

TRAINING PROTOCOL








PHASE 4 WEEK 3 OF 8

RACE SPECIFIC SPEED & ENDURANCE

PROGRAM Fulltime	PHASE 4	WEEK 3 of 8	FOCUS Speed & Endurance
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This week continues to build on your personalized training zones from Phase 4 Week 1. The emphasis remains on **race-specific speed and endurance** – holding your fastest lap times as fatigue accumulates, developing negative-split ability, and building the aerobic base that sustains your speed deep into a moto. The Timed Challenge weight workouts on Tuesday, Thursday, and Sunday add functional strength that carries directly onto the bike.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	MX + Weights MX Speed #1 AM Timed Challenge P4 PM	MX + Bike or Row + Core MX Aerobic #1 AM HR Pacing Blocks PM	MX + Weights MX Speed #2 AM Timed Challenge P4 PM	Bike + Row + Core Bike 50 min AM Row 8000m + Core PM	MX + Nap + Bike or Row MX Aerobic #2 AM Nap + Pacing Blocks PM	MX + Nap + Weights MX Speed #3 AM Nap + Timed Challenge 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 strength, speed, and lactate tolerance. Burns stored sugar as primary fuel. Breathing is labored; conversation is not possible. Use your personalized HR zones from Week 1 testing.



MONDAY

Complete Rest Day – Body Analysis & Recovery

RECOVERY

Today is a complete rest day. Review your personal goals and objectives. Take a look at how you have your week outlined to ensure that you can implement your objectives to move one step closer to achieving your goals. Though this may sound fundamental, as athletes we tend to get busy "getting it all in" but lose focus of why we are completing a specific workout or foam roller session. One area that consistently frustrates athletes is the area of food & associated energy levels. When you are eating fresh fruits, vegetables, and lean protein, you begin to realize that these food items don't contain an abundance of calories. Because of this situation, it is imperative that all of your food is prepped and readily available throughout the day to literally fuel your next workout and provide the necessary recovery calories to rebuild muscle and replenish depleted sugar storages in your liver and muscles.

EVENING PROTOCOLS

BELLY BREATHING

- ▶ Take a straw and breathe through it – in and out – for 30 seconds. Then breathe for 90 seconds without the straw, focusing on using the same muscles. Repeat 5x.

MENTAL IMAGERY

- ▶ After 10-15 deep belly breaths, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

SHIN STRIPPING

- ▶ Take your thumb and firmly press along the edge of your shin bone from ankle to knee. When you feel a knot, apply slightly more pressure and hold 5-10 seconds. Complete both sides of both legs.



TUESDAY

AM: MX Speed Workout #1 – PM: Timed Challenge P4

MX AM · WEIGHTS PM

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. 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. [Refer to **MX Speed Workout #1** spreadsheet at the back of this document]

MORNING: MX SPEED WORKOUT #1

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior. Have your heart rate zones (high and low) visible to ensure you are hitting the goal intensity levels.

POST-MX PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar & repair tissue.

BEFORE DINNER: TIMED CHALLENGE P4 (40" ON – 20" OFF)

Each cycle consists of two exercises – this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds, then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity. **Weight:** for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds. **Rest Interval:** 30 seconds / stretch & hydrate between sets; 1:00 between cycles. [Refer to **Timed Challenge P4 spreadsheet** at the back of this document]

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

EVENING

- ▶ **Mental Protocols:** Watch the psychology concept video in a place with zero distractions. ▶ [Video Link](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



WEDNESDAY

MX AM · BIKE + CORE PM

AM: MX Aerobic Workout #1 – PM: Row or Bike HR Pacing Blocks (60 min) + Core

This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful. Keep a close eye on your rest interval – you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, stop, stretch and resume. [Refer to **MX Aerobic Workout #1 spreadsheet** at the back of this document]

MORNING: MX AEROBIC WORKOUT #1

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

POST-MX PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

CHOOSE ONE – COMPLETE PRIOR TO DINNER (60 MINUTES)

OPTION A – ROW: HR PACING BLOCKS (60 MINUTES)

This workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/or a muscle pull.

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

WARM-UP – 10 MIN (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 30

Misc.: Straight back, leading with legs, arms finishing to chest. Stretch head to toe.

MAIN SET – HR PACING BLOCKS (REPEAT 2X)

Load Level: 5 / Pull Rate: 25+

Block: 10 min at low end of HR Z3 → 5 min at high end of HR Z3 → 5 min at low end of HR Z4

Recovery: 5 min – dismount and stretch as necessary; rehydrate with Energy Fuel. Then repeat the 20-minute block.

COOL DOWN – 5 MIN (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc.: Stretch head to toe.

OPTION B – BIKE: FRAGMENTED PACING WORKOUT (60 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 80–85 (no higher/lower)

MAIN SET – HR PACING BLOCKS (REPEAT 2X)

Block: 10 min low end HR Z3 → 5 min high end HR Z3 → 5 min low end HR Z4

Recovery: 5 min – dismount, stretch, rehydrate. Then repeat the 20-minute block.

WARM DOWN – 5 MIN (HR ZONE 1)

Cadence: 70–80

Misc.: Stretch lower back, calves and quads prior to dismounting.

IMMEDIATELY AFTER: CORE & LOWER BACK WORK

Complete 10 reps of each & hold the bike for 1 minute; rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set – total of 2 sets.

CORE CIRCUIT (2 SETS)

- ▶ **Ab Crunch on Fit Ball** – pause for 5 seconds ▶ [Video](#)
- ▶ **Pike Position with eyes closed** ▶ [Video](#)
- ▶ **Plyometric Push-Ups** ▶ [Video](#)

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

EVENING

- ▶ Please reference Monday's evening protocols and video links.



THURSDAY

AM: MX Speed Workout #2 – PM: Timed Challenge P4

MX AM · WEIGHTS PM

Like all of your workouts, the heart rate monitor needs to be easily visible to maximize your productivity on the track. The more times you work smart NOT hard on the track (i.e. bouncing off of the faces of everything), the faster and more consistent your lap times will become. Though you may not realize this, workouts like this are intended to create a "memory" within your body and muscles – what it "feels" to be fast, smooth and in total control. If you feel like you are not in control – do NOT slow down. Instead focus on breathing deep FIRST to bring the heart rate down (which will make the speed feel easy). [Refer to **MX Speed Workout #2 spreadsheet** at the back of this document]

MORNING: MX SPEED WORKOUT #2

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior. Have your heart rate zones (high and low) visible to ensure you are hitting the goal intensity levels.

POST-MX PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein** to replace depleted muscle sugar & repair tissue.

BEFORE DINNER: TIMED CHALLENGE P4 (40" ON – 20" OFF)

Each cycle consists of two exercises – complete 40 seconds of one exercise, rest 20 seconds, then complete the second exercise. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate. **Weight:** first set – 8 reps comfortably; second set – slightly heavier. **Rest Interval:** 30 seconds between sets; 1:00 between cycles. [Refer to **Timed Challenge P4 spreadsheet** at the back of this document]

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

EVENING

- ▶ Please reference Monday's evening protocols and video links.



FRIDAY

BIKE + ROW + CORE

AM: Bike Even Tempo (50 min) – PM: Row Even Tempo (8,000m) + Core

Complete one of the following for both your morning & evening workouts (ideally before a meal). Keep a close eye on your HR throughout to ensure that you keep the intensity levels easy (HR Z2 or less) for maximum productivity – burn fat and enhance your aerobic engine.

MORNING: BIKE EVEN TEMPO / ACTIVE RECOVERY (50 MINUTES)

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

WARM-UP – 5 MIN (HR ZONE 2 OR LESS)

Gearing: Small chain ring front, middle rear

Cadence: 80–85 (no higher/lower)

MAIN SET – 40 MIN (LOW END OF HR ZONE 3)

Cadence: 75–85

Every 10 min: Stand up and stretch hamstrings, quads, calves, lower back. Hydrate with Energy Fuel. Complete Red & Purples to maintain blood sugar & energy levels.

WARM DOWN – 5 MIN (HR ZONE 2 OR LESS)

Cadence: 70–80

Misc.: Stretch lower back, calves and quads prior to dismounting.

AFTERNOON: ROW EVEN TEMPO / ACTIVE RECOVERY (8,000 METERS)

Keep your effort within HR Z2 the entire time for maximum results and optimized recovery.

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

WARM-UP – 1,000 METERS (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Display: Distance

MAIN SET – 6,000 METERS (MIDDLE OF HR ZONE 2)

Load Level: 5

Pull Rate: 25+

COOL DOWN – 1,000 METERS (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc.: Stretch head to toe.

IMMEDIATELY AFTER ROW: CORE & LOWER BACK WORK

CORE CIRCUIT (2 SETS)

- ▶ **Ab Crunch on Fit Ball** – pause for 5 seconds ▶ [Video](#)
- ▶ **Pike Position with eyes closed** ▶ [Video](#)
- ▶ **Plyometric Push-Ups** ▶ [Video](#)

EVENING

- ▶ Please reference Monday's evening protocols and video links.



SATURDAY

AM: MX Aerobic #2 – Post-Ride Nap – PM: Row or Bike HR Pacing Blocks (35 min)

MX AM · NAP · BIKE PM

This workout is a combination set that will require you to pay close attention to your intensity levels in order to reap the full benefits on the track. You need to "feel" the difference between what you think is fast (based on your internal RPM gauge – also known as your heart rate) and what is really fast. The more in tune you are with your true intensity levels and associated lap times, the more confident you will be – especially on race day. [Refer to **MX Aerobic Workout #2 spreadsheet** at the back of this document]

MORNING: MX AEROBIC WORKOUT #2

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

POST-MX PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

2-HOUR POWER NAP – AFTER POST-RIDE MEAL

△ 2-Hour Power Nap / Recovery Protocols

The benefit to a nap is the release of hGH (human growth hormone). With this in mind, eat a post-ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2–3 hours without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver – if it runs out of sugar, you will be woken up!

CHOOSE ONE – COMPLETE PRIOR TO DINNER (35 MINUTES)

OPTION A – ROW: HR PACING BLOCKS (35 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 1)

Load Level: 3 / Pull Rate: less than 30

Misc.: Stretch head to toe.

MAIN SET – HR PACING BLOCKS (1 BLOCK)

Load Level: 5 / Pull Rate: 25+

Block: 10 min low end HR Z3 → 5 min high end HR Z3 → 5 min low end HR Z4

COOL DOWN – 5 MIN (HR ZONE 1)

Load Level: 3 / Pull Rate: less than 25

Misc.: Stretch head to toe.

OPTION B – BIKE: FRAGMENTED PACING WORKOUT (35 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear / **Cadence:** 80–85

MAIN SET – HR PACING BLOCKS (1 BLOCK)

Block: 10 min low end HR Z3 → 5 min high end HR Z3 → 5 min low end HR Z4

WARM DOWN – 5 MIN (HR ZONE 1)

Cadence: 70–80

Misc.: Stretch lower back, calves and quads prior to dismounting.

EVENING PROTOCOLS

EVENING

▶ Please reference Monday's evening protocols and video links.



SUNDAY

AM: MX Speed #3 or MX Aerobic #1 – Post-Ride Nap – PM: Timed Challenge P4

MX AM · NAP · WEIGHTS PM

Log your body analysis data in your **Coach Robb Body Analysis Spreadsheet** before beginning. **If your resting heart rate is within 3 beats of normal, complete MX Speed Workout #3. If not, complete MX Aerobic Workout #1 instead.** To keep you mentally focused, you will need to focus on maintaining your speed and consistency from set to set. This workout is going to break the problem that most racers experience – getting slower as the race transpires. This set is going to hold you accountable on three levels: lap times, average heart rate, and a tight rest interval. Due to the intensity levels and duration of this set, it is imperative that you come to this workout well hydrated and fed. [Refer to **MX Speed Workout #3 spreadsheet** at the back of this document]

MORNING: MX SPEED WORKOUT #3 (OR MX AEROBIC #1 IF HR ELEVATED)

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

POST-MX PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

2-HOUR POWER NAP – AFTER POST-RIDE MEAL

△ 2-Hour Power Nap / Recovery Protocols

Please reference Saturday's nap notes. Eat a post-ride meal high in carbohydrates before lying down. The goal is to fall asleep quickly and stay asleep for 2–3 hours without waking up hungry.

BEFORE DINNER: TIMED CHALLENGE P4 (40" ON – 20" OFF)

Each cycle consists of two exercises – complete 40 seconds of one exercise, rest 20 seconds, then complete the second exercise. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate. **Weight:** first set – 8 reps comfortably; second set – slightly heavier. **Rest Interval:** 30 seconds between sets; 1:00 between cycles. [Refer to **Timed Challenge P4 spreadsheet** at the back of this document]

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz **Best Whey Protein**.

EVENING

- ▶ **Mental Protocols:** Watch the psychology concept video. ▶ [Video Link](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



TIMED CHALLENGE P4

40 Seconds On – 20 Seconds Off – 5 Cycles + Bicycle Sprints

SPREADSHEET

▲ **WARM-UP:** Concept 2™ Row or Spin on Bike – 10 minutes easy.

EXERCISE	PROTOCOL	DATE / SET 1 REPS	DATE / SET 2 REPS
CYCLE ONE			
Pike – Push Up – Pike ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Isolated Leg & Frankenstein's on Bench ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier than Set 1): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE TWO			
Air Squats ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Hamstring Press-Extension on Fit Ball ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE THREE			
Stars – 30 Seconds As Fast As Possible ▶ Stars Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____

EXERCISE	PROTOCOL	DATE / SET 1 REPS	DATE / SET 2 REPS
	Rep 2: As many as you can complete in 40 seconds – 20 second rest		
Military Spiders Off Bench ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE FOUR			
Dips Off of Bench ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Bicep Curls Up to 90 Degrees ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 30 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 30 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE FIVE			
Side Skaters ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Abdominal Crunch on Fit Ball ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____



BICYCLE SPRINTS ON TRAINER

5 × 2-Minute Sprints – 90–95% Effort – Moderate Load

SPREADSHEET

SET	PROTOCOL	INTENSITY
Warm-Up 2 Minutes	Low intensity – light load levels. Spin easy to prepare muscles for sprint efforts.	LOW
Sprint #1 2 Minutes	Increase load to MODERATE. Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #1 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #2 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #2 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #3 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #3 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #4 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #4 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #5 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Warm Down	Easy spinning until HR returns to Zone 1.	< 40%



CRS MX SPEED WORKOUT #1

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

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual 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.	< 50%
Main Set #1 Focus: Smooth Start & Fast 5 Laps	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 HR Zone – Low #: _____ High #: _____ 5 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate 5 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #2 Focus: Smooth Start & Fast 3 Laps	Your goal is to match or beat your fastest lap from Set #1. Moto Specific HR Zone – Low #: _____ High #: _____ 3 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel 3 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #3 Focus: Smooth Start & Fast 2 Laps	Your goal is to match or beat your fastest lap from Set #2. Moto Specific HR Zone – Low #: _____ High #: _____ 2 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____ Rest For 3 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel 2 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____	90-95%
Warm Down	Easy riding – nothing structured or intense; allow the HR to come down slowly.	< 40%

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN



CRS MX AEROBIC WORKOUT #1

Workout Focus: Muscular Endurance and Strength

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual 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.	< 40%
Main Set #1 Focus: Starts with First Turns for Time	10 Starts with a first turn and timed to a point just out of the corner. Clock starts when the gate drops and ends when you cross your mark point – be smooth! Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	N/A
Main Set #2 Focus: Timed Moto (Max 15 Min)	Complete 10 laps at just below your race pace (80–85% HR Level); smooth lines. Elapsed Times: _____ Average HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80–85%
Main Set #3 Focus: Timed Moto (Max 15 Min)	Complete 10 laps at just below your race pace (80–85% HR Level); non-smooth lines. Goal: within 2 seconds of your previous set – hold yourself accountable here! Elapsed Times: _____ Average HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80–85%
Main Set #4 Focus: Timed Moto (Max 15 Min)	Complete 10 laps at just below your race pace (80–85% HR Level); smooth lines. Goal: within 2 seconds of your previous set – hold yourself accountable here! Elapsed Times: _____ Average HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80–85%
Main Set #5 Focus: Timed Moto (Max 15 Min)	Complete 10 laps at just below your race pace (80–85% HR Level); non-smooth lines. Goal: within 2 seconds of your previous set – hold yourself accountable here! Elapsed Times: _____ Average HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80–85%
Main Set #6 Focus: Starts & Transitions	10 Starts with a first turn and timed to a point just out of the corner. Clock starts when the gate drops and ends when you cross your mark point – be smooth! Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	N/A

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Down	10 Minutes of play riding – nothing structured or intense (HR Level Zone 2 – no higher). Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	< 40%

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN



CRS MX SPEED WORKOUT #2

Workout Focus: Late Moto Speed – Total Ride Time: 60 Minutes

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual 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.	< 50%
Main Set #1 Focus: Pre-Race Routine	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. This will eliminate race day confusion – what you want from your start & what you have practiced. Moto Specific HR Zone – Low #: _____ High #: _____ Int.1: ___ Int.2: ___ Int.3: ___ Int.4: ___ Int.5: ___ Int.6: ___ Int.7: ___ Int.8: ___ Int.9: ___ Int.10: ___ Set Recap – Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2 Focus: Negative Split Moto (20 Min Max)	Hold your pace for the first five laps and then pick up the pace for the last five laps. During the first five laps, if you fall off the pace by more than 2 seconds (minus a mistake) then stop, re-group and re-start the interval. Moto Specific HR Zone – Low #: _____ High #: _____ Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___ Set Recap – Fastest Lap: _____ Average Lap Pace: _____ Average Heart Rate: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	85-95%
Main Set #3 Focus: Negative Split Moto (20 Min Max)	Strive to maintain the same heart rate average but be 2 seconds faster during the last five laps. The only way you can make this happen is to breathe through your belly and be smooth everywhere! Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___	85-95%

SET	DESCRIPTION & PROTOCOLS	INTENSITY
	Set Recap – Fastest Lap: _____ Average Lap Pace: _____ Average Heart Rate: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4 Focus: Negative Split Moto (20 Min Max)	This set is about riding as fast as you can while staying within the indicated HR zone AND not falling off pace by more than 1 second. This set is what your body will relate to on race day so be mentally focused! Lap 1: ____ Lap 2: ____ Lap 3: ____ Lap 4: ____ Lap 5: ____ Lap 6: ____ Lap 7: ____ Lap 8: ____ Lap 9: ____ Lap 10: ____ Set Recap – Fastest Lap: _____ Average Lap Pace: _____ Average Heart Rate: _____	85-95%
Warm Down	5 Minutes of easy riding – nothing structured or intense; allow the HR to come down slowly.	< 40%

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN



CRS MX AEROBIC WORKOUT #2

Workout Focus: Muscular Endurance and Strength

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual 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.	< 40%
Main Set #1 Focus: Starts & Transitions	5 Starts and first turn transition – remember, perfect practice makes perfect! Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	N/A
Main Set #2 Focus: Fragmented Pacing – 30 Min Moto	Put the HR range on the board to hit the exact intensity levels. Goal: as the intensity levels increase, don't allow yourself to start bounding off of everything! 10 Minutes – smooth lines & maximum momentum (80–85%) 10 Minutes – non-optimum lines & minimum momentum (85–90%) 10 Minutes – sprint/race effort; put your smooth lines plus momentum to work for you! (90–95%) Avg. HR: _____ Max HR: _____ Fastest Lap: _____ Rest For 15 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	80–95%
Main Set #3 Focus: Starts & Transitions	5 Starts and first turn transition – stay mentally focused for optimum results. Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	N/A
Main Set #4 Focus: Fragmented Pacing – 30 Min Moto	Put the HR range on the board to hit the exact intensity levels. Goal: as the intensity levels increase, don't allow yourself to start bounding off of everything! 10 Minutes – smooth lines & maximum momentum (80–85%) 10 Minutes – non-optimum lines & minimum momentum (85–90%) 10 Minutes – sprint/race effort; put your smooth lines plus momentum to work for you! (90–95%) Avg. HR: _____ Max HR: _____ Fastest Lap: _____ Rest For 15 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	80–95%
Main Set #5 Focus: Starts & Transitions		N/A

SET	DESCRIPTION & PROTOCOLS	INTENSITY
	5 Starts / 1st turn transition – stay mentally focused now that fatigue is settling in – just like a race! Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	
Main Set #6 Focus: Fragmented Pacing – 30 Min Moto	Put the HR range on the board to hit the exact intensity levels. Goal: as the intensity levels increase, don't allow yourself to start bounding off of everything! 10 Minutes – smooth lines & maximum momentum (80–85%) 10 Minutes – non-optimum lines & minimum momentum (85–90%) 10 Minutes – sprint/race effort; put your smooth lines plus momentum to work for you! (90–95%) Avg. HR: _____ Max HR: _____ Fastest Lap: _____	<div style="border: 1px solid red; padding: 2px; display: inline-block;">80–95%</div>
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch the HR monitor to ensure). Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	<div style="border: 1px solid blue; padding: 2px; display: inline-block;">< 40%</div>

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN



CRS MX SPEED WORKOUT #3

Overall Focus: Speed, Speed, Speed! – Total Ride Time: 90 Minutes

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
<p>Warm Up Set Focus: Gradual Warm Up</p>	<p>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>	< 50%
<p>Main Set #1 Focus: Warm Muscles / Break a Sweat (15 Min Moto)</p>	<p>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 within your HR zones. Don't take lap times – instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic – watch your HR monitor. Moto Specific HR Zone – Low #: _____ High #: _____ Set Recap – Fastest Time: _____ Average Time: _____ Avg HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	75-80%
<p>Main Set #2 Focus: Opening Lap Speed</p>	<p>Complete 10 starts plus 1 lap sprint. On race day, your body will emulate what you practice – stay mentally focused & specific. Moto Specific HR Zone – Low #: _____ High #: _____ Int.1: ___ Int.2: ___ Int.3: ___ Int.4: ___ Int.5: ___ Int.6: ___ Int.7: ___ Int.8: ___ Int.9: ___ Int.10: ___ Set Recap – Fastest Lap: _____ Avg Lap Pace: _____ Avg HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	90-95%
<p>Main Set #3 Focus: High Intensity / Lactate Tolerance</p>	<p>These intervals need to be aggressive – you should hit your 95% number by the end of the one lap. 1 Lap Sprint (2 Minute Lap Time Max) / 1 Minute Rest Interval. Int.#1: ___ Int.#2: ___ Int.#3: ___ Int.#4: ___ Int.#5: ___ Set Recap – Fastest Lap: _____ Avg Lap Pace: _____ Avg HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	90-95%
<p>Main Set #4 Focus: High Intensity / Lactate Tolerance</p>	<p>These intervals need to be aggressive – you should hit your 95% number by the end of lap two. 2 Lap Sprints (4 Minutes Max Time) / 1 Minute Rest Interval. Int.#1: ___ Int.#2: ___ Int.#3: ___ Int.#4: ___ Int.#5: ___</p>	90-95%

SET	DESCRIPTION & PROTOCOLS	INTENSITY
	Set Recap – Fastest Lap: _____ Avg Lap Pace: _____ Avg HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5 Focus: High Intensity / Lactate Tolerance	3 Lap Sprints (6 Minutes Max Time) / 1 Minute Rest Interval. Int.#1: ___ Int.#2: ___ Int.#3: ___ Int.#4: ___ Int.#5: ___ Set Recap – Fastest Lap: _____ Avg Lap Pace: _____ Avg HR: _____	90-95%
Warm Down	5 Minutes of easy riding – nothing structured or intense; allow the HR to come down slowly.	< 40%

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN
