

TRAINING PROTOCOL

PHASE 3

WEEK 3 OF 6

ENHANCED STRENGTH | SPEED | ENDURANCE

PROGRAM

Fulltime

PHASE

3

WEEK








3 of 6

FOCUS

Build

Week 3 continues to build on the Phase 3 foundation. You will complete **MX Aerobic Workout #1** and **MX Speed Workout #1 & #2** on the track, paired with the **Combo Weight Workout: Muscular Endurance Phase 1** in the afternoon. Monday is a complete rest day. Saturday includes a 2-hour power nap between the morning MX session and the afternoon weight workout. Sunday adds an afternoon bike ride for aerobic recovery.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	MX Aerobic #1 AM · + Weight Workout PM	MX Speed #1 AM · + Bike Pacing Intervals PM	MX Aerobic #2 AM · + Weight Workout PM	MX Speed #2 AM · + Bike Even Tempo PM	MX Aerobic AM · Nap · Weight PM	MX Speed AM · Nap · Bike 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**

Builds your strength, speed & lactate threshold. Burns stored sugar as primary fuel. Breathing is labored; conversation is difficult.



MONDAY

Complete Rest Day – Active Recovery & Nutrition Focus

REST

Coach's Note: If logistically possible, sleep in and don't begin your day with an alarm – instead wake up when your body is ready. Before getting out of bed, lay flat on your back and relax; focus on diaphragmatic breathing and maximizing your oxygen uptake. After you become completely relaxed, get the small of your back flat on your bed. If you are not able to keep your lower back flat on the bed, take some extra time and foam roll your quads, ITB and glutes to improve range of motion within your hips and legs.

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



TUESDAY

MX Aerobic Workout #1 (AM) + Combo Weight Workout (PM)

AEROBIC AM

Coach's Note: This set is going to teach you how much faster you can go when you focus on staying aerobic for 95% of your total ride time. Your last set will feel easy due to the fact that you have been aerobic for the majority of your workout. Pay close attention to your heart rate to ensure that you have the energy stored to drop the hammer during set number five.

▲ **Pre-Workout:** Consume **8-10 oz of Energy Fuel** 10-15 min prior to each session.

MORNING – MX AEROBIC WORKOUT #1

Refer to the **MX Aerobic Workout #1 spreadsheet** at the back of this document for all set details, lap time fields, and performance recap.

AFTERNOON – COMBO WEIGHT WORKOUT: MUSCULAR ENDURANCE PHASE 1

Come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level. Refer to the **Combo Weight Workout spreadsheet** at the back of this document.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



WEDNESDAY

MX Speed Workout #1 (AM) + Bike Even Tempo 90 Min (PM)

SPEED AM

Coach's Note: Pay extra attention to your heart rate for the first 15 minutes of each block – HR Zone 2 or less. At the 15-minute mark, bump up the pace slightly (into HR Zone 3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).

▲ **Pre-Workout:** Consume **8-10 oz of Energy Fuel** 10-15 min prior to each session.

MORNING – MX SPEED WORKOUT #1

Refer to the **MX Speed Workout #1 spreadsheet** at the back of this document for all set details, lap time fields, and performance recap.

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AFTERNOON – BIKE EVEN TEMPO (90 MINUTES)

WARM-UP · HR ZONE 1

Duration: 10 min · Cadence: 80-85

Gearing: Small chain ring, middle rear. Stretch and hydrate.

MAIN SET · 70 MIN · HR ZONE 2

Cadence: 80-90. Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

COOL-DOWN · HR ZONE 1

Duration: 10 min · Cadence: 80-85

Stretch lower back, calves, quads before dismounting.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



THURSDAY

MX Aerobic Workout #2 (AM) + Combo Weight Workout (PM)

AEROBIC AM

Coach's Note: This workout is going to assess your aerobic capacity on the track. Pay close attention to your heart rate levels throughout each 30-minute moto; if your heart rate goes beyond your 85% number, you need to slow down and smooth out on the track. Taking smooth lines includes smooth throttle, clutch and brake control everywhere on the track. Focus on landing on the backsides of all the jumps to keep your momentum as high as possible with the least amount of energy.

▲ **Pre-Workout:** Consume **8-10 oz of Energy Fuel** 10-15 min prior to each session.

MORNING – MX AEROBIC WORKOUT #2

Refer to the **MX Aerobic Workout #2 spreadsheet** at the back of this document for all set details, lap time fields, and performance recap.

AFTERNOON – COMBO WEIGHT WORKOUT: MUSCULAR ENDURANCE PHASE 1

Same workout as Tuesday afternoon. Come in mentally prepared to be challenged. Refer to the **Combo Weight Workout spreadsheet** at the back of this document.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



FRIDAY

MX Speed Workout #2 (AM) + Bike Even Tempo 90 Min (PM)

SPEED AM

Coach's Note: We are going to change the format around – sprint early and then settle into a comfortable pace. To maximize your efforts, when you back down your intensity, strive to maintain consistent fundamentals. Many are not aware that what makes riding and racing so fatiguing is bouncing off of the faces and deviating from fundamentals. Capture your lap times and compare your heart rate data to see how much “faster” you were riding during your opening laps.

▲ **Pre-Workout:** Consume **8–10 oz of Energy Fuel** 10–15 min prior to each session.

MORNING – MX SPEED WORKOUT #2

Refer to the **MX Speed Workout #2 spreadsheet** at the back of this document for all set details, lap time fields, and performance recap.

AFTERNOON – BIKE EVEN TEMPO (90 MINUTES)

WARM-UP · HR ZONE 1

Duration: 10 min · Cadence: 80–85
Gearing: Small chain ring, middle rear. Stretch and hydrate.

MAIN SET · 70 MIN · HR ZONE 2

Cadence: 80–90. Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

COOL-DOWN · HR ZONE 1

Duration: 10 min · Cadence: 80–85
Stretch lower back, calves, quads before dismounting.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8–10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



SATURDAY

MX Aerobic Choice (AM) · 2-Hour Nap · Combo Weight Workout (PM)

AEROBIC AM

Coach's Note: Your goal is to be better than your last workout by 1-2%. Where you can improve your times and consistency will be a skill that you will need to tap into on race days.

▲ **Pre-Workout:** Consume **8-10 oz of Energy Fuel** 10-15 min prior to each session.

MORNING – MX AEROBIC WORKOUT (CHOICE)

Refer to either the **MX Aerobic Workout #1** or **#2 spreadsheet** at the back of this document.

☀ **2-Hour Power Nap – After Lunch**

Chronic dehydration is an easy fix: focus on consuming fruits and vegetables on a regular basis. They are loaded with natural electrolytes and contain a high level of water. Additionally, they provide antioxidants that offset the negative side effects of free radicals produced during high intensity training.

AFTERNOON – COMBO WEIGHT WORKOUT: MUSCULAR ENDURANCE PHASE 1

Refer to the **Combo Weight Workout spreadsheet** at the back of this document.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



SUNDAY

MX Speed Choice (AM) · 2-Hour Nap · Bike Even Tempo (PM)

SPEED AM

Coach's Note: Your goal is to be better than your last workout by 1–2%. Get creative on your line choices so that you don't fatigue yourself by bouncing off of everything, but instead you find new speeds by riding smart and efficiently.

▲ **Pre-Workout:** Consume **8–10 oz of Energy Fuel** 10–15 min prior to each session.

MORNING – MX SPEED WORKOUT (CHOICE)

Refer to either the **MX Speed Workout #1** or **#2 spreadsheet** at the back of this document.

☀️ 2-Hour Nap – After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

AFTERNOON – BIKE EVEN TEMPO (90 MINUTES)

WARM-UP · HR ZONE 1

Duration: 10 min · Cadence: 80–85

Gearing: Small chain ring, middle rear. Stretch and hydrate.

MAIN SET · 70 MIN · HR ZONE 2

Cadence: 80–90. Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

COOL-DOWN · HR ZONE 1

Duration: 10 min · Cadence: 80–85

Stretch lower back, calves, quads before dismounting.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8–10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



MX AEROBIC WORKOUT #1

Workout Focus: Aerobic Enhancement – Total Duration: 2 Hours

AEROBIC

Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Duration: 2 Hours		
Set	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
	Concept 2™ Rower – 10 minutes: low intensity pulling Stretch passively (no bouncing) from head to toe	Less Than <40%
Main Set #1	Set Focus: Reaction Time & First Turn Aggression	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
	<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>	
Main Set #2	Set Focus: Aerobic Enhancement / Internal Pacing	
	Complete your interval with a start and then settle into the track at a pace you can maintain (less than a two second deviation) for 30 minutes. Note: first fifteen minutes take the optimum lines and maintain optimum momentum; last fifteen minutes take the non-optimum lines & focus on belly breathing	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	85-90%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____		
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #3	Set Focus: Reaction Time & First Turn Aggression	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #4	Focus: Aerobic Enhancement / Internal Pacing	
Same notes as Set #2 – 30-minute straight moto with consistent lap times beginning to end.		

Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Duration: 2 Hours		
Set	Description	Intensity
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	85-90%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #5	Set Focus: Sprint Speed	
	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	2 Lap Elapsed Time Int. #1: _____ 2 Lap Elapsed Time Int. #2: _____	95-100%
	2 Lap Elapsed Time Int. #3: _____ 2 Lap Elapsed Time Int. #4: _____	95-100%
	Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____ _____	
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)	<40%
Pre-Riding Weight: _____ Post-Riding Weight: _____ Total Fluids Consumed: _____ Loss/Gain: _____		



MX AEROBIC WORKOUT #2

Workout Focus: Muscular Endurance and Strength

AEROBIC

Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Muscular Endurance and Strength
Set	Description	Intensity
Focus: Gradual Warm Up		
Warm Up	Row or Bike for 10 minutes – break a solid sweat prior to moving over to your motorcycle	<50%
	Stretch passively (no bouncing) from head to toe	
Focus: Moving the bike with your core		
Main Set #1	20 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 – close your eyes for 1 second and “feel” for the bike to deviate (less is better) 5 Starts – put a rock down about 10 yards out from your front wheel; see if you can run over it 5 Starts – close your eyes for 1 second and “feel” for the bike to deviate (less is better)	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Focus: First Turn Transitions		
Main Set #2	Your focus needs to be on your transition from on the gas to on the brakes Take your time from the drop of the gate to a point right after the first turn – stay focused!	
	Interval 1 Time: _____ Interval 2 Time: _____ Interval 3 Time: _____ Interval 4 Time: _____	100%
	Interval 5 Time: _____ Interval 6 Time: _____ Interval 7 Time: _____ Interval 8 Time: _____	100%
	Interval 9 Time: _____ Interval 10 Time: _____ Interval 11 Time: _____ Interval 12 Time: _____	100%
	Fastest Time: _____ Slowest Time: _____ Average Time: _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Focus: Muscular Endurance & Strength		
Main Set #3	30 Minute Moto – Even Paced / Take the smoothest lines every lap 15 Minute Moto – Even Paced (Beginning to End)	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	80–85%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	80–85%
	Lap 11 Time: _____ Lap 12 Time: _____ Lap 13 Time: _____ Lap 14 Time: _____ Lap 15 Time: _____	80–85%

Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Muscular Endurance and Strength
Set	Description	Intensity
	Fastest Lap Time: _____ Slowest Lap Time: _____ Average Lap Pace: _____ _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #4	Focus: Muscular Endurance & Strength	
	20 Minute Moto – Even Paced / Take the roughest lines every lap	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ _____ Lap 5 Time: _____	90-95%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ _____ Lap 10 Time: _____	90-95%
	Fastest Lap Time: _____ Slowest Lap Time: _____ Average Lap Pace: _____ _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)	<50%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
Beginning Weight: _____ Ending Weight: _____ Loss Gain (Loss): _____ _____		



MX SPEED WORKOUT #1

Workout Focus: Opening Speed – Total Ride Time: 60 Minutes

SPEED

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Opening Speed Total Ride Time: 60 Minutes		
Set	Description	Intensity		
Set Focus: Gradual Warm Up				
Warm Up	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%		
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate			
Set Focus: Pre-Race Routine				
Main Set #1	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.	Too Short To Evaluate		
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate			
Set Focus: Opening Lap Speed				
Main Set #2	This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity.			
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____			
	Rest Interval: 5 Minutes (no more or less) – Stretch and hydrate as necessary			
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____				
Rest For 10 Minutes – Stretch from head to toe / Re-hydrate				
Main Set #3	Set Focus: Hold Consistent Times At An Aerobic Effort			
	Hold your pace for 30 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.			

Complete Racing Solutions MX Speed Workout #1

Workout Focus: Opening Speed Total Ride Time: 60 Minutes

Set	Description	Intensity
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	80-85%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____	
<i>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</i>		
Main Set #4	Set Focus: Hold Consistent Times At An Aerobic Effort	
	Hold your pace for 30 minutes With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate.	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	80-85%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____	
Warm Down	5 min/easy riding – nothing structured or intense; watch the HR and wait for it to come down	<40%
Pre-Riding Weight: _____ Post-Riding Weight: _____ Total Fluids Consumed: _____ Loss/Gain: _____		



MX SPEED WORKOUT #2

Workout Focus: Consistent Race Speed – Total Ride Time: 90 Minutes

SPEED

Complete Racing Solutions MX Speed Workout #2

Workout Focus: Consistent Race Speed Total Ride Time: 90 Minutes

Set	Description	Intensity
Set Focus: Gradual Warm Up		
Warm Up	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%
Set Focus: Pre-Race Routine		
Main Set #1	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.	Too Short To Evaluate
	<i>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</i>	
Set Focus: Race Day (6 Lap Sprints)		
Main Set #2	This set is designed to see how both your speed and endurance is developing; your mindset needs to be focused as if it was race day of a big national. Follow your plan and fly!	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____ Lap 6 Time: _____	90-95%
	Rest: 5 Minutes (no more or less) – Stretch and hydrate as necessary	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____ Lap 6 Time: _____	90-95%
	Rest: 5 Minutes (no more or less) – Stretch and hydrate as necessary	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____ Lap 6 Time: _____	90-95%
	Rest: 5 Minutes (no more or less) – Stretch and hydrate as necessary	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____ Lap 6 Time: _____	90-95%
	Rest: 5 Minutes (no more or less) – Stretch and hydrate as necessary	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____ Lap 6 Time: _____	90-95%

Complete Racing Solutions MX Speed Workout #2

Workout Focus: Consistent Race Speed Total Ride Time: 90 Minutes

Set	Description	Intensity
	Performance Recap: Fastest Lap Time: _____ Deviation: _____ Average Heart Rate: _____	
<i>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #3	Set Focus: Opening Lap Speed	
	NOTE: IF YOU ARE EXHAUSTED FROM SET #2, DON'T ATTEMPT THIS SET, YOU ARE DONE FOR DAY	
	Your goal is to be as fast or faster than Set #2 – Volume is down, speed goes up!	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Avg. HR: _____ Rest: 3 Minutes	90-95%
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Avg. HR: _____ Rest: 3 Minutes	90-95%
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Avg. HR: _____ Rest: 3 Minutes	90-95%
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Avg. HR: _____ Rest: 3 Minutes	90-95%
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Avg. HR: _____ Rest: 3 Minutes	90-95%
	Performance Recap: Fastest Lap Time: _____ Deviation: _____ Average Heart Rate: _____	
<i>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Warm Down	5 min/easy riding – nothing structured or intense; watch the HR and wait for it to come down	<40%
Pre-Riding Weight: _____ Post-Riding Weight: _____ Total Fluids Consumed: _____ Loss/Gain: _____		



COMBO WEIGHT WORKOUT

Muscular Endurance Phase 1 · 2 Sets · 8-10 Reps · Quick Up / 3-Count Down

STRENGTH

Pre-Workout: Consume 8-10 oz of cold Energy Fuel 10-15 min prior. **Weight:** Choose a weight you can complete 10 reps with good form; maintain the same weight for the second set. **Speed of Lift:** Quick off the bottom, slow (3-count) back to starting point.

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
LOWER BODY CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)			
Walking Lunges – 20 Steps (Out and Back)	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Single Leg – Good Mornings Weight: Moderate · Right Leg then Left Leg	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	8-10 reps · Quick up / 3-count down
Single Leg – Calf Risers	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Side Skaters After Both Legs = 1 Rep	Reps: ___	Reps: ___	As many as possible in 30 seconds
Static Wall Squats (Goal: 60 Seconds) Pause & stretch quads when finished	Duration #1: ___	Duration #2: ___	Hold for 60 seconds
CORE & LOWER BACK CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)			
Pike Position (Goal: 60 Seconds) Roll onto back & extend toes to stretch core after	Duration #1: ___	Duration #2: ___	Hold for 60 seconds
Ab Roll Out on Fit Ball	Reps: ___	Reps: ___	8-10 reps · Quick up / 3-count down
Abdominals on Fit Ball	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Pike – Push Up – Pike (30 Seconds)	Reps: ___	Reps: ___	As many as possible in 30 seconds
Superman's on Belly	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
UPPER BODY CYCLE 1 (NO REST BETWEEN EXERCISES)			
Clean & Jerk / Shoulder Press on Indo Board™	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Single Leg – Step Up	Wt: ___ Reps: ___	Wt: ___ Reps: ___	

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
			8-10 reps · Quick up / 3-count down
Honest Push Ups	Reps: ____	Reps: ____	As many as possible in 30 seconds
Rotator Cuff Rotation on Fit Ball Weight: Light	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Slow movement entire range
Tricep Kick Backs	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
Rear Deltoid on Single Leg	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
UPPER BODY CYCLE 2 (NO REST BETWEEN EXERCISES)			
Air Squats	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
Incline on Fit Ball	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
Frankenstein’s – Front/Middle Deltoids on Indo-Board (or Single Leg)	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
2000 METER ROWING			
Warm up: 200 meters – Low Intensity (Damper Setting 2)			
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____	
1-minute rest 25 push-ups with eyes closed 1-minute rest			
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____	
1-minute rest 25 push-ups with eyes closed 1-minute rest			
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____	
1-minute rest 25 push-ups with eyes closed 1-minute rest			
1,000 meters at 80-85% effort (Damper Setting 5)		Elapsed Time: _____	
1-minute rest 25 push-ups with eyes closed 1-minute rest			
BICYCLE SPRINTS			
Warm up: 2 minutes – Low Intensity (Light Load Levels). Then increase load levels to MODERATE.			
2-minute interval at 80-85% effort		Distance Covered: _____	
1-minute rest 25 push-ups with eyes closed 2-minute rest			
2-minute interval at 80-85% effort		Distance Covered: _____	
1-minute rest 25 push-ups with eyes closed 2-minute rest			

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
2-minute interval at 80–85% effort		Distance Covered: _____	
1-minute rest 25 push-ups with eyes closed 2-minute rest			
2-minute interval at 80–85% effort		Distance Covered: _____	
1-minute rest 25 push-ups with eyes closed 2-minute rest			
2-minute interval at 80–85% effort		Distance Covered: _____	