

TRAINING PROTOCOL








# PHASE 1 WEEK 3 OF 6

DEVELOP MAXIMUM STRENGTH & IMPROVE AEROBIC BASE

PROGRAM <b>Weekend Warrior</b>	PHASE <b>1</b>	WEEK <b>3 of 6</b>	FOCUS <b>Strength &amp; Aerobic Base</b>
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This week builds on the aerobic and strength foundation established in Week 2. Monday and Wednesday feature dedicated bike workouts followed immediately by core work – no rower option this week. Tuesday and Thursday are Combo Weight days. Friday is a complete rest day. Saturday and Sunday are your big training days – morning MX sessions followed by a 2-hour recovery nap. Sunday includes an optional evening Combo Weight session if you were able to nap. Keep your intensity zones accurate and consume your sports drink on regular intervals to resist premature fatigue.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Bike</b> Even Tempo 60 Min · Zone 2 + Core Work	<b>Weights</b> Combo Weight P1 Timed · 30 sec	<b>Bike</b> HR Ladder 60 Min · Zone 3 + Core Work	<b>Weights</b> Combo Weight P1 Timed · 30 sec	<b>Rest Day</b> Full Recovery	<b>MX + Nap</b> MX Aerobic AM 2-Hour Nap	<b>MX + Nap</b> MX Speed AM Nap · 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.

**● Strength – Amber Workouts**

Maximum strength development. Combo weight circuits and timed challenges. Focus on proper form and controlled breathing throughout each set.



# MONDAY

Bike Even Tempo – 60 Minutes + Core Work

ZONE 2 AM

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

Warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your range of motion within all working muscle groups.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of **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 – 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 PERFORMANCE BLOCK – 45 MIN (HR ZONE 2)

Stay within the upper range of HR Zone 2 (no higher) the entire time. Strive to keep your efficiency high – optimized pedal mechanics, belly breathing, etc. Stand and stretch every 5 minutes to avoid tightening up. Document how far you have traveled over 80 minutes.

### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

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

## IMMEDIATELY FOLLOWING BIKE – CORE WORK

COMPLETE EACH EXERCISE FOR 30 SECONDS · 30 SEC REST BETWEEN · REPEAT ENTIRE SET × 2

▶ [Fit Ball Knee Roll & Push Up](#)

▶ [Abdominal Pike on Fit Ball](#)

▶ [Abdominal Roll Out on Fit Ball](#)

▶ [Ab Crunch on Fit Ball](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of [Energy Fuel](#) to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



## TUESDAY

Combo Weight Workout – P1 Timed Challenges (30 Seconds)

STRENGTH AM

### BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

These exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. 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.

### WORKOUT STRUCTURE

#### Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges

**Pre-Hydration:** 8–10 oz [Energy Fuel](#) 10–15 min prior      **Speed of Lift:** Quick and smooth

**Repetitions:** As many as you can complete in 30 seconds with proper form      **Sets:** 2

**Rest Interval:** None between exercises; 1 minute between cycles

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

#### EVENING

- ▶ **Nutrition:** Consume 8 oz of [Energy Fuel](#) to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# WEDNESDAY

Bike Heart Rate Ladder Workout – 60 Minutes + Core Work

ZONE 3 AM

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

Take your most up-to-date HR spreadsheet and commit to memory (or write on your arm) the low and high number for **HR Zone 3**. After your warm-up, spend 20 minutes toggling between the low and high ranges. Accelerate and settle into a comfortable leg turnover (75–85 cadence); continue to "push the pace" until you hit the upper number; gear back down and spin easily until you hit the lower number. Repeat in 20-minute blocks.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of cold [Energy Fuel](#) to top off calories and provide electrolytes.

### 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 SET – HR PYRAMIDS: 45 MIN (HR ZONE 3)

Toggle between lower and upper number in HR Z3 for 10 minutes; spin easy/recover for 5 minutes. Repeat 10' on / 5' off × 3 for a total of 45 minutes.

**Cadence:** 75–85; stand up and stretch every 15 min; hydrate every 15 min

### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 85–90

**Misc:** Easiest combination to get into HR Z1; don't dismount until HR is within HR Z1

## IMMEDIATELY FOLLOWING BIKE – CORE WORK

COMPLETE EACH EXERCISE FOR 30 SECONDS · 30 SEC REST BETWEEN · REPEAT ENTIRE SET × 2

▶ [Fit Ball Knee Roll & Push Up](#)

▶ [Abdominal Pike on Fit Ball](#)

▶ [Abdominal Roll Out on Fit Ball](#)

▶ [Ab Crunch on Fit Ball](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of [Energy Fuel](#) to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



## THURSDAY

Combo Weight Workout – P1 Timed Challenges (30 Seconds)

STRENGTH AM

### BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

These exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. 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.

### WORKOUT STRUCTURE

#### Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges

**Pre-Hydration:** 8–10 oz [Energy Fuel](#) 10–15 min prior      **Speed of Lift:** Quick and smooth

**Repetitions:** As many as you can complete in 30 seconds with proper form      **Sets:** 2

**Rest Interval:** None between exercises; 1 minute between cycles

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

#### EVENING

- ▶ **Nutrition:** Consume 8 oz of [Energy Fuel](#) to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



## FRIDAY

Complete Rest Day – Recovery & Sleep Focus

REST DAY

### BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

Allowing yourself to sleep without an alarm decreases cortisol – the "fat magnet" hormone. Waking without an alarm helps determine your optimal sleep amount. Remember: it is not what you do in training that makes you stronger, but what you do regarding nutrition, hydration, and recovery that creates the adaptation.

### EVENING PROTOCOLS

#### EVENING

- ▶ **Nutrition:** Consume 8 oz of [Energy Fuel](#) to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# SATURDAY

MX Aerobic Workout #1 (AM) · 2-Hour Nap

MX + NAP

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

## MORNING WORKOUT – MX AEROBIC WORKOUT #1

This workout is designed to keep you mentally focused on being smooth – lap times are irrelevant in terms of speed, but rather consistency and "how" you are creating the lap times. The fastest riders in the world "look" smooth and as a result they are fast. Most amateur riders "look" fast but are nowhere close to the same speed – think about this and take it to the track. Execution of skills & drills will create the consistency we are looking for.

### Complete Racing Solutions MX Aerobic Workout #1 – See Spreadsheet Page

**Pre-Hydration:** 8–10 oz [Energy Fuel](#) 10–15 min prior      **Intensity:** 70–85% Max HR

**Focus:** Smooth lines, consistent lap times, momentum management

## POST-MX WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel.

## MID-DAY – 2-HOUR RECOVERY NAP

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

As you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.

## EVENING PROTOCOLS

### EVENING

- ▶ **Nutrition:** Consume 8 oz of [Energy Fuel](#) to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# SUNDAY

MX Speed Workout #1 (AM) · 2-Hour Nap · Combo Weights (PM, if nap)

MX + NAP + WEIGHTS

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

## MORNING WORKOUT – MX SPEED WORKOUT #1

Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels. This workout is going to push your body exactly like race day – holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of low blood sugar and fluids – so plan ahead. Also just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential – please don't short-change yourself!

### Complete Racing Solutions MX Speed Workout #1 – See Spreadsheet Page

**Pre-Hydration:** 8–10 oz [Energy Fuel](#) 10–15 min prior     **Intensity:** 90–95% Max HR

**Focus:** Consistent race-pace speed, smooth starts, throttle control

## POST-MX WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel.

## MID-DAY – 2-HOUR RECOVERY NAP

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

If logistically possible, do not wake yourself up from this nap with an alarm. Just out of curiosity, see how many hours you sleep – this will provide us a clear indicator of your fatigue. The big question is where this fatigue is coming from: intensity levels, duration levels, food intake, hydration levels, hours of sleep and consistency in your recovery protocols (stretching and trigger point therapy). Remember that your health and ultimately your performance is a direct result of your consistency in all these performance areas.

## EVENING WORKOUT – COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES (30 SECONDS)

\*\* If you were able to nap, complete this workout before dinner. These exercises are combined so that you hit all the muscles as a functional unit. 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.

### Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges

**Pre-Hydration:** 8–10 oz [Energy Fuel](#) 10–15 min prior     **Speed of Lift:** Quick and smooth

**Repetitions:** As many as you can complete in 30 seconds with proper form     **Sets:** 2

**Rest Interval:** None between exercises; 1 minute between cycles

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of [Energy Fuel](#) to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# COMBO WEIGHT WORKOUT

P1 Timed Challenges (30 Seconds) – Tue AM, Thu AM & Sun PM

**STRENGTH**

**Warm Up:** Concept 2 Rower or Spin on Bike – 10 minutes Easy

EXERCISE	DATE	DATE	DATE
<b>CYCLE ONE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Pike – Push Up – Pike (30 Seconds)</b>			
<a href="#">▶ Instructional Video: Pike-Push Up-Pike</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
<a href="#">▶ Instructional Video: Isolated Leg on Bench</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>CYCLE TWO</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Air Squats</b>			
<a href="#">▶ Instructional Video: Air Squats</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Hamstring Press-Extension on Fit Ball</b>			
<a href="#">▶ Instructional Video: Hamstring Press with Extension</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>CYCLE THREE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Overhead Extension-Triceps Press (Not Fast – Good Form)</b>			
<a href="#">▶ Instructional Videos: Overhead Extension-Triceps Press</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			

EXERCISE	DATE	DATE	DATE
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Step Up &amp; Calf Raises (No Weight)</b>			
<a href="#">▶ Instructional Video: Step Up &amp; Calf Raise</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
CYCLE FOUR	Date	Date	Date
<b>Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)</b>			
<a href="#">▶ Instructional Video: Lat Pull Over-Triceps Extension</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Individual Chest Press on Fit Ball</b>			
<a href="#">▶ Instructional Video: Individual Chest Press on Fit Ball</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
CYCLE FIVE	Date	Date	Date
<b>Incline Press on Fit Ball</b>			
<a href="#">▶ Instructional Video: Incline Press on Fit Ball</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Rear Deltoid</b>			
<a href="#">▶ Instructional Video: Rear Deltoid</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
CYCLE SIX	Date	Date	Date
<b>Chest Fly with Deep Pause on Fit Ball</b>			

EXERCISE	DATE	DATE	DATE
▶ <a href="#">Instructional Video: Chest Fly with Deep Pause</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Side Skaters (Inner Thigh)</b>			
▶ <a href="#">Instructional Video: Side Skaters</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>CYCLE SEVEN</b>			
	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Abs: Hanging Knees to Chest</b>			
▶ <a href="#">Instructional Video: Hanging Knees to Chest</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Abs: Open Rotation</b>			
▶ <a href="#">Instructional Video: Open Abdominals / Open Rotation</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Abs: Hip Risers</b>			
▶ <a href="#">Instructional Video: Ab &amp; Hip Risers</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>10 MINUTES – BIKE INTERVALS (IMMEDIATELY FOLLOWING)</b>			
	<b>Date</b>	<b>Date</b>	<b>Date</b>
Cadence: 90-100 · Gearing: Small chain ring up front, middle rear · HR: Zone 2 or less			
Interval 1: 2 min at 90-100 cadence · 1 min easy · Repeat × 3			



# MX AEROBIC WORKOUT #1

Workout Focus: Aerobic Enhancement – Saturday AM

MX AEROBIC

SET	DESCRIPTION	INTENSITY
Warm Up Elapsed Time	<p><b>Focus: Gradual Warm Up</b> 15 Minutes of easy riding on the track – increase the intensity slightly every 5 min – very easy! Stretch passively (no bouncing) from head to toe</p>	< 40%
Main Set #1 – Starts	<p><b>Set Focus: Opening Lap Intensity – Consistency Challenge</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>Elapsed Times: Interval 1: _____ Interval 2: _____ Interval 3: _____ Interval 4: _____ Interval 5: _____ Interval 6: _____ Interval 7: _____ Interval 8: _____ Interval 9: _____ Interval 10: _____</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	70-75%
Main Set #2 – 20 Min Moto	<p><b>Set Focus: Intensive Endurance</b> During this 20 minute moto, your goal is to "feel" yourself getting slightly faster and validating with slightly faster lap times. The question to answer is "how" are you increasing your speed? Ideally your speed isn't achieved by more effort, but rather, faster transitions from gas to brakes. 5 Minutes at 75% – smooth lines/maintain momentum 5 Minutes at 80% – non optimum lines/move the bike with your muscles – not momentum 10 Minutes at 85% – smooth lines/maintain momentum</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	75-85%
Main Set #3 – Starts	<p><b>Set Focus: Opening Lap Intensity – Consistency Challenge</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>Elapsed Times: Interval 1: _____ Interval 2: _____ Interval 3: _____ Interval 4: _____ Interval 5: _____ Interval 6: _____ Interval 7: _____ Interval 8: _____ Interval 9: _____ Interval 10: _____</p>	70-75%

SET	DESCRIPTION	INTENSITY
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	
<b>Main Set #4 – 20 Min Moto</b>	<p><b>Set Focus: Intensive Endurance</b></p> <p>Use your lap times from Main Set #2 and see how close you can come to them (now that the track has broken down) at the same intensity levels. The best riders in the world are able to maintain a low heart rate in rough riding conditions by focusing on being smooth and relaxed.</p> <p>5 Minutes at 75% – smooth lines/maintain momentum</p> <p>5 Minutes at 80% – non optimum lines/move the bike with your muscles – not momentum</p> <p>10 Minutes at 85% – smooth lines/maintain momentum</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	<b>75-85%</b>
<b>Main Set #5 – Turns for 15 Minutes</b>	<p><b>Set Focus: Body Balance – Timing of Faster Cornering</b></p> <p>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><b>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></b></p> <p><b>REPEAT THE STARTS / 15 MIN MOTO / 15 MIN MOTO / TURNS</b></p>	<b>70-75%</b>
<b>Warm Down</b>	10 Minutes of easy riding – nothing structured or intense (watch the HR monitor to ensure)	<b>40%</b>



# MX SPEED WORKOUT #1

**MX SPEED**

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

SET	DESCRIPTION	INTENSITY
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 <a href="#">Energy Fuel</a>.</p>	Less Than 50%
Main Set #1	<p><b>Focus: Smooth start and fast five (5) laps</b> 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 #: _____</p> <p>5 Lap Elapsed Time Int #1: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</p> <p>5 Lap Elapsed Time Int #1: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	90-95%
Main Set #2	<p><b>Focus: Smooth start and fast three (3) laps</b> Your goal is to maintain the match or beat your fastest lap from Set #1. Moto Specific Heart Rate Zone – Low #: _____ High #: _____</p> <p>3 Lap Elapsed Time Int #1: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p> <p>3 Lap Elapsed Time Int #1: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p>	90-95%
Main Set #3	<p><b>Focus: Smooth start and fast two (2) laps</b> Your goal is to maintain the match or beat your fastest lap from Set #2. Moto Specific Heart Rate Zone – Low #: _____ High #: _____</p> <p>2 Lap Elapsed Time Int #1: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest For 3 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p> <p>2 Lap Elapsed Time Int #1: _____ Fastest Lap: _____ Max HR: _____</p>	90-95%
Warm Down	Easy riding – nothing structured or intense; allow the HR to come down slowly.	40%
<p><b>Pre-Riding Weight:</b> _____ <b>Post-Riding Weight:</b> _____ <b>Total Fluids Consumed:</b> _____ <b>Loss/Gain:</b> _____</p>		