
Reps Set #1 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #2 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #3 (As many as you can complete in 30 seconds)			
30 Second Open Abs			
Instructional Video: Open Ab Rotation			
Reps Set #1 (As many as you can complete in 30 seconds per side)			
Reps Set #2 (As many as you can complete in 30 seconds per side)			
Reps Set #3 (As many as you can complete in 30 seconds per side)			
30 Second Tricep Kickbacks			
Instructional Video: Tricep Kickbacks			
Weight (Moderate)			
Reps Set #1 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			



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Reps Set #2 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #3 (As many as you can complete in 30 seconds)			

CYCLE THREE	Date	Date	Date
30 Second - Front and Side Deltoids			
Instructional Video: Front & Middle Deltoids			
Weight (Moderate)			
Reps Set #1 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #2 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #3 (As many as you can complete in 30 seconds)			
30 Second Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (As many as you can complete per side)			
Reps Set #2 (As many as you can complete per side)			
Reps Set #3 (As many as you can complete per side)			
30 Second Calf Raises			
Instructional Video: Calf Raises			
Weight (Moderate)			
Reps Set #1 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #2 (As many as you can complete in 30 seconds)			
Weight (Same as Set 1)			
Reps Set #3 (As many as you can complete in 30 seconds)			
CYCLE FOUR	Date	Date	Date
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Reps Set #1 (As many as you can complete in 30 seconds)			
Reps Set #2 (As many as you can complete in 30 seconds)			
Reps Set #3 (As many as you can complete in 30 seconds)			
Low Back Extension on Fit Ball			
Instructional Video: Low Back Extension on Fit Ball			
Reps Set #1 (As many as you can complete in 30 seconds)			
Reps Set #2 (As many as you can complete in 30 seconds)			
Reps Set #3 (As many as you can complete in 30 seconds)			
Inner Thigh			
Instructional Video: Side Skaters			
Reps Set #1 (As many as you can complete in 30 seconds)			
Reps Set #2 (As many as you can complete in 30 seconds)			
Reps Set #3 (As many as you can complete in 30 seconds)			

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Opening Speed Minutes				Total Ride Time: 60	
	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	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Performance	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Avg. Time:	Avg. HR:	90-95%	
Recap:	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:	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel						
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	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 Instructional Video - Stretching head to toe Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Reaction Time & Transitions	Intensity
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	N/A N/A
Main Set #2 Workout Protocol:	Set Focus: Aerobic Enhancement / Negative Split	Intensity
	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: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 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 Workout Protocol:	Set Focus: Aerobic Enhancement / Negative Split	Intensity
	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: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	75-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 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 Workout Protocol:	Set Focus: Aerobic Enhancement / Negative Split	Intensity
	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: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	78-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 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	Intensity
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight	N/A



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	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	N/A
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.	40%
	Beginning Weight: Ending Weight: Loss Gain (Loss):	