



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 16
10 Weeks
3/10
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 long term improvement in your health, wellness and ultimately your performance is to improve something every day by 1%. We have discussed this together previously, but what makes this concept so powerful now is the fact that you have a foundation that makes your 1% improvement that much more powerful. The bigger the base of accomplishment, the more momentum you will gain – especially when you are void of injury or illness. Remember that the muscles, tendons, ligaments, and blood chemistry are a result of what you eat and drink over the next six months – the amount of time to completely replace your body. Plan with your eating: purchasing, prepping, and actually consuming the food that is high in vitamins, minerals and clean protein sources.
- **Post Evening Shower 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 a whey protein smoothie

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 workout is all about consistency with a twist. It is easier to set your pace with a 2-lap moto and then "match" the pace as the duration increases; however, during this workout, we are going to approach it completely differently. Set a goal pace in your head and maintain this pace for your **5 lap intervals**. Then evaluate if you are holding that same pace or faster as the durations reduce from 5 laps to 3 laps to 2 laps by the end of the set. If you are able to establish a faster speed by Set #3, then repeat the workout again and strive to maintain the 2-lap speed for the 5 lap & 3 lap motos. Because the intensity is so high, maintaining stable blood sugar levels will ensure that your brain and muscles "elevate" to the next level of speed.
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 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: 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
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](#).



Wednesday

- **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: Load Level Intervals (55 Minutes)**

Misc. Notes: throughout these 5-minute blocks, focus on the generation of power (not speed or pace). Focus on your belly breathing to help stay within the desired intensity levels. The principles that you are applying here is called the Overload & Familiarity Principles. By overloading the tendons, ligaments, and muscles they will literally “adapt” to the load at a neuromuscular level. The outcome will be a higher level of power with less effort. By repeating the load levels over the course of **50 minutes** will result in your nerves and muscles becoming “familiar” with the workload without creating mental noise.

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: 10 minutes

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-90 (no higher/lower)

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

Main Set: Intensity Based Intervals: 8 x 5 Minutes

In a seated position – push the tallest gear combination at 50-60 RPM’s while staying in **HR Z2** (no higher) for 3 minutes
Lighten the load levels and spin easy for 2 minutes – stretch and hydrate as necessary

Repeat the 5 Minute blocks 8 times for a total of 40 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**

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 Row: Fragmented Intervals (55 Minutes)**

Misc. Notes: please reference the workout notes from above.

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: 10 Minutes

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Intensity Based Intervals: 8 x 5 Minutes

Load Level: 7

Duration: 5 Minutes

Pull Rate: less than 20-25

Settle into the upper end of **HR Z2** and maintain for **3 minutes**

After 3 minutes; decrease the **load levels to 3** and pull easy for **2 minutes** – stretch and hydrate as necessary

Increase your intensity up to upper end of **HR Z3** & maintain for 5 minutes (focus on your breathing to stay within **HRZ3**)

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](#).



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: during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you must implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as 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:** 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 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: 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)

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](#).

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

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

Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete Racing Solutions Bike: Even Tempo - Aerobic Enhancement (90' to 2 Hours)**

Misc. Notes: relaxed ride with no agenda but to head outdoors and work on optimized pedal mechanics; as the elevation changes or as the head winds pick up think about pedaling in full circles before adjusting your gearing to an easier load level. As you are seated, slide back when the ground goes up or the head winds pick up. Set your watch to ensure that you stay hydrated and stretched out.

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

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

Main Performance Block: 1:15 to 1:45 minutes (HR Zone 2)

Set Notes: with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. Hydrate with [Energy Fuel](#) to maintain your blood sugar & energy levels.

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 Row: Even Tempo – Aerobic Enhancement (70 Minutes)**

Misc. Notes: this workout is designed to enhance your aerobic capacity so pay close attention to your HR monitor to ensure that you don't elevate your intensity **above HR Z2**. Pay close attention to good form to ensure that you don't strain your back.

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

Display: Time **Load Level: 3**

Duration: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

Main Performance Block: 1:15 to 1:45 minutes (HR Zone 2)

Display: Time **Load Level: 5** **Pull Rate: 25-30 staying within HR Z2 (no higher or lower)**



Set Notes: with your pull rate between 25-30, settle into a consistent rhythm. Focus on good biomechanics: leading with your legs, tall upper body position and keeping the chain tight in both directions. Hydrate with [Energy Fuel](#) to maintain your blood sugar & energy levels.

Cool Down-HR Zone 1

Load Level: 3 **Duration:** 5 minutes **Pull Rate:** less than 25 **Stretch from head to toe**

Cadence: 85-90

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

▪ Evening Protocols

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

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

Saturday

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

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

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

Workout Notes: this workout is all about consistency with a twist. It is easier to set your pace with a 2-lap moto and then "match" the pace as the duration increases; however, during this workout, we are going to approach it completely differently. Set a goal pace in your head and maintain this pace for your **5 lap intervals**. Then evaluate if you are holding that same pace or faster as the durations reduce from 5 laps to 3 laps to 2 laps by the end of the set. If you are able to establish a faster speed by Set #3, then repeat the workout again and strive to maintain the 2-lap speed for the 5 lap & 3 lap motos. Because the intensity is so high, maintaining stable blood sugar levels will ensure that your brain and muscles "elevate" to the next level of speed.

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 Power Nap after lunch**

Misc. Notes: think about this nap as a short cut to the top! The extra two hours of rest and recovery will ensure that your body is getting the necessary hGH (human growth hormone) along with a time to simply relax: mentally and physically. You have earned this extra dose of sleep, so take full advantage of it.

- **(Evening 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: 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

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 MX: Aerobic Workout #1**

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

Workout Notes: during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you must implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as 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:** 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

(Afternoon Workout – No Nap, No Evening Ride) Choose One of the Following:

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

Misc. Notes: for this workout you will need to know your HR Z3 numbers (high and low specific number).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces **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: Heart Rate Pacing Blocks: 50 Minutes

Settle into the low end of **HR Z3** and maintain for **6 minutes**

After 6 minutes increase your intensity to the high end of **HR Z3** and maintain for **4 minutes**.

After 4 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

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

Duration: 5 minutes

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

Cadence: 85-90

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

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

Misc. Notes: for this workout you will need to know your HR Z3 numbers (high and low specific number).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces **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: Heart Rate Pacing Blocks: 50 Minutes

Settle into the low end of **HR Z3** and maintain for **6 minutes**

After 6 minutes increase your intensity to the high end of **HR Z3** and maintain for **4 minutes**.

After 4 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2

Distance: 5 Minutes

Pull Rate: less than 25

[Stretch from head to toe](#)

Post Workout Protocols

- **Flexibility:** 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](#).

P16 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)			

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 Racing Solutions MX Speed Workout #1	Workout Focus: Consistent Race Speed	Total Ride Time: 60 Minutes
	Description	
Warm Up	Set Focus: Gradual Warm Up	Intensity
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 50%
Main Set #1	Focus: Smooth start and fast five (5) laps	Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High #	90-95%
Elapsed Times:	5 Lap Elapsed Time Interval #1: Fastest Lap: Max HR:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Elapsed Times:	5 Lap Elapsed Time Interval #1: Fastest Lap: Max HR:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Focus: Smooth start and fast three (3) laps	Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #	90-95%
Elapsed Times:	3 Lap Elapsed Time Interval #1: Fastest Lap: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Elapsed Times:	3 Lap Elapsed Time Interval #1: Fastest Lap: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Focus: Smooth start and fast two (2) laps	Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #	90-95%
Elapsed Times:	2 Lap Elapsed Time Interval #1: Fastest Lap: Max HR:	
	Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Elapsed Times:	2 Lap Elapsed Time Interval #1: Fastest Lap: Max HR:	
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain

Workout Notes: this workout is all about consistency with a twist. It is easier to set your pace with a 2-lap moto and then "match" the pace as the duration increases; however, during this workout, we are going to approach it completely differently. Set a goal pace in your head and maintain this pace for your **5 lap intervals**. Then evaluate if you are holding that same pace or faster as the durations reduce from 5 laps to 3 laps to 2 laps by the end of the set. If you are able to establish a faster speed by Set #3, then repeat the workout again and strive to maintain the 2-lap speed for the 5 lap & 3 lap moto. Because the intensity is so high, maintaining stable blood sugar levels will ensure that your brain and muscles "elevate" to the next level of speed.



Complete Racing Solutions Aerobic MX Workout #1		Workout Focus: Holding Aerobic Pace as Duration Decreases	
	Description	Intensity	
Warm Up	Set Focus: generate blood flow into all the working muscles		
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	Less Than 40%	
Main Set #1	Set Focus: Moving the bike with your core	Intensity Very Relaxed	
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over Rest For 5 Minutes - Stretch from head to toe / 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 ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%	
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%	
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Set Focus: Muscular Endurance	Intensity	
	** Strive to maintain the same pace as Set #2 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%	
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%	
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #4	Set Focus: Muscular Endurance & Speed	Intensity	
	10 Minute Moto - Negative Split 2nd Half of Moto		
	Moto Specific Heart Rate Zone - Low # High #		
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%	
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #5	Set Focus: Body Balance	Intensity Very Relaxed	
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		
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):