

TRAINING PROTOCOL

# PHASE 1








## WEEK 2 OF 6

DEVELOP MAXIMUM STRENGTH & IMPROVE AEROBIC BASE

PROGRAM <b>Fulltime</b>	PHASE <b>1</b>	WEEK <b>2 of 6</b>	FOCUS <b>Strength + Aerobic</b>
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This week shifts from testing into **building** – two MX speed workouts, two MX aerobic workouts, combo weight sessions on Wednesday and Sunday evenings, and structured bike and rower intervals on Thursday. The goal is to develop maximum strength while simultaneously expanding your aerobic base.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest</b>	<b>MX + Bike</b>	<b>MX + Weights</b>	<b>Rower + Bike</b>	<b>MX + Bike</b>	<b>MX + Nap + Bike</b>	<b>MX + Weights</b>
Recovery Sodium Spotlight	Speed #1 AM Even Tempo PM	Aerobic #1 AM Combo Weights PM	HR Intervals AM HR Ladder PM	Speed #2 AM Fragmented Pacing PM	Aerobic #2 AM Nap + Even Tempo PM	Aerobic Choice AM Nap + Combo Weights PM

TRAINING INTENSITY GUIDE

**● HR Zone 2 or Below – Blue Workouts**

Builds your aerobic engine. Burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout.

**● HR Zone 3+ – Red Workouts**

High-intensity effort. Used for speed intervals, strength circuits, and lactate threshold work. Breathing is labored; conversation is difficult.



# MONDAY

Complete Rest Day – Body Analysis & Recovery

RECOVERY

Today is a complete rest day. Log your body analysis data in your Coach Robb Body Analysis Spreadsheet. Use this day to recover fully – hydrate, eat well, and prepare mentally for the training week ahead.

## EVENING PROTOCOLS

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep – breathe through a straw with nose closed. ▶ [Watch](#)

## NUTRITION SPOTLIGHT: SODIUM & HYDRATION

### • Why Sodium Matters for Performance

**3-5.5g**

Sodium lost per hour (intensity, temp & humidity)

**3-4g**

Sodium preload 12-24 hrs before hard workouts or races

**800-1,500mg**

Sodium per hour during training or racing

Research reviewed by sports dietician Bob Seebohar – 8 peer-reviewed articles + world-class athlete consultation (Joanna Zeiger). Low sodium symptoms: dizziness, nausea, vomiting, throbbing headache, swollen hands, bloated stomach. High sodium diets can blunt or reverse expected decrease in sweat sodium during heat acclimatization. **Energy Fuel** provides 160mg sodium per serving.



## TUESDAY

Morning: MX Speed Workout #1 – Afternoon: Bike Even Tempo or Ski/Rower Intervals + Core

MX + BIKE AM

### MORNING: MX SPEED WORKOUT #1

The first set of this workout activates your metabolic systems so that your sprint efforts are faster and more consistent from Set #2-#4. Focus on optimized throttle control out of the corners and landing the backsides for maximum tire hook up. Maintain proper blood sugar levels to ensure your eye-hand coordination is optimized.

**[Refer to MX Speed Workout #1 spreadsheet – see page 8]**

### POST-WORKOUT PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Lower leg trigger point series. ▶ [Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

### AFTERNOON OPTION A – BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (60 MIN)

The key to this workout is making sure you stay within HR Zone 2 (no higher). This teaches your body to spare sugar and burn stored body fat for energy – making you leaner and improving your VO2 Max.

▲ **PRE-WORKOUT:** Consume 8-10 oz of ice cold Energy Fuel 10-15 min prior.

#### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80-85 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear  
**Misc:** Stretch and hydrate before moving into main set

#### MAIN BLOCK – 45 MIN (HR ZONE 2)

**Cadence:** 75-85 (tallest gear, chain tension tight)  
**Every 10 min:** Stand up and stretch hamstrings, quads, calves, lower back

#### WARM DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70-80 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear  
**Misc:** Stretch lower back, calves and quads prior to dismounting

– OR –

### AFTERNOON OPTION B – SKI ERG/ROWER: HR INTENSITY BLOCKS (6,000 METERS)

This workout acclimates your body to staying comfortable while working at a high level of intensity. Focus on diaphragmatic breathing through your stomach and then your chest. Lead with your legs for maximum power output and optimized endurance.

▲ **PRE-WORKOUT:** Consume 8-10 oz of ice cold Energy Fuel 10-15 min prior.

### WARM-UP (HR ZONE 1)

**Distance:** 500m  
**Load Level:** 3 | Pull Rate: 20-25  
**Misc:** Stretch from head to toe

### MAIN SET (HR ZONE 3)

**Set #1:** 500m picking up pace every 100m up to HR Z3 – Repeat 5x | Load Level: 5, Pull Rate: 25-35  
**Transition:** 500m HR Z2 – stretch & rehydrate  
**Set #2:** 2 x 500m @ HR Z3 + 500m Active Recovery HR Z2 | Load Level: 5, Pull Rate: 25+

### COOL DOWN (HR ZONE 1)

**Distance:** 500m  
**Load Level:** 3 | Pull Rate: <25  
**Misc:** Stretch from head to toe

#### ► Core & Lower Back Work (immediately following bike or ski/rower workout)

Complete each exercise for **30 seconds**; rest interval is **30 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

- [¾ Sit Up](#)    ► [Ab Criss Cross](#)    ► [Open Abdominals](#)    ► [Ab & Hip Risers](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- **Flexibility:** Lower leg trigger point series. ► [Playlist](#)
- **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

### EVENING

- **Nutrition:** 8 oz **Energy Fuel** to top off electrolytes and hydration.
- **Foam Roller & Trigger Point Therapy:** Soften muscle and connective tissue. ► [Watch](#)
- **Diaphragmatic Breathing:** 10 min before sleep, nose closed. ► [Watch](#)



# WEDNESDAY

MX AM · WEIGHTS PM

Morning: MX Aerobic Workout #1 – Evening: Combo Weight Workout P1 Timed Challenges (30 sec)

**Morning MX:** Stay aerobic for the entire duration at 80–85% effort. Everyone can go faster by pushing effort, but how many can go faster than everyone else while staying aerobic? This teaches patience and intelligence – go fast and sustain it. [\[Refer to MX Aerobic Workout #1 spreadsheet – see page 10\]](#) | **Evening Weights:** Exercises are combined so that you hit all muscles as a functional unit. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

▲ **POST-MX:** Flexibility – lower leg trigger point series [▶ Playlist](#) | Nutrition: 2 scoops Recovery Fuel

▲ **PRE-WEIGHTS:** Consume 8–10 oz of ice cold Energy Fuel 10–15 min prior to evening workout.

SETS  
2

REPETITIONS  
Max in 30 sec

SPEED OF LIFT  
Quick & Smooth

REST (BETWEEN EXERCISES)  
None

REST (BETWEEN CYCLES)  
1 Minute

EXERCISE	SETS × REPS	COACHING NOTES	VIDEO
<b>CYCLE ONE</b>			
Pike – Push Up – Pike	2 × 30 sec	As many as you can complete in 30 sec onds with proper form	<a href="#">▶ Pike-Push Up-Pike</a>
Isolated Leg & Frankenstein’s on Bench	2 × 30 sec	Set 1: Heavy but manageable. Set 2: Slightly h eavier, strive to match Set #1	<a href="#">▶ Isolated Leg on Ben ch</a>
<b>CYCLE TWO</b>			
Air Squats	2 × 30 sec	Heavy but manageable. Set 2: Slightly h eavier, strive to match Set #1	<a href="#">▶ Air Squats</a>
Hamstring Press-Extension on Fit Ball	2 × 30 sec	As many as you can complete in 30 sec onds, hold good form	<a href="#">▶ Hamstring Press with Extension</a>
<b>CYCLE THREE</b>			
Overhead Extension-Triceps Press	2 × 30 sec	<b>Not Fast – Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Overhead Extension-Triceps Press</a>

Step Up & Calf Raises (no weight)	2 × 30 sec	As many as you can complete in 30 seconds with proper form	<a href="#">▶ Step Up &amp; Calf Raise</a>
<b>CYCLE FOUR</b>			
Lat Drop-Triceps Press on Fit Ball	2 × 30 sec	<b>Slow with Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Lat Pull Over-Triceps Extension</a>
Individual Chest Press on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Individual Chest Press on Fit Ball</a>
<b>CYCLE FIVE</b>			
Incline Press on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Incline Press on Fit Ball</a>
Rear Deltoid	2 × 6–8	<b>Light weight – easy muscle to tear.</b> Perfect form, no momentum. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Rear Deltoid</a>
<b>CYCLE SIX</b>			
Chest Fly with Deep Pause on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Chest Fly with Deep Pause on Fit Ball</a>
Side Skaters	2 × 30 sec	Good form, land lightly. Set 2: Good form, land lightly, strive to surpass Set #1	<a href="#">▶ Side Skaters (Inner Thigh)</a>
<b>CYCLE SEVEN – ABS</b>			
Abs: Knees to Chest	2 × 30 sec	As many as you can complete in 30 seconds	<a href="#">▶ Hanging Knees to Chest</a>
Abs: Open Rotation	2 × 30 sec	As many as you can complete in 30 seconds – per side	<a href="#">▶ Abs-Open Rotation</a>
Abs: Hip Risers	2 × 30 sec	As many as you can complete in 30 seconds – per side	<a href="#">▶ Hip Risers</a>
<b>10 Min Bike Intervals</b> (immediately after weights)		Warm up 2 min easy (light load); increase to moderate. Then 5 × (1 min @ HR Z3 + 1 min rest interval).	

#### POST-WORKOUT

- ▶ **Flexibility:** Lower leg trigger point series. [▶ Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

#### EVENING

- ▶ **Nutrition:** 8 oz **Energy Fuel** to top off electrolytes and hydration.
- ▶ **Foam Roller & Trigger Point Therapy.** [▶ Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep, nose closed. [▶ Watch](#)



# THURSDAY

Morning: Choose One – Ski Erg/Rower HR Intervals (50 min) OR Bike HR Ladder Blocks (90 min) – then Core

CHOOSE ONE · AM

## MORNING OPTION A – SKI ERG/ROWER: HR POWER INTERVALS (50 MINUTES)

These power blocks are all about creating power! The first couple of intervals will be more difficult mentally than physically. The interesting aspect of power is that the generation of power is a combination of the nervous system and the muscles working in unison together – once this combination is activated, the generation of power becomes "easier." Be patient and mentally focused on your form to avoid any potential injury.

▲ **PRE-WORKOUT:** Consume 8–10 oz of ice cold Energy Fuel 10–15 min prior.

### WARM-UP (HR ZONE 1) – 10 MIN

**Load Level:** 3 | Pull Rate: <25

**Focus:** Straight back, lead with legs, finish with arms to chest

**Misc:** Stretch from head to toe

### MAIN SET – HR POWER INTERVALS (30 MIN)

**Load Level:** 8 | Pull Rate: 25+

**Protocol:** 1 min holding fastest sustainable pace (be aggressive!) + 2 min easy effort (keep moving, good form)

**Repeat:** 10x = 30 minutes total

### COOL DOWN (HR ZONE 1) – 10 MIN

**Load Level:** 2 | Pull Rate: <25

**Focus:** Straight back, lead with legs, finish with arms to chest

**Misc:** Stretch from head to toe

– OR –

## MORNING OPTION B – BIKE: HEART RATE LADDER BLOCKS (90 MINUTES)

For this workout you will need to know your HR Zone 2 numbers (high and low specific number). Increase your effort until you hit your top number at the top of HR Zone 3; once you hit this number, slow down until your HR hits the lowest number in Zone 3; re-accelerate back up to the top of HR Zone 3. Repeat this cycle for 65 minutes.

▲ **PRE-WORKOUT:** Consume 8–10 oz of ice cold Energy Fuel 10–15 min prior.

### WARM-UP (HR ZONE 1) – 10 MIN

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

**Misc:** Stretch and hydrate before main set

### MAIN SET – HR LADDER BLOCKS (HR ZONE 3): 65 MIN

**Cadence:** 85–95 with optimized pedal mechanics

**Every 15 min:** Stand up and stretch hamstrings, quads, calves, lower back; hydrate

**Protocol:** Increase effort to top of HR Z3 → slow to bottom of Z3 → re-accelerate; repeat cycle

### COOL DOWN (HR ZONE 1) – 5 MIN

**Cadence:** 85–90

**Gearing:** Easiest combination to get into HR Z1

**Misc:** Do not dismount until HR is within HR Z1

▶ **Core & Lower Back Work (immediately following bike or ski/rower workout)**

Complete each exercise for **40 seconds**; rest interval is **20 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

- ▶ [Ab Pike on Fit Ball](#) ▶ [Fit Ball Knee Roll & Push Up](#) ▶ [Pike & Push Ups on Fit Ball](#) ▶ [Ab Crunch on Fit Ball](#)

**POST-WORKOUT & EVENING PROTOCOLS**

**POST-WORKOUT**

- ▶ **Flexibility:** Lower leg trigger point series. ▶ [Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

**EVENING**

- ▶ **Nutrition:** 8 oz **Energy Fuel** to top off electrolytes and hydration.
- ▶ **Foam Roller & Trigger Point Therapy.** ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep, nose closed. ▶ [Watch](#)



## FRIDAY

MX + BIKE PM

Morning: MX Speed Workout #2 – Evening: Bike Fragmented Pacing or Ski/Rower (9,000m) + Core

### MORNING: MX SPEED WORKOUT #2

Remember that this workout is called "practice" for a reason. Practice is all about "teaching" your body what to do in a pro-active manner (in both good and bad situations). Come into this workout realizing that you are going to be generating a high level of lactic acid and will be quite uncomfortable – mentally offset this with strong mental focus and clarity. During your rest interval, consume 6–8 oz of Energy Fuel to maintain your muscle and blood sugar levels. [Refer to MX Speed Workout #2 spreadsheet – see page 9]

### POST-WORKOUT PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Lower leg trigger point series. ▶ [Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

### EVENING OPTION A – BIKE: FRAGMENTED PACING INTERVAL BLOCKS (90 MIN)

This workout requires patience and a sharp mental focus; as the time transpires, your speed will increase up to an all-out sprint. Begin with the mental set that you are going to find your point of fatigue – this is ok. As you begin to experience "fatigue," focus on optimized pedal mechanics and deep breathing to provide your working muscles the much-needed oxygen. Stretch and hydrate as needed during each even paced cycle. **Note: if riding indoors, cut the volume in half.**

▲ **PRE-WORKOUT:** Consume 8–10 oz of ice cold Energy Fuel 10–15 min prior.

#### WARM-UP – 10 MIN (HR ZONE 2 OR LESS)

**Duration:** 5 min (no shorter)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

#### MAIN BLOCK – REPEAT FOR 90 MIN

**5 min:** Even Paced (HR Zone 2) – tallest gear, cadence 80–85

**4 min:** High Speed Effort (HR Zone 3) – optimized pedal mechanics, spin tallest gear in HR Z3

**1 min:** Acceleration to sprint – from HR Z3, accelerate out of saddle; goal: achieve HR Zone 4 by end

#### COOL DOWN – 10 MIN (HR ZONE 2 OR LESS)

**Duration:** 5 min (no shorter)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

– OR –

### EVENING OPTION B – SKI ERG/ROWER: HR INTENSITY INTERVALS (9,000 METERS)

This workout generates high levels of lactic acid towards the end of the workout (just like a race). Maximize your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Zone 4.

▲ **PRE-WORKOUT:** Consume 8–10 oz of ice cold **Energy Fuel** 10–15 min prior.

#### WARM-UP (HR ZONE 1)

**Distance:** 1,000m

**Load Level:** 3 | Pull Rate: 20–25

**Misc:** Stretch from head to toe

#### MAIN SETS (HR ZONE 3)

**Set #1:** 3 × (500m @ HR Z3 + 500m Active Recovery) | Load Level: 5, Pull Rate: 25–35

**Transition:** 1,000m HR Z2 (stretch & rehydrate)

**Set #2:** 3 × (500m @ HR Z3, get there quickly + 500m Active Recovery) | Load Level: 5, Pull Rate: 25–35

#### COOL DOWN (HR ZONE 1)

**Distance:** 1,000m

**Load Level:** 3 | Pull Rate: <25

**Misc:** Stretch from head to toe

#### ► **Core & Lower Back Work (immediately following bike or ski/rower workout)**

Complete each exercise for **30 seconds**; rest interval is **30 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

► [¾ Sit Up](#)

► [Ab Criss Cross](#)

► [Open Abdominals](#)

► [Ab & Hip Risers](#)

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- **Flexibility:** Lower leg trigger point series. ► [Playlist](#)
- **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

#### EVENING

- **Nutrition:** 8 oz **Energy Fuel** to top off electrolytes and hydration.
- **Foam Roller & Trigger Point Therapy.** ► [Watch](#)
- **Diaphragmatic Breathing:** 10 min before sleep, nose closed. ► [Watch](#)



# SATURDAY

Morning: MX Aerobic Workout #2 – Nap – Evening: Bike Even Tempo (60 min) + Core

MX AM · NAP · BIKE PM

## MORNING: MX AEROBIC WORKOUT #2

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 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! [\[Refer to MX Aerobic Workout #2 spreadsheet – see page 11\]](#)

## POST-WORKOUT PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Lower leg trigger point series. ▶ [Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

### zZz 2-Hour Nap After Mid-Day Meal

At this point in the week, your body should be eager to catch a few extra hours of sleep. Set your personal schedule so that you can take a nap within 30 minutes of finishing your high-quality lunch/snack. Think about an infant – once fed, the child does off immediately – 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, notify your coach so we can determine why your body won't shut down long enough for a nap.

## EVENING: BIKE EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

The key to this workout is making sure you stay within HR Zone 2 (no higher). This teaches your body to spare sugar and burn stored body fat for energy – making you leaner and improving your VO2 Max.

▲ **PRE-WORKOUT:** Consume 8–10 oz of ice cold Energy Fuel 10–15 min prior.

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear  
**Misc:** Stretch and hydrate before moving into main set

### MAIN BLOCK – 45 MIN (HR ZONE 2)

**Cadence:** 75–85 (tallest gear, chain tension tight)  
**Every 10 min:** Stand up and stretch hamstrings, quads, calves, lower back

### WARM DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear  
**Misc:** Stretch lower back, calves and quads prior to dismounting

▶ **Core & Lower Back Work (immediately following bike workout)**

Complete each exercise for **30 seconds**; rest interval is **30 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

- ▶ [¾ Sit Up](#) ▶ [Ab Criss Cross](#) ▶ [Open Abdominals](#) ▶ [Ab & Hip Risers](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Lower leg trigger point series. ▶ [Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

### EVENING

- ▶ **Nutrition:** 8 oz **Energy Fuel** to top off electrolytes and hydration.
- ▶ **Foam Roller & Trigger Point Therapy.** ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep, nose closed. ▶ [Watch](#)



# SUNDAY

MX AM · NAP · WEIGHTS PM

Morning: MX Aerobic Choice – 2-Hour Nap After Mid-Day Meal – Evening: Combo Weight Workout P1 Timed Challenges

**Morning MX:** Choose either of the aerobic MX workouts from earlier in the week. If logistically possible, ride at the same location and time and strive to be smoother EVERY LAP. | **Nap:** Once you wake 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 penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching. | **Evening Weights:** Same combo weight workout as Wednesday. Focus on improving your reps and form from earlier in the week.

▲ **POST-MX:** Flexibility – lower leg trigger point series ► [Playlist](#) | Nutrition: 2 scoops Recovery Fuel

▲ **PRE-WEIGHTS:** Consume 8–10 oz of ice cold Energy Fuel 10–15 min prior to evening workout.

SETS  
2

REPETITIONS  
Max in 30 sec

SPEED OF LIFT  
Quick & Smooth

REST (BETWEEN EXERCISES)  
None

REST (BETWEEN CYCLES)  
1 Minute

EXERCISE	SETS × REPS	COACHING NOTES	VIDEO
<b>CYCLE ONE</b>			
Pike – Push Up – Pike	2 × 30 sec	As many as you can complete in 30 seconds with proper form	► <a href="#">Pike-Push Up-Pike</a>
Isolated Leg & Frankenstein’s on Bench	2 × 30 sec	Set 1: Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	► <a href="#">Isolated Leg on Bench</a>
<b>CYCLE TWO</b>			
Air Squats	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	► <a href="#">Air Squats</a>
Hamstring Press–Extension on Fit Ball	2 × 30 sec	As many as you can complete in 30 seconds, hold good form	► <a href="#">Hamstring Press with Extension</a>
<b>CYCLE THREE</b>			
Overhead Extension–Triceps Press	2 × 30 sec	<b>Not Fast – Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	► <a href="#">Overhead Extension-Triceps Press</a>
Step Up & Calf Raises (no weight)	2 × 30 sec		► <a href="#">Step Up &amp; Calf Raise</a>

		As many as you can complete in 30 seconds with proper form	
<b>CYCLE FOUR</b>			
Lat Drop-Triceps Press on Fit Ball	2 × 30 sec	<b>Slow with Good Form.</b> Heavy but manageable. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Lat Pull Over-Triceps Extension</a>
Individual Chest Press on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Individual Chest Press on Fit Ball</a>
<b>CYCLE FIVE</b>			
Incline Press on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Incline Press on Fit Ball</a>
Rear Deltoid	2 × 6-8	<b>Light weight – easy muscle to tear.</b> Perfect form, no momentum. Set 2: Slightly heavier, match Set #1	<a href="#">▶ Rear Deltoid</a>
<b>CYCLE SIX</b>			
Chest Fly with Deep Pause on Fit Ball	2 × 30 sec	Heavy but manageable. Set 2: Slightly heavier, strive to match Set #1	<a href="#">▶ Chest Fly with Deep Pause on Fit Ball</a>
Side Skaters	2 × 30 sec	Good form, land lightly. Set 2: Good form, land lightly, strive to surpass Set #1	<a href="#">▶ Side Skaters (Inner Thigh)</a>
<b>CYCLE SEVEN – ABS</b>			
Abs: Knees to Chest	2 × 30 sec	As many as you can complete in 30 seconds	<a href="#">▶ Hanging Knees to Chest</a>
Abs: Open Rotation	2 × 30 sec	As many as you can complete in 30 seconds – per side	<a href="#">▶ Abs-Open Rotation</a>
Abs: Hip Risers	2 × 30 sec	As many as you can complete in 30 seconds – per side	<a href="#">▶ Hip Risers</a>

#### POST-WORKOUT

- ▶ **Flexibility:** Lower leg trigger point series. [▶ Playlist](#)
- ▶ **Nutrition:** Post recovery smoothie with 2 scoops **Recovery Fuel**.

#### EVENING

- ▶ **Nutrition:** 8 oz **Energy Fuel** to top off electrolytes and hydration.
- ▶ **Foam Roller & Trigger Point Therapy.** [▶ Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep, nose closed. [▶ Watch](#)



# MX SPEED WORKOUT #1

Workout Focus: Top End Speed – Total Ride Time: 2 Hours

SPEED · TUESDAY AM

SET	DESCRIPTION & WORKOUT PROTOCOL	PERFORMANCE RECAP
Warm-Up	<p><b>Set Focus: Gradual Warm Up</b> 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.</p>	<p>LESS THAN 50%</p>
Main Set #1	<p><b>Set Focus: Hold Consistent Times At An Aerobic Effort</b> 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 HR Zone: Low # _____ High # _____</p> <p>Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____                      _____                      Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____                      _____</p> <p>Rest For 20 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p>Fastest Lap: _____ Avg Lap Pace: _____ Avg Heart Rate: _____</p> <p>80-85%</p>
Main Set #2	<p><b>Set Focus: Opening Lap Speed</b> Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc. Rest Interval: Same amount of time it takes to complete the 4 lap interval</p> <p>Round 1: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____                      Round 2: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____                      Round 3: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p>	<p>Fastest Lap: _____ Avg Lap Pace: _____ Avg Heart Rate: _____</p> <p>90-95%</p>
Main Set #3	<p><b>Set Focus: Consistency</b> Strive to maintain your momentum everywhere and land the backsides of all the jumps. Rest Interval: Same amount of time it takes to complete the 4 lap interval</p> <p>Round 1: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____                      Round 2: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____                      Round 3: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p>	<p>Fastest Lap: _____ Avg Lap Pace: _____ Avg Heart Rate: _____</p> <p>90-95%</p>
Main Set #4	<p><b>Set Focus: Consistency</b> Duplicate Set #3 protocols – 3 rounds of 4 laps.</p>	

	<p><b>Round 1:</b> Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p> <p><b>Round 2:</b> Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p> <p><b>Round 3:</b> Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p>	<p><b>Fastest Lap:</b> _____</p> <p><b>Avg Lap Pace:</b> _____</p> <p><b>Avg Heart Rate:</b> _____</p> <p><b>90-95%</b></p>
<b>Warm Down</b>	5 min easy riding – nothing structured or intense; watch the HR and wait for it to come down.	<b>&lt; 40%</b>



# MX SPEED WORKOUT #2

Workout Focus: High Levels of Lactic Acid – Total Ride Time: 2 Hours

SPEED · FRIDAY AM

SET	DESCRIPTION & WORKOUT PROTOCOL	PERFORMANCE RECAP
Warm-Up	<p><b>Set Focus: Gradual Warm Up</b> 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.</p>	LESS THAN 50%
Main Set #1	<p><b>Set Focus: Pre-Race Routine</b> Complete 10 starts with your emphasis on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused &amp; specific. Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	TOO SHORT TO EVALUATE
Main Set #2	<p><b>Set Focus: Hold Consistent Times At An Aerobic Effort</b> Hold your pace for all 12 laps (maximum time 25 minutes). Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set. Moto Specific HR Zone: Low # _____ High # _____</p> <p>Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____ Lap 6: _____</p> <p>Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____ Lap 11: _____ Lap 12: _____</p> <p>Rest For 20 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p>Fastest Lap: _____ Avg Lap Pace: _____ Avg Heart Rate: _____</p> <p>80-85%</p>
Main Set #3	<p><b>Set Focus: Recovering from a Stall or Wreck</b> Complete 2 laps; stop and kill the motor. Lay the bike down until the bars touch the ground and then pick the bike back up 5 times. Kick the bike with the kill switch suppressed for 10 kicks. Crank bike and complete 2 more laps as quickly as possible. Focus on breathing through your belly to keep your HR low. Choose lines that are smooth and efficient versus bouncing off of the faces of everything. Landing the backsides of all the rollers and jumps will improve your acceleration and decrease your times. Rest Interval: Same amount of time it takes to complete the 4 lap interval</p> <p>Round 1: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Round 2: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Round 3: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p>	<p>Fastest Lap: _____ Avg Lap Pace: _____ Avg Heart Rate: _____</p> <p>90-95%</p>

<b>Main Set #4</b>	<p><b>Set Focus: High Levels of Lactic Acid</b> Duplicate Set #3 protocols – 3 rounds of 4 laps.</p> <p><b>Round 1:</b> Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p> <p><b>Round 2:</b> Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p> <p><b>Round 3:</b> Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p>	<p><b>Fastest Lap:</b> _____ <b>Avg Lap Pace:</b> _____ <b>Avg Heart Rate:</b> _____</p> <p><b>90-95%</b></p>
<b>Main Set #5</b>	<p><b>Set Focus: High Levels of Lactic Acid</b> Duplicate Set #3 protocols – 3 rounds of 4 laps.</p> <p><b>Round 1:</b> Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p> <p><b>Round 2:</b> Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p> <p><b>Round 3:</b> Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p>	<p><b>Fastest Lap:</b> _____ <b>Avg Lap Pace:</b> _____ <b>Avg Heart Rate:</b> _____</p> <p><b>90-95%</b></p>
<b>Warm Down</b>	<p>5 min easy riding – nothing structured or intense; watch the HR and wait for it to come down.</p>	<p><b>&lt; 40%</b></p>



# MX AEROBIC WORKOUT #1

AEROBIC · WEDNESDAY AM

Workout Focus: Holding Aerobic Pace as Duration Increases – Duration: 90 Minutes

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 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.

▲ **WARM-UP:** Concept 2™ Rower – 10 minutes low intensity pulling. Stretch from head to toe. Rest 10 min, stretch, re-hydrate with Energy Fuel.

SET	DESCRIPTION & WORKOUT PROTOCOL	PERFORMANCE RECAP
Warm-Up	<p><b>Focus: Gradual Warm Up – Generate blood flow into all working muscles</b></p> <p>Concept 2™ Rower – 10 minutes: low intensity pulling. Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.</p>	<div style="border: 1px solid #0070C0; padding: 5px; display: inline-block;">LESS THAN 40%</div>
Main Set #1	<p><b>Set Focus: Intensive Endurance (Lap times based on 2 min per lap)</b></p> <p>Complete a start (with drop of gate if possible) and then complete <b>20 minutes of continuous riding</b>. Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps.</p> <p><b>** Note:</b> 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).</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <div style="border: 1px solid #0070C0; padding: 5px; margin-top: 10px;"> <p><b>Lap 1:</b> _____ <b>Lap 2:</b> _____ <b>Lap 3:</b> _____ <b>Lap 4:</b> _____ <b>Lap 5:</b> _____</p> <p>_____</p> <p><b>Lap 6:</b> _____ <b>Lap 7:</b> _____ <b>Lap 8:</b> _____ <b>Lap 9:</b> _____ <b>Lap 10:</b> _____</p> <p>_____</p> </div> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p><b>Fastest:</b> _____</p> <p><b>Slowest:</b> _____</p> <p><b>Avg Lap Pace:</b> _____</p> <div style="border: 1px solid #FFC000; padding: 5px; display: inline-block; margin-top: 10px;">80-85%</div>
Main Set #2	<p><b>Same as Set #1</b> – 20 minutes continuous riding, pace within 2 seconds of fastest/slowest laps.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <div style="border: 1px solid #0070C0; padding: 5px; margin-top: 10px;"> <p><b>Lap 1:</b> _____ <b>Lap 2:</b> _____ <b>Lap 3:</b> _____ <b>Lap 4:</b> _____ <b>Lap 5:</b> _____</p> <p>_____</p> </div>	<p><b>Fastest:</b> _____</p> <p><b>Slowest:</b> _____</p> <p><b>Avg Lap Pace:</b> _____</p> <div style="border: 1px solid #FFC000; padding: 5px; display: inline-block; margin-top: 10px;">80-85%</div>

	<p><b>Lap 6:</b> _____ <b>Lap 7:</b> _____ <b>Lap 8:</b> _____ <b>Lap 9:</b> _____ <b>Lap 10:</b> _____</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	
<p><b>Main Set #3</b></p>	<p><b>Same as Set #1</b> – 20 minutes continuous riding, pace within 2 seconds of fastest/slowest laps. Moto Specific HR Zone: Low # _____ High # _____</p> <p><b>Lap 1:</b> _____ <b>Lap 2:</b> _____ <b>Lap 3:</b> _____ <b>Lap 4:</b> _____ <b>Lap 5:</b> _____</p> <p>_____</p> <p><b>Lap 6:</b> _____ <b>Lap 7:</b> _____ <b>Lap 8:</b> _____ <b>Lap 9:</b> _____ <b>Lap 10:</b> _____</p> <p>_____</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	<p><b>Fastest:</b> _____ <b>Slowest:</b> _____ <b>Avg Lap Pace:</b> _____</p> <p><b>80-85%</b></p>
<p><b>Warm Down</b></p>	<p>10 min easy riding – Intensity: 40%</p> <p><b>Pre-Riding Weight:</b> _____ <b>Post-Riding Weight:</b> _____ <b>Total Fluids Consumed:</b> _____ <b>Loss/Gain:</b> _____</p>	<p><b>40%</b></p>



# MX AEROBIC WORKOUT #2

Workout Focus: Consistent Race Speed – Total Ride Time: 60 Minutes

AEROBIC · SATURDAY AM

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 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!

▲ **WARM-UP:** Concept 2™ Rower – 10 minutes low intensity pulling. Stretch passively (no bouncing) from head to toe.

SET	DESCRIPTION & WORKOUT PROTOCOL	PERFORMANCE RECAP
Warm-Up	<p><b>Focus: Gradual Warm Up</b>                      Concept 2™ Rower – 10 minutes: low intensity pulling.                      Stretch passively (no bouncing) from head to toe.</p>	<p>LESS THAN 40%</p>
Main Set #1	<p><b>Set Focus: Consistency Challenge with your start and first turn</b>                      Complete 10 starts – through the first turn and down the entire first straight (be aggressive!). Keep a close eye on your body position – attack, looking up and using your legs/core combination. Take your time from the start to the end of the first straight away.</p> <p>Int 1: _____ Int 2: _____ Int 3: _____ Int 4: _____ Int 5: _____                      Int 6: _____ Int 7: _____ Int 8: _____ Int 9: _____ Int 10: _____</p>	<p>Fastest: _____                      Average: _____                      Avg Heart Rate: _____</p> <p>TOO SHORT TO MEASURE</p>
Main Set #2	<p><b>Set Focus: Body Balance – Timing of faster cornering</b>                      Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner.</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</p>	<p>TOO SHORT TO MEASURE</p>
Main Set #3	<p><b>Set Focus: Aerobic Endurance (15 Minute Moto)</b>                      Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes. Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic – use your HR monitor to evaluate the actual number.</p> <p>Moto Specific HR Zone: Low # _____ High # _____                      Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</p>	<p>Fastest: _____                      Average: _____                      Avg Heart Rate: _____</p> <p>80-85%</p>

<b>Main Set #4</b>	<b>Same as Set #3</b> – 15 minute moto, aerobic intensity, change lines every lap. Moto Specific HR Zone: Low # _____ High # _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate	<b>Fastest:</b> _____ <b>Average:</b> _____ <b>Avg Heart Rate:</b> _____ <div style="border: 1px solid orange; padding: 2px; display: inline-block;">80-85%</div>
<b>Main Set #5</b>	<b>Same as Set #3</b> – 15 minute moto, aerobic intensity, change lines every lap. Moto Specific HR Zone: Low # _____ High # _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate	<b>Fastest:</b> _____ <b>Average:</b> _____ <b>Avg Heart Rate:</b> _____ <div style="border: 1px solid orange; padding: 2px; display: inline-block;">80-85%</div>
<b>Warm Down</b>	10 min easy riding – Intensity: < 40%  <div style="border: 1px solid black; padding: 5px;"> <b>Pre-Riding Weight:</b> _____ <b>Post-Riding Weight:</b> _____  <b>Total Fluids Consumed:</b> _____ <b>Loss/Gain:</b> _____ </div>	<div style="border: 1px solid green; padding: 5px; display: inline-block; color: green;">&lt; 40%</div>