



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 16
10 Weeks
2/10
Maximum Strength & Endurance

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 most important aspect of performance training is developing the entire aerobic system. This includes good circulation, slow twitch muscle fiber development and the ability to burn large amounts of fat for energy. Diminishing performance, injury and ill health consistently stem from a lack of aerobic function. Stay mentally focused on your blue/aerobic enhancement workouts – they yield just as much benefit to your overall speed and endurance as your lactate tolerance workouts. Additionally, plan ahead and have recovery calories ready to consume immediately following both your blue and your red workouts to ensure that you recover quickly and properly – this will improve your overall productivity and cumulative
- **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 (CRS) Combo Weight Workout – Phase 16 3 Second Challenges**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: you will generate HUGE levels of strength by lifting the weight slow both up and down over 3 seconds. The tendency is to rush moving the weight which allows momentum to move the weight verses your muscles. If you can get to 8 reps easy, then increase the weight by 2-3% for the next set. Remember what your focus is - generate strength so mentally embrace the challenge and come to the workout with a little Energy Fuel in your system to top off your sugar levels (for better performance).
Sets: 3
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
(Complete One of the Following Ideally Immediately after your Weight Workout)
- **Complete Racing Solutions (CRS) Bike: Even Tempo (70 Minutes)**
Misc. Notes: use this block of riding as an opportunity to loosen up your body from your weight workout. Speed is not important, only your intensity levels need to be your focus during this workout.
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces **COLD Energy Fuel** to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).
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 #1: 60 Minutes Even Tempo (HR Z2- NO Higher or Lower)
60 minutes with your cadence between 80-85; tallest gear combination that keeps you within **HR Z2**; challenge yourself to change up your pedal stroke: 12 to 6 or 3 to 9 or 6 to 12. This will activate all of your various muscles involved with turning the pedals. Since speed is not the focus, use the emphasis on pedal mechanics as your mental focus for maximum productivity.
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 (CRS) Row: Even Tempo (70 Minutes)**
Misc. Notes: use this block of rowing as an opportunity to loosen up your body from your weight workout. Pace is not important, only your intensity levels need to be your focus during this workout.
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#1: 60 Minutes Even Tempo (HR Z2)
Misc. Notes: even tempo pull keeping the chain tight along with your back and core; smooth transition from extension to recoil; breathe deep through your belly to keep your HR within your target numbers.
Load Level: 5 **Duration:** 50 Minutes **Pull Rate:** 25 -30
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
Choose one of the following for your afternoon workout
- **Complete Racing Solutions (CRS) Bike: Even Tempo with 5 Minute Intervals (55 Minutes)**

Misc. Notes: allow for a long aerobic tempo block prior to completing your 5-minute intervals; during your aerobic block pay close attention to your pedal mechanics to engage your quads, hamstrings, glutes and calves – the more they are firing as one unit, the more powerful and efficient you will be during your high intensity efforts.

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

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: 80-90 (no higher/lower) **Misc.:** stretch and hydrate before moving into your main set

Main Set #1: Even Tempo with standing intervals (15 Minutes)
Settle into the upper end of **HR Z2** and maintain for **4 minutes**; at the top of each 4 minutes, gear up two gears and pedal in a standing position for 1 minute (strive not to bottom out your pedal stroke on both sides). After 1 minute, sit back down and lighten your gearing to ensure that you stay **in HR Z2** and with minimum lactic acid in your quads.
Repeat the 5 Minute block 3 times for a total of 15 minutes

Main Set #2: Distance Blocks (2 X 5 Miles)
Elapsed Time to complete 5 Miles (HR Zone 3: No higher or lower)
Set Notes: with your cadence *between 80-85* cover five miles as efficiently as you can with optimized pedal mechanics and systematic breathing (keep you're breathing through your belly verses your chest). Move around on the seat throughout the entire interval to keep from loading up any one particular muscle group and prematurely fatiguing.
Rest = Half of your elapsed time

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 (CRS) Row: HR Duration Intervals (50 Minutes)**

Misc. Notes: with your up-to-date HR zones, complete 4 x 10 minutes within your **HR Z3**; smooth pulls without hyper-extending your knees and a tight core will minimize your risk of an injury so stay mentally focused on your form throughout the duration.

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

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:** 5 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

Main Set: HR Pacing Intervals (HR Z3 – no higher or lower)
Load Level: 5 **Duration:** 40 Minutes **Pull Rate:** 25 to 30
5 Minutes at high end of **HR Z3** (no rest right into the next intensity & duration block)
5 Minutes at low end of **HR Z3** (no rest right into the next intensity & duration block)
Repeat 4x = 40 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 **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
- **Evening Protocols**

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



Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) Combo Weight Workout – Phase 16 3 Second Challenges**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
 - Workout Notes:** you will generate HUGE levels of strength by lifting the weight slow both up and down over 3 seconds. The tendency is to rush moving the weight which allows momentum to move the weight verses your muscles. If you can get to 8 reps easy, then increase the weight by 2-3% for the next set. Remember what your focus is - generate strength so mentally embrace the challenge and come to the workout with a little Energy Fuel in your system to top off your sugar levels (for better performance).
 - Sets:** 3 **Speed of Lift:** fast off 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
- **Complete One of the Following Ideally Immediately after your Weight Workout**
- **Complete Racing Solutions (CRS) Bike: Even Tempo (60 Minutes)**
 - Misc. Notes:** use this block of riding as an opportunity to loosen up your body from your weight workout. Speed is not important, only your intensity levels need to be your focus during this workout.
 - Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).
 - 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 #1: 50 Minutes Even Tempo (HR Z2- NO Higher or Lower)**
50 minutes with your cadence between 80-85; tallest gear combination that keeps you within **HR Z2**; challenge yourself to change up your pedal stroke: 12 to 6 or 3 to 9 or 6 to 12. This will activate all of your various muscles involved with turning the pedals. Since speed is not the focus, use the emphasis on pedal mechanics as your mental focus for maximum productivity.
 - 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 (CRS) Row: Even Tempos (60 Minutes)**
 - Misc. Notes:** use this block of rowing as an opportunity to loosen up your body from your weight workout. Pace is not important, only your intensity levels need to be your focus during this workout.
 - Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).
 - 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#1: 50 Minutes Even Tempo (HR Z2)**
 - Misc. Notes:** even tempo pull keeping the chain tight along with your back and core; smooth transition from extension to recoil; breathe deep through your belly to keep your HR within your target numbers.
 - Load Level: 5** **Duration:** 40 Minutes **Pull Rate: 25 -30**
 - 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:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **Evening Protocols**
 - Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)
 - Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack/meal and your [evening supplements](#).



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
Choose one of the following for your afternoon workout

- **Complete Racing Solutions (CRS) Bike: Even Tempo with Hard Sprint Accelerations (1 Hour)**

[Note: if you are riding indoors, please cut the volume in half]

Workout notes: this workout consists of two main sets: an even tempo block and then a fragmented block that will include a high intensity effort spread over 1 minute. It will take a few intervals before you become comfortable with how to pace yourself to ensure that you are sprinting the last 10 seconds (no earlier). To maximize your productivity during set #2, you will need to maintain proper blood sugar levels so set your watch to audibly remind you every 15 minutes.

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

Warm up: HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 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 Performance Set #1:

15 Minutes Even Paced (HR Zone 2)

With the tallest gearing that you can hold while keeping your cadence between 85-90; briefly stand up (15 seconds) & move around on the seat as necessary to stretch your lower back and legs.

Main Performance Block: 35 minutes (HR Specific to each time block)

4 minutes (seated) HR Zone 2: with your cadence between 70-80; tallest gearing that you can hold for 4 minutes while keeping the chain tension tight (no clanking) and maintaining your 70-80 cadence range; at the end of the 4 minutes, prepare for your 1-minute acceleration interval.

1 minute (standing): before transitioning to a standing position, switch you're gearing/load levels to the hardest level possible. Over the course of 1 minute, accelerate until you are at **90-95% effort the last 10 seconds** (no sooner). At the 1-minute mark, reduce the load levels and settle back into your **4 minute/seated HR Zone 2** (no higher) effort.

Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into **HR Z1**

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

Post Workout Protocols

- **Flexibility:** 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

- **Complete Racing Solutions (CRS) Row: HR Intensity Blocks (1 Hour)**

Misc. Notes: have your HR Z3 numbers clearly seen to optimize your productivity during your five-minute blocks.

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

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: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

Main Set#1: 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

5 Minutes: Upper range (5 beats of your top number) of **HR Z2**

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

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

Repeat for a total of 30 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: Heart Rate Acceleration

Load Level: 6 **Pull Rate:** 25+

From HR Z1 – 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 15 minutes

Misc. Notes: lead with your legs and a tight core to distribute the load to your legs, back and your shoulders

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

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds



Saturday

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

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

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

Workout Notes: this workout adheres to the inverse principle between volume & intensity: when your volume is up (i.e. 15 minutes), your intensity levels will be reduced (80-85%) and when you take the volume down (i.e. 5 minutes), your intensity will be increased (90-95%). This type of workout will help “teach” your body how and when to adjust intensity levels for optimum performance results: faster and more consistent lap times. Additionally, this workout is going to teach your energy systems and brain to increase the speed at the end of the race verses slowing down – a difficult habit to break!

Post Workout Protocols

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

Misc. Notes: at this point in the week, your body should be eager to catch a few extra hours of sleep. Strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child doses off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won’t shut down long enough for a nap.

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

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

Workout Notes: you will generate HUGE levels of strength by lifting the weight slow both up and down over 3 seconds. The tendency is to rush moving the weight which allows momentum to move the weight verses your muscles. If you can get to 8 reps easy, then increase the weight by 2-3% for the next set. Remember what your focus is - generate strength so mentally embrace the challenge and come to the workout with a little Energy Fuel in your system to top off your sugar levels (for better performance).

Sets: 3

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

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

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



Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) MX: Aerobic Workout #1**

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

Workout Notes: this is one of my favorite workout blocks, staying aerobic for the entire duration and seeing how “fast” you can ride while staying within your 80-85% effort levels. Think about this, everyone can go faster by pushing the effort, but how many riders can go faster than everyone else while staying aerobic? When you teach yourself how to do this, you leave yourself some room to drop the hammer when/if necessary (create a gap on someone, pick the bike up and crank it if you fall, etc.). This is a great workout to teach yourself patience and intelligence about going fast and being able to sustain it.

Post Workout Protocols

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

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.
- **Choose ONE of the Following for your Afternoon Workout:**
- **Complete Racing Solutions (CRS) Bike: Even Tempo (60 Minutes)**

Misc. Notes: use this block of riding as an opportunity to loosen up your body from your weight workout. Speed is not important, only your intensity levels need to be your focus during this workout.

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

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 #1: 50 Minutes Even Tempo (HR Z2- NO Higher or Lower)

50 minutes with your cadence between 80-85; tallest gear combination that keeps you within **HR Z2**; challenge yourself to change up your pedal stroke: 12 to 6 or 3 to 9 or 6 to 12. This will activate all of your various muscles involved with turning the pedals. Since speed is not the focus, use the emphasis on pedal mechanics as your mental focus for maximum productivity.

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 (CRS) Row: Even Tempos (50 Minutes)**

Misc. Notes: use this block of rowing as an opportunity to loosen up your body from your weight workout. Pace is not important, only your intensity levels need to be your focus during this workout.

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

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#1: 40 Minutes Even Tempo (HR Z2)

Misc. Notes: even tempo pull keeping the chain tight along with your back and core; smooth transition from extension to recoil; breathe deep through your belly to keep your HR within your target numbers.

Load Level: 5 Duration: 40 Minutes **Pull Rate:** 25 -30

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

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

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



Complete Racing Solutions (CRS) MX Speed Workout #1		Workout Focus: Aerobic Enhancement & Speed					Total Duration: 60 Minutes		
		Description							Intensity
Warm Up		Set Focus: Gradual Warm Up							
		Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Rehydrate with Energy Fuel							Less Than 50%
Main Set #1		Set Focus: Perfect Execution of Pre-Race Routine and Starts							Intensity
Workout Protocol:		Complete 10 starts with your emphasis being on transitioning from over the gate to shifting up and pulling back on the bars for a deeper hook up of the rear wheel.							Too Short To Evaluate
Elapsed Times:		Interval 1:	Interval 2:	Interval 3:	Interval 4:	Interval 5:			
Elapsed Times:		Interval 6:	Interval 7:	Interval 8:	Interval 9:	Interval 10:			
Performance Recap:		Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:			
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel							
Main Set #2		Set Focus: Aerobic Enhancement							Intensity
Workout Protocol:		Your goal is to stay aerobic (based on your actual heart rate) for the first 10 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 5 minutes							80-85%
Performance Recap:		Moto Specific Heart Rate Zone - Low # High #							
Performance Recap:		15 Minutes Aerobic:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	
Performance Recap:		5 Minutes at Sprint Effort:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel							
Main Set #3		Set Focus: Aerobic Enhancement							Intensity
Workout Protocol:		Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing							80-85%
Performance Recap:		Moto Specific Heart Rate Zone - Low # High #							
Performance Recap:		15 Minutes Aerobic:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	
Performance Recap:		5 Minutes at Sprint Effort:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel							
Main Set #4		Set Focus: Aerobic Enhancement							Intensity
Workout Protocol:		Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing							80-85%
Performance Recap:		Moto Specific Heart Rate Zone - Low # High #							
Performance Recap:		15 Minutes Aerobic:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	
Performance Recap:		5 Minutes at Sprint Effort:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel							
		Pre-Riding Weight:			Post-Riding Weight:				
		Total Fluids Consumed:			Loss/Gain				



Complete Racing Solutions (CRS) Aerobic MX Workout #1							Workout Focus: Holding Aerobic Pace as Duration Increases							Workout Duration: 90 Minutes						
		Description																		
		Focus: Gradual Warm Up																		
Warm Up		Set Focus: generate blood flow into all the working muscles														Intensity				
Workout Protocol:		Instructional Video on how to set up the Concept 2 Rower 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 / Rehydrate with Energy Fuel														Less Than 40%				
Main Set #1		Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)														Intensity				
Protocols:		Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) 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%				
		Fastest Lap Time:		Slowest Lap Time:		Average Lap Pace:														
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel																		
Main Set #2		Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)														Intensity				
Protocols:		Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)																		
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%				
		Fastest Lap Time:		Slowest Lap Time:		Average Lap Pace:														
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel																		
Main Set #3		Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)														Intensity				
Protocols:		Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)																		
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%				
		Fastest Lap Time:		Slowest Lap Time:		Average Lap Pace:														
		Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel																		
Warm Down		10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)														40%				
		Pre-Riding Weight:				Post-Riding Weight:														
		Total Fluids Consumed:				Loss/Gain														

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 (Moderate)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Sit Ups on Fit Ball with Weight			
Instructional Video: Abdominal Crunch on Fit Ball			
Weight (Moderate)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Pike Position - Step Left and Right			
Instructional Video: Pike Position-Step Left & Right			
Complete for 40 seconds			
Complete for 40 seconds			
Complete for 40 seconds			
CYCLE TWO	Date	Date	Date
3 Second Bicep Curls - 14's			
Instructional Video: Bicep Curls-14's			
Weight (Moderate)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
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 Triceps Kickbacks			
Instructional Video: Triceps Kickbacks			
Weight (Moderate)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			

Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			

CYCLE 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 (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
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 (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE FOUR	Date	Date	Date
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 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)			