

TRAINING PROTOCOL

PHASE 3

WEEK 5 OF 6

ENHANCED STRENGTH | SPEED | ENDURANCE

PROGRAM

Fulltime

PHASE

3

WEEK








5 of 6

FOCUS

Build

Week 5 ramps up the demand – pairing strength and speed in the same day to build muscular endurance under fatigue. Combo Weight Workout: Muscular Endurance Phase 1 Tuesday and Thursday mornings sets up MX Speed sessions in the afternoons. Monday and Wednesday offer Bike or Row with Core & Lower Back work. The weekend stacks MX Speed #1 Saturday with a 2-hour nap and Fragmented Intensity Bike, then MX Aerobic #2 and Row HR Intensity Blocks Sunday. Push through – you'll finish more powerful, resilient, and race-ready.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Bike or Row Choice + Core · AM	Weight AM + MX Speed #1 PM	Bike or Row AM + Core · MX Aerobic #2 PM	Weight AM + MX Speed #2 PM	Rest Day Full Recovery	MX Speed #1 AM · Nap · Fragmented Bike PM	MX Aerobic #2 AM · Nap · Row HR Blocks 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

AEROBIC AM

Bike Even Tempo OR Row Negative Split + Core & Lower Back

Coach's Note: This workout is going to hold you accountable both mentally and physically. Have your monitor set to 500 meters/1:00 minute rest interval. Adjust the load levels as indicated to avoid pulling a muscle or straining your lower back. Breathe in on the coil in and exhale on your leg extension. Hydrate with Energy Fuel and stretch as necessary to maintain consistent results.

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

OPTION A – BIKE: EVEN TEMPO / HIGH END AEROBIC ENHANCEMENT (1 HOUR)

WARM-UP · HR ZONE 2 OR LESS · 10 MIN

Cadence: 80-85 · Small chain ring, middle rear gearing. Stretch and hydrate.

MAIN SET · 40 MIN · LOW END HR ZONE 3

Cadence: 75-85. Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

WARM-DOWN · HR ZONE 2 OR LESS · 10 MIN

Cadence: 70-80. Small chain ring, middle rear gearing. Stretch lower back, calves, quads before dismounting.

- OR -

OPTION B – ROW: NEGATIVE SPLIT PACING BLOCKS (6,000 METERS)

WARM UP

HR Zone 1 – Focus on straight back, leading with legs, finishing with arms to chest
 Load Level: 3 · Distance: 1,000 m · Pull Rate: less than 30
 Stretch from head to toe

<40%

MAIN SET #1

Load Level: 5 · Pull Rate: 25-35
 Complete 500 m at 80-85% – capture elapsed time: this is your **Baseline Number**
 Complete 4,000 m in Descending Blocks:

- Intervals #1 & #2 – maintain same pace as Baseline
- Intervals #3 & #4 – hold a pace 2 seconds faster than Baseline
- Intervals #5 & #6 – maintain same pace as Baseline
- Intervals #7 & #8 – hold a pace 2 seconds faster than Baseline

80-85%

COOL DOWN

HR Zone 1 – Load Level: 3 · Distance: 500 m · Pull Rate: less than 30
 Stretch from head to toe

<40%

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING)

Complete 10 reps of each & hold the bike for 1 minute; rest 20 seconds between exercises. Go through each exercise and then repeat – total of 2 sets.

[Ab Crunch on Fit Ball](#) (pause 5 seconds) · [Pike Position with eyes closed](#) · [Plyometric Push-Ups](#)

POST-WORKOUT

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

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



TUESDAY

Combo Weight Workout AM · Row or Bike · MX Speed #1 PM

STRENGTH AM

Coach's Note: 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.

▲ **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.

MORNING – COMBO WEIGHT WORKOUT: MUSCULAR ENDURANCE PHASE 1

Refer to the **Combo Weight Workout spreadsheet** at the back of this document. Complete Row or Bike (see spreadsheet at the end of this document).

Rep Count: Upper Body 8–10 reps max · Lower Body 8–10 reps max · Sets: 2

AFTERNOON – MX SPEED WORKOUT #1

Coach's Note: The fun part of this workout is when you realize that when you take the non-optimum lines, you appreciate the optimum lines. This will translate into higher levels of momentum and speed will be the by-product. Don't worry about lap times – instead focus on the physics of the motorcycle and how to move it around with the brake, throttle, and clutch. Focus on using your strength & balance to move the bike around – put the bike where you want/need it to be.

Refer to the **MX Speed Workout #1 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 cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



WEDNESDAY

AEROBIC AM

Bike Speed Intervals OR Row Distance Intervals + Core AM · MX Aerobic #2 PM

Coach's Note: This workout is all about tying in your intensity with your pace (given the environmental elements: wind, hills, heat & humidity). As you bring your speed up to HR Zone 3, mentally focus on using your gearing, cadence, pedal mechanics, and your position on the seat: when the road goes up, your butt needs to slide back on the seat.

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

OPTION A – BIKE: 3-MILE SPEED INTERVALS (25 MILES + WARM-UP/COOL-DOWN)

WARM-UP · HR ZONE 1 · 5 MILES

Cadence: 80-85 · Small chain ring, middle rear gearing. Stretch and hydrate.

MAIN SET · 25 MILES – REPEAT 5 TIMES

3 miles at High End HR Zone 3 (tallest gear, cadence 75-80, pedal in full circles).

Recover: spin easily for 2 miles (get HR down to Zone 2 or lower before next interval).

COOL-DOWN · HR ZONE 1 · 5 MILES

Cadence: 85-90 · Easiest gear combination. Don't dismount until HR is within Zone 1.

OPTION B – ROW: DISTANCE INTERVALS

- OR -

WARM UP

HR Zone 1 – Load Level: 3 · Distance: 1,000 m · Pull Rate: 20-25

Stretch from head to toe

<40%

MAIN SET #1

1,000 m – picking up pace every 200 m up to HR Zone 3 (no higher) – Repeat 3x

Load Level: 5 · Pull Rate: 30+

HR Zone 3

Transition Set: 1,000 m at HR Zone 2 – stretch & rehydrate as necessary

MAIN SET #2

6 × 500 m at HR Zone 3 (no higher or lower) – 500 m Active Recovery at HR Zone 2 or less

Load Level: 5 · Pull Rate: 30+

HR Zone 3

COOL DOWN

HR Zone 1 – Load Level: 3 · Distance: 500 m · Pull Rate: less than 25

Stretch from head to toe

<40%

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING)

Complete 10 reps of each & hold the bike for 1 minute; rest 20 seconds between exercises. Go through each exercise and then repeat – total of 2 sets.

[Ab Crunch on Fit Ball](#) (pause 5 seconds) · [Pike Position with eyes closed](#) · [Plyometric Push-Ups](#)

AFTERNOON – MX AEROBIC WORKOUT #2

Coach's Note: This workout is going to be fun as well as challenging by changing up your intensity and duration levels throughout each set. Teaching your body to change “gears” specific to your heart rate is the quickest way to find new levels of speed. Stay focused on smooth lines, good technique, and deep belly breathing to keep your overall heart rate under control.

Refer to the **MX Aerobic Workout #2 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 cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed



THURSDAY

Combo Weight Workout AM · Row or Bike · MX Speed #2 PM

STRENGTH AM

Coach's Note: Come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level.

▲ **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.

MORNING – COMBO WEIGHT WORKOUT: MUSCULAR ENDURANCE PHASE 1

Refer to the **Combo Weight Workout spreadsheet** at the back of this document. Complete Row or Bike (see spreadsheet at the end of this document).

Rep Count: Upper Body 8–10 reps max · Lower Body 8–10 reps max · Sets: 2

AFTERNOON – MX SPEED WORKOUT #2

Coach's Note: Strive to be consistent for all three main sets. If you have more than a two-second deviation, then your average speed needs to increase slightly, or you need to slow down your initial pace. The idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. Wear your HR monitor to help keep yourself honest throughout this workout.

Refer to the **MX Speed Workout #2 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 cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



FRIDAY

Rest Day – Full Recovery

REST

Coach's Note: Take 10 minutes and complete these two things (5 minutes each): **Diaphragmatic Breathing & pressing your lower back to the floor.** Repeat throughout the day as often as your schedule permits.

Diaphragmatic Breathing: learning how to control your breathing and change your style of breathing either through your chest or your belly. Belly breathing – activating the diaphragm muscle – is more effective in delivering oxygen to your working muscles.

Pressing your Lower Back: to release the tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), foam roll your quads and then isolate and stretch the quadriceps.

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



SATURDAY

MX Speed #1 (AM) · 2-Hour Nap · Bike Fragmented Intensity Blocks (PM)

SPEED AM

Coach's Note: Same as Tuesday intentionally. Now that you are familiar with the protocols, strive to be slightly faster and smoother. As you “create” faster lap times, document what you did to create this improved time.

▲ **Pre-Workout:** Consume **8–10 oz of cold 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.

☀️ 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. Strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. If you are not dosing off within 10 minutes of lying down, please let your coach know so that we can determine why your body won't shut down long enough for a nap.

AFTERNOON – BIKE: FRAGMENTED INTENSITY BLOCKS (23 MILES)

WARM-UP · 1 MILE · HR ZONE 1-2

Cadence: 80 or less · Small chain ring, middle rear gearing.

MAIN SET #1 · 10 MILES – REPEAT 2 TIMES

3 miles at HR Zone 3 (tallest gear, 85–90 cadence) then 2 miles at HR Zone 4 (tallest gear, 90+ cadence).

Transition: 2 miles at Zone 1 then Zone 2 – stretch & rehydrate.

MAIN SET #2 · 10 MILES – REPEAT 2 TIMES

3 miles at HR Zone 3 (tallest gear, 85–90 cadence) then 2 miles at HR Zone 4 (tallest gear, 90+ cadence).

COOL-DOWN · 1 MILE

HR Zone 2 then Zone 1 · Cadence: 80 or less.

POST-WORKOUT

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

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



SUNDAY

MX Aerobic #2 (AM) · 2-Hour Nap · Row HR Intensity Blocks (PM)

AEROBIC AM

Coach's Note: This workout is going to be fun as well as challenging by changing up your intensity and duration levels throughout each set. Teaching your body to change “gears” specific to your heart rate is the quickest way to find new levels of speed. Stay focused on smooth lines, good technique, and deep belly breathing to keep your overall heart rate under control.

▲ **Pre-Workout:** Consume **8–10 oz of cold 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.

☀ 2-Hour Nap – After Mid-Day Meal

Once you wake up from your 2–3 hour nap, take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat actually penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.

AFTERNOON – ROW: HR INTENSITY BLOCKS (60–70 MINUTES)

WARM UP

HR Zone 1 – Load Level: 3 · Distance: 2,000 m · Pull Rate: 20–25

Stretch from head to toe

<40%

MAIN SET #1

1,000 m – picking up pace every 200 m up to HR Zone 3 (no higher) – Repeat 5x

Load Level: 5 · Pull Rate: 25–35

HR Zone 3

Transition Set: 1,000 m at HR Zone 2 – stretch & rehydrate as necessary

MAIN SET #2

5 × 1,000 m at HR Zone 3 (no higher or lower) – 500 m Active Recovery at HR Zone 2 or less

Load Level: 5 · Pull Rate: 25+

HR Zone 3

COOL DOWN

HR Zone 1 – Load Level: 3 · Distance: 1,000 m · Pull Rate: less than 25

Stretch from head to toe

<40%

POST-WORKOUT

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

EVENING

- ▶ **Nutrition:** 8 oz cold water with fresh lemon; smoothie & evening vitamins
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy – 10 min
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



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 Stretch passively (no bouncing) from head to toe	<50%
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			
Set Focus: Hold Consistent Times At An Aerobic Effort			
Main Set #3	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: ____	8-10 reps · Quick up / 3-count down

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
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: _____	