COMPLETE RACING SOLUTIONS
THE SCIENCE OF PERFORMANCE

TRAINING PROTOCOL

PHASE 1
WEEK 1 OF 6

ESTABLISH BASELINE NUMBERS & CAPTURE MAX HEART RATES

PROGRAM	PHASE	WEEK	FOCUS
Fulltime	1	1 of 6	Testing

> This is a **testing week** — no heavy training loads. The goal is to establish your personal baseline numbers across all disciplines: plyometric strength, rowing lactate threshold, bike lactate threshold, and MX-specific cardiovascular capacity. Every test result becomes the data that drives your personalized training zones for the next 5 weeks.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
Plyometric Assessment 3 Sets · 30 sec	**Row AM** 500m Time Trials 5 × 500m	**Bike AM** Even Tempo 60 Min · Zone 2	**Bike AM** Even Tempo 60 Min · Zone 2	**Rest Day** Full Recovery	**Bike AM** 10 Mile Time Trial	**MX Speed** Assessment 3 Main Sets

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

Near-maximum effort. Used only during testing intervals to capture true lactate threshold and max heart rate. Breathing is labored; conversation is not possible.

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MONDAY

Plyometric Assessment — Establish Strength Baseline

TESTING AM

> **Coach's Note:** This is a pure assessment — not a workout. The goal is to record how many reps you can complete in 30 seconds per exercise. Use the **Plyometric Assessment spreadsheet** to record all data. Three sets per exercise, 30 sec rest between sets, 1 min rest before the next exercise. Do not push to failure — controlled, consistent effort only.

ASSESSMENT PROTOCOL

Plyometric Assessment — Structure

- **Duration per exercise:** 30 seconds maximum effort
- **Sets per exercise:** 3 sets
- **Rest between sets:** 30 seconds
- **Rest between exercises:** 1 minute
- **Record:** Total reps per set for each exercise in the Plyometric Assessment spreadsheet
- **Goal:** Establish baseline rep counts — these numbers will track your strength progress over 6 weeks

PRE-WORKOUT

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

EVENING PROTOCOLS

FLEXIBILITY

- ▶ Upper and lower body trigger point, foam rolling, and stretching. ► Flexibility Playlist
- ▶ Diaphragmatic breathing — 10 min before sleep. ► Watch

NUTRITION

- ▶ **Best Whey Protein smoothie 30 min before bed** — feeds the brain overnight, improves sleep quality, supports recovery.

NUTRITION SPOTLIGHT: SODIUM & HYDRATION

Research-Backed Sodium Protocol (Bob Seebohar, Sports Dietician)

3–5.5g	3–4g	800–1,500mg
Sodium lost/hr	Preload 12–24 hrs before	Per hr during training

- Preload 3–4g sodium 12–24 hrs before a hard workout or race.
- Consume 800–1,500 mg/hr; use a sports drink with 150–200 mg sodium per serving (Energy Fuel: 160 mg/serving).
- **Symptoms of low sodium:** dizziness, nausea, vomiting, throbbing headache, swollen hands & bloated stomach.

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ROWING AM

TUESDAY

Row 500m Time Trials — Lactate Threshold & Max HR Assessment

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

Complete 5 × 500m intervals at near-maximum effort with 1 minute rest between each (Load Level 5). Warm up for 10 minutes at Load Level 3 or less, then stretch from head to toe before starting. The goal is to be as close to maximum effort as possible for each interval. Document your elapsed time and maximum heart rate at the end of each 500m. If at any time you feel something tighten up, stop immediately and stretch; resume at an easy effort for 10 minutes.

PRE-WORKOUT

▲ **PRE-WORKOUT:** **10–15 minutes prior to this workout, consume 8–10 oz of Energy Fuel to top off your calories and provide the much-needed electrolytes.**

MAIN SET — 5 × 500M TIME TRIALS

5 × 500m — Near-Maximum Effort (Zone 3+)

Complete 5 intervals of 500m each at near-maximum effort (Load Level 5). Rest **1 minute** between each interval. For each interval, record your **elapsed time** and **maximum heart rate**. Start each interval fresh — do not carry fatigue from the previous rep.

DATA TO RECORD

INT. 1 TIME	INT. 1 MAX HR	INT. 2 TIME	INT. 2 MAX HR
INT. 3 TIME	INT. 3 MAX HR	INT. 4 TIME	INT. 4 MAX HR
INT. 5 TIME	INT. 5 MAX HR		

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- **Flexibility:** Complete an entire stretch routine for your hips, hamstrings, quads and calves.
- **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle glycogen.

EVENING

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

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WEDNESDAY

Morning Workout — Bike: Even Tempo (60 Minutes)

BIKE AM · ZONE 2

> **Coach's Note:** Active recovery day between tests. Stay strictly in Zone 2 — this is not a hard effort. Capture your body weight pre and post ride to monitor hydration. Focus on pedal mechanics and breathing control throughout.

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

BIKE WORKOUT — 60 MINUTES TOTAL

WARM-UP — 5 MIN

Cadence: 80–85 RPM
Gearing: Small chain ring, middle rear
Focus on pedal mechanics from the start. Stretch and hydrate before moving into the main set.

MAIN SET — 50 MIN (VERY EASY)

Cadence: 80–85 RPM | **Effort:** Very Easy
Tallest gear keeping effort easy. Vary pedal stroke: 12→6, 3→9, 6→12 to activate all pedaling muscles. Mental focus = pedal mechanics.

COOL-DOWN — 5 MIN

Cadence: 85–90 RPM
Gearing: Very light
Monitor HR closely. Do not dismount until heart rate is low.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Full stretch — hips, hamstrings, quads, calves. ► Playlist
- ▶ **Nutrition:** Consume **Energy Fuel Recovery** immediately to shorten recovery window and replace depleted muscle glycogen.

EVENING

- ▶ **Flexibility:** Trigger point, foam rolling, stretching — upper and lower body. ► Playlist
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ► Watch
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.

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THURSDAY

Morning Workout — Bike: Even Tempo (60 Minutes)

BIKE AM · ZONE 2

Coach's Note: Same protocol as Wednesday. Two consecutive Zone 2 sessions establish your aerobic baseline and practice pacing discipline. Stay easy — the testing days (Saturday and Sunday) require full energy reserves.

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

BIKE WORKOUT — 60 MINUTES TOTAL

WARM-UP — 5 MIN

Cadence: 80–85 RPM
Gearing: Small chain ring, middle rear
Focus on pedal mechanics. Stretch and hydrate before the main set.

MAIN SET — 50 MIN (VERY EASY)

Cadence: 80–85 RPM | **Effort:** Very Easy
Tallest gear keeping effort easy. Vary pedal stroke: 12→6, 3→9, 6→12. Mental focus = pedal mechanics and breathing.

COOL-DOWN — 5 MIN

Cadence: 85–90 RPM
Gearing: Very light
Monitor HR closely. Do not dismount until heart rate is low.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Full stretch — hips, hamstrings, quads, calves. ▶ Playlist
- ▶ **Nutrition:** Consume **Energy Fuel Recovery** immediately after workout.

EVENING

- ▶ **Flexibility:** Trigger point, foam rolling, stretching — upper and lower body. ▶ Playlist
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ Watch
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.

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FRIDAY

Complete Rest Day — Pre-Test Recovery

RECOVERY

Coach's Note: Full recovery before the weekend testing block. Focus on nutrition, hydration, and antioxidant-rich foods. Avoid any strenuous activity. Mental preparation for Saturday's bike time trial and Sunday's MX assessment is part of today's protocol.

RECOVERY PRIORITIES

Friday Recovery Checklist

- **Hydration:** Preload 3–4g sodium today. Drink consistently throughout the day to prepare for Saturday's time trial.
- **Nutrition:** Antioxidant-rich foods — berries, leafy greens, lean protein. Avoid processed foods and excessive sugar.
- **Sleep:** Target 8–9 hours tonight. Sleep is the most powerful recovery tool available.
- **Mental prep & Equipment:** Review Saturday's pacing strategy. Confirm bike setup, check HR monitor battery, and prepare hydration and nutrition for the morning.

SATURDAY MORNING PREPARATION CHECKLIST

Get Ready for Saturday's Time Trial

- ☐ **Bike & HR Monitor:** Check tire pressure, brakes, drivetrain. Charge or replace HR monitor battery.
- ☐ **Hydration & Nutrition:** Prepare 2+ water bottles and Energy Fuel. Set out Energy Fuel Recovery for post-ride.
- ☐ **Route:** Know your out-and-back course. Identify the 5-mile turnaround point in advance.
- ☐ **Pacing strategy:** First 2 miles easy warm-up, then build to highest sustainable effort. Do not sprint the first half.

EVENING PROTOCOLS

FLEXIBILITY

- ▶ Upper and lower body trigger point, foam rolling, and stretching. ► Flexibility Playlist
- ▶ Diaphragmatic breathing — 10 min before sleep. ► Watch

NUTRITION

- ▶ **Best Whey Protein smoothie 30 min before bed.**
- ▶ Final sodium preload: 800–1,000mg with evening meal.

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SATURDAY

Bike 10-Mile Time Trial — Pacing & Lactate Threshold Assessment

BIKE TEST

Coach's Note: Out-and-back course — 5 miles out, 5 miles back. The goal is to ride at the highest sustainable effort you can maintain for the full 10 miles. This is not a sprint — it is a pacing assessment. Record elapsed time, average HR, max HR, and fluid consumption. This data establishes your bike-specific lactate threshold.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior. Bring additional hydration for the ride.

TIME TRIAL STRUCTURE

10-Mile Bike Time Trial

- **Course:** Out-and-back — 5 miles out, turn around, 5 miles back
- **Effort:** Highest sustainable pace for the full 10 miles — do not sprint the first half
- **Pacing strategy:** First 2 miles easy to warm up, then increase to time trial effort
- **Heart rate:** Monitor continuously — note when HR peaks and where it stabilizes
- **Hydration:** Drink every 10 minutes regardless of thirst

TOTAL TIME	AVG HEART RATE	MAX HEART RATE	FLUID CONSUMED
_____	_____	_____	_____

AVG POWER (IF AVAIL)
_____

COOL-DOWN

Easy spin 5–10 min at very low effort after crossing the finish. Do not stop abruptly — gradual HR reduction prevents blood pooling.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- **Flexibility:** Full stretch — hips, hamstrings, quads, calves. ► Playlist
- **Nutrition:** Consume **Energy Fuel Recovery** immediately. Replace sodium lost during the time trial.

EVENING

- **Flexibility:** Trigger point, foam rolling, stretching. ► Playlist
- **Breathing:** Diaphragmatic breathing 10 min before sleep. ► Watch
- **Nutrition:** Best Whey Protein smoothie 30 min before bed.

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SUNDAY

MX Speed Assessment — Lap Speed & Max Heart Rate Capture

MX TEST

> **Coach's Note:** This is a moto-specific cardiovascular assessment. Three main sets at 90–100% effort to capture your true max HR on the track. Record lap times and heart rate for each set. This data establishes your MX-specific training zones. Body composition analysis should be completed before this session if possible.

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

MX ASSESSMENT STRUCTURE

Warm-Up	**2–3 Easy Laps** — very easy pace, no pushing. Focus on body position, breathing, and mental preparation. Note starting HR.
Set 1	**90–95% Effort** — ride at near-maximum pace. Record: lap time, average HR, max HR. Rest 3–5 min after set.
Set 2	**95–100% Effort** — maximum sustainable pace. Record: lap time, average HR, max HR. Rest 3–5 min after set.
Set 3	**100% Effort** — all-out maximum effort to capture true max HR. Record: lap time, average HR, max HR. This is your ceiling number.
Cool-Down	**2–3 Easy Laps** — very easy pace. Allow HR to return below 120 bpm before stopping. Hydrate immediately after.

DATA TO RECORD

SET 1 LAP TIME	SET 1 MAX HR	SET 2 LAP TIME	SET 2 MAX HR
_____	_____	_____	_____

SET 3 LAP TIME	TRUE MAX HR
_____	_____

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Full stretch — hips, hamstrings, quads, calves. ▶ Playlist
- ▶ **Nutrition:** Consume **Energy Fuel Recovery** immediately. Rehydrate aggressively — you will have sweated significantly.

EVENING

- ▶ **Epsom Salt Bath:** 20 min soak — 2 cups Epsom salt in warm water. Reduces muscle soreness and replenishes magnesium.
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ Watch
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.

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WEEK 1

Key Takeaways & What Your Data Means

REFERENCE

UNDERSTANDING YOUR TEST RESULTS

Plyometric Assessment (Monday)

Your rep counts establish your current strength-to-bodyweight ratio. These numbers will increase significantly over 6 weeks with consistent training.

Row 500m Time Trials (Tuesday)

Your average split time across 5 intervals establishes your rowing lactate threshold pace. This number drives your rowing training zones for Weeks 2–6.

10-Mile Bike Time Trial (Saturday)

Your average HR during the time trial (after the warm-up miles) is your bike-specific lactate threshold HR. Use this number to set your bike training zones.

MX Speed Assessment (Sunday)

Your Set 3 max HR is your true cardiovascular ceiling for moto. Your training zones for all disciplines will be calculated as a percentage of this number.

Post-Sunday Recovery Nap (1:00–3:00 PM): Take a 2-hour recovery nap after the MX assessment. A mid-afternoon nap of 90–120 minutes following high-intensity testing accelerates glycogen replenishment, reduces cortisol, and consolidates motor learning. This is not optional — it is part of the protocol.

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