

TRAINING PROTOCOL

PHASE 1








WEEK 4 OF 6

DEVELOP MAXIMUM STRENGTH & IMPROVE AEROBIC BASE

PROGRAM Fulltime	PHASE 1	WEEK 4 of 6	FOCUS Strength + Aerobic
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Week 4 increases the training load with two MX speed sessions, two MX aerobic sessions, three combo weight workouts, and structured bike sessions on Monday and Saturday. Wednesday gives you a choice between a bike intensity session or a 10,000m row. Friday is a complete rest day. The emphasis this week is on **developing maximum strength while continuing to build your aerobic base** – your consistency in execution will determine your results.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
MX + Bike + Core Speed #1 AM Bike Pyramids PM 65 min	MX + Weights Aerobic #1 AM Combo Weights PM	Bike or Row + Core Bike Intervals (75 min) OR Row 10,000m PM	MX + Weights Speed #2 AM Combo Weights PM	Rest Day Complete Rest Mental prep focus	MX + Bike + Core Aerobic #1 AM Nap + Bike HR Ladder PM	MX + Nap + Weights Speed Choice AM Nap + Combo Weights PM

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Builds your aerobic engine. Burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout.

● HR Zone 3+ – Red Workouts

High-intensity effort. Used for speed intervals, strength circuits, and lactate threshold work. Breathing is labored; conversation is difficult.



MONDAY

MX AM · BIKE PM

Morning: MX Speed Workout #1 | Evening: Bike Timed Pyramids (65 min) + Core

This is a two-session day. Your morning MX Speed Workout #1 focuses on starts and aerobic pacing at race intensity. Your evening bike session uses timed pyramid intervals – accelerate into **HR Zone 3** for the "on" segment, then recover during the rest interval. Rehydrate with Energy Fuel throughout.

MORNING: CRS MX SPEED WORKOUT #1

Complete your full MX Speed Workout #1 session. Reference the **MX Speed Workout #1 spreadsheet** at the end of this document for all sets, intervals, and performance tracking fields. Pay close attention to your heart rate during the first 20 minutes of each set – as your body warms up it can handle higher intensity. The goal is to feel increased speed and control in the final 15 minutes of each set.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz of **Recovery Fuel** to replace depleted muscle sugar & repair muscle tissue.

EVENING (BEFORE DINNER): CRS BIKE TIMED PYRAMIDS – 65 MINUTES

Have your HR Zone 3 range memorized before you start. During each "on" segment, accelerate then settle into HR Zone 3 (no higher or lower). Your rest interval matches your work interval. Rehydrate with Energy Fuel during every rest period.

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

WARM-UP – 10 MIN (HR ZONE 2)

Cadence: 80-85 (no higher/lower)
Gearing: Small chain ring up front, middle rear gearing
Misc: Stretch and hydrate before moving into main set

MAIN SET – 50 MIN (HR ZONE 3 PYRAMIDS)

Format: 1 min on/off → 2 min on/off → 3 min on/off → 4 min on/off → 5 min on/off
On: Accelerate into HR Zone 3 (no higher or lower); push tallest gear possible while staying in zone
Off: Rehydrate and stretch to keep power output level high
Focus: Optimized pedal mechanics and deep belly breathing throughout

COOL DOWN – 5 MIN (HR ZONE 2)

Cadence: 70-80 (no higher/lower)
Gearing: Small chain ring up front, middle rear gearing
Misc: Stretch lower back, calves, and quads prior to dismounting

▶ **Core & Lower Back Work (immediately following bike workout)**

Complete each exercise for **40 seconds**; rest interval is **20 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

▶ [Standing Abdominal Twists](#)

▶ [Abdominal Pike on Fit Ball](#)

▶ [Abdominal Roll Out on Fit Ball](#)

▶ [Ab Crunch on Fit Ball](#)

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- ▶ **Flexibility:** 10 min focus on legs and lower body – [Video List](#)
- ▶ **Nutrition:** 8-10 oz cold/filtered water; consume a raw snack or meal.



TUESDAY

MX AM · WEIGHTS PM

Morning: MX Aerobic Workout #1 | Evening: Combo Weight Workout (30-sec timed)

If your waking heart rate is more than 5 beats over your weekly average, switch your MX seat time to working skills, drills, and jumping. Keep riding duration to less than 20 minutes at a time with a minimum of 10 minutes rest in between. Keep total ride time to less than 1 hour.

MORNING: CRS MX AEROBIC WORKOUT #1

Complete your full MX Aerobic Workout #1 session. Reference the **MX Aerobic Workout #1 spreadsheet** at the end of this document. Focus on smooth, consistent lap times – your overall intensity needs to be aerobic (80–85%). Use your HR monitor to evaluate the actual number.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING (BEFORE DINNER): CRS COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES

Exercises are combined so you hit all muscles as a functional unit. You may find yourself becoming fatigued quickly – breathe deep and consistently throughout to maintain optimum performance. Consume Energy Fuel consistently throughout the session.

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

SPEED OF LIFT Quick & Smooth	REPETITIONS Max in 30 sec	SETS 2	REST BETWEEN EXERCISES None	REST BETWEEN CYCLES 1 Minute
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Reference the **Combo Weight Workout spreadsheet** at the end of this document for all 7 cycles with exercise-by-exercise tracking. All video links are embedded in the spreadsheet.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- ▶ **Flexibility:** 10 min focus on legs and lower body – [Video List](#)
- ▶ **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack or meal.



WEDNESDAY

CHOOSE ONE · PM

Afternoon: Choose One – Bike Intensity Intervals (75 min) OR Row Incremental Pacing (10,000m) + Core

Choose one of the two options below based on equipment availability and how your body feels. Both options develop your aerobic engine and lactate tolerance. Complete the core work immediately after whichever option you choose.

OPTION A: CRS BIKE INTENSITY DISTANCE INTERVALS – 75 MINUTES

Commit your most up-to-date HR Zone 3 range to memory before you start. Goal is to settle into HR Zone 3 (no higher or lower) and complete each 10-minute interval. Once in the zone, focus on belly breathing to maximize oxygen uptake. During the 5-minute rest interval, spin easy and allow HR to return to Zone 2 or less.

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

WARM-UP – 10 MIN (HR ZONE 1)

Focus: Optimum pedal mechanics right from the beginning

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

MAIN SET – 4 × 15 MIN (10 MIN ON / 5 MIN OFF)

On: Settle into HR Zone 3 and maintain for 10 minutes (interval doesn't begin until you hit Zone 3)

Off: Spin easy for 5 minutes in HR Zone 2 or less

Focus: Belly breathing to maximize oxygen uptake and maintain speed within zone

COOL DOWN – 5 MIN (HR ZONE 1)

Cadence: 85–90

Gearing: Easiest combination allowing 85–90 cadence & HR Zone 1

Misc: Don't dismount until HR is within Zone 1

– OR –

OPTION B: CRS ROW INCREMENTAL PACING INTERVALS – 10,000 METERS

Complete a 1,000m baseline interval at 80–85% effort after warm-up. Goal is to match this pace by interval #3 of each set. If you start too hard in intervals #1 and #2, you will lose the ability to hit your goal pace in interval #3. If any muscle tightens up, stop immediately and stretch passively (8–10 seconds) while breathing deeply.

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

PHASE	DETAILS	LOAD / RATE
Warm-Up	Focus on straight back, leading with legs, finishing with arms coming to chest. Distance: 2,000m. Stretch from head to toe.	Load 3 Rate <25
Baseline 1,000m	Complete 1,000m at 80–85% effort to establish your goal pace. 1 Minute Rest Interval. Elapsed Time: ____	Load 5 Rate 25+
Main Set Repeat 2*	1,000m @ Baseline + 10 seconds – Rest 1 Minute 1,000m @ Baseline + 5 seconds – Rest 1 Minute 1,000m @ Baseline Pace – Rest 1 Minute Strive to hold goal pace for all three intervals; hold yourself accountable.	Load 5 Rate 25+
Cool Down	Focus on straight back, leading with legs, finishing with arms coming to chest. Distance: 1,000m. Stretch from head to toe.	Load 3 Rate <25

► **Core & Lower Back Work (immediately following workout)**

Complete **10 reps** of each exercise; rest interval is **20 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

- [Ab Crunch on Fit Ball](#) – pause 5 seconds at top
- [Pike Position with Eyes Closed](#)
- [Plyometric Push-Ups](#)

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- **Flexibility:** 10 min focus on legs and lower body – [Video List](#)
- **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack or meal.



THURSDAY

MX AM · WEIGHTS PM

Morning: MX Speed Workout #2 | Evening: Combo Weight Workout (30-sec timed)

This workout tests your hydration and fluid intake to determine your perspiration rate at race pace. **Weigh yourself prior to gearing up**, then capture your body weight in the exact same clothes after the ride (minus socks). Document all fluid intake at the bottom of your spreadsheet so we can determine your gain/loss percentage – this data will fine-tune your race-day nutritional strategy.

MORNING: CRS MX SPEED WORKOUT #2

Complete your full MX Speed Workout #2 session. Reference the **MX Speed Workout #2 spreadsheet** at the end of this document. Focus on body balance, reaction time, and lactate tolerance through 10-lap race-pace sprints. Track all weight and fluid data at the bottom of the spreadsheet.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING (BEFORE DINNER): CRS COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES

Same workout as Tuesday. Exercises are combined so you hit all muscles as a functional unit. Breathe deep and consistently throughout. Consume Energy Fuel consistently.

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

SPEED OF LIFT Quick & Smooth	REPETITIONS Max in 30 sec	SETS 2	REST BETWEEN EXERCISES None	REST BETWEEN CYCLES 1 Minute
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Reference the **Combo Weight Workout spreadsheet** at the end of this document for all 7 cycles with exercise-by-exercise tracking.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- ▶ **Flexibility:** 10 min focus on legs and lower body – [Video List](#)
- ▶ **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack or meal.



FRIDAY

Complete Rest Day – Mental Preparation & Performance Readiness

RECOVERY

□ Complete Rest Day – Your WHY Exercise

Sit down with a piece of blank paper and draw a line down the middle. On the left side, write down the **five most important reasons for WHY you do what you do**. On the right side, next to each reason, identify the elements (people, locations, tools, nutrition) that make each WHY possible.

Your focus today is to ensure that all of your performance elements are ready for action. For example, if you train to be lean and strong, visit your refrigerator and confirm you have the fresh fruit and vegetables you need. If you use a blender for smoothies, make sure it is washed and ready. Continue down the list until everything that supports your WHY is optimized and ready.

EVENING PROTOCOLS

- ▶ **Flexibility:** 10 min focus on legs and lower body – [Video List](#)
- ▶ **Nutrition:** 8-10 oz cold/filtered water; consume a raw snack or meal.
- ▶ **Sleep:** Aim for 8-9 hours. Prepare your room dark and cool for optimal recovery.



SATURDAY

MX AM · NAP · BIKE PM

Morning: MX Aerobic #1 | 2-Hour Nap | Afternoon: Bike HR Ladder (60 min) + Core

This is a three-session day. Your morning MX session focuses on aerobic endurance. After lunch, take a 2-hour nap in a dark, cold room for maximum recovery. Your afternoon bike session uses HR ladder intervals in Zone 3 to build lactate tolerance.

MORNING: CRS MX AEROBIC WORKOUT #1

Complete your full MX Aerobic Workout #1 session. Reference the **MX Aerobic Workout #1 spreadsheet** at the end of this document. If your waking HR is more than 5 beats over your weekly average, switch to skills, drills, and jumping – keep total ride time under 1 hour.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz of **Recovery Fuel**.

zZz 2-Hour Nap After Mid-Day Meal

Make the room as dark and cold as possible before lying down. Research confirms these elements contribute to nap quality, resulting in enhanced recovery and performance improvement.

AFTERNOON: CRS BIKE HR LADDER – 60 MINUTES

Keep a close eye on your HR throughout this ride to ensure you stay within HR Zone 3 during the ladder intervals. To keep yourself mentally stimulated, play around with your gearing while staying within your zone.

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

WARM-UP – 10 MIN (HR ZONE 2)

Cadence: 80-85 (no higher/lower)
Gearing: Small chain ring up front, middle rear gearing
Misc: Stretch and hydrate before moving into main set

MAIN SETS (HR ZONE 3 LADDERS)

Set #1: [Isolated Leg Drills](#) – 5 min per leg (start at 3:30 mark) → Easy Spin 5 min
Set #2: 10-min HR Ladder (Zone 3): accelerate to top of Zone 3, then breathe deep until HR drops to bottom of Zone 3 → Easy Spin 5 min
Set #3: 15-min HR Ladder (Zone 3): same as Set #2 but for 15 minutes

COOL DOWN – 5 MIN (HR ZONE 2)

Cadence: 70-80 (no higher/lower)
Gearing: Small chain ring up front, middle rear gearing
Misc: Stretch lower back, calves, and quads prior to dismounting

▶ **Core & Lower Back Work (immediately following bike workout)**

Complete each exercise for **40 seconds**; rest interval is **20 seconds**. Repeat entire set – total of **2 sets**.

- ▶ [Standing Abdominal Twists](#)
- ▶ [Abdominal Pike on Fit Ball](#)
- ▶ [Abdominal Roll Out on Fit Ball](#)
- ▶ [Ab Crunch on Fit Ball](#)

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- ▶ **Flexibility:** 10 min focus on legs and lower body – [Video List](#)
- ▶ **Nutrition:** 8-10 oz cold/filtered water; consume a raw snack or meal.



SUNDAY

MX AM · NAP · WEIGHTS PM

Morning: MX Speed Workout (Choice) | 2-Hour Nap | Evening: Combo Weight Workout

Choose one of your speed workouts from earlier in the week. If you are riding at the same track with similar conditions, strive to maintain or be slightly faster than your previous times. After lunch, take a 2-hour nap – if logistically possible, do not set an alarm. How many hours you sleep is a clear indicator of your fatigue level and will help us fine-tune your training load.

MORNING: CRS MX SPEED WORKOUT – YOUR CHOICE

Choose either MX Speed Workout #1 or #2 from this week. Reference the appropriate spreadsheet at the end of this document. If riding the same track, strive to maintain or improve your times from earlier in the week.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz of **Recovery Fuel**.

zZz 2-Hour Nap After Mid-Day Meal

If logistically possible, do not wake yourself with an alarm. How many hours you sleep will provide a clear indicator of your fatigue – helping identify whether it is coming from intensity levels, duration, food intake, hydration, sleep hours, or consistency in recovery protocols.

EVENING (BEFORE DINNER): CRS COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES

Same workout as Tuesday and Thursday. Breathe deep and consistently throughout. Consume Energy Fuel consistently.

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

SPEED OF LIFT

Quick & Smooth

REPETITIONS

Max in 30 sec

SETS

2

REST BETWEEN EXERCISES

None

REST BETWEEN CYCLES

1 Minute

Reference the **Combo Weight Workout spreadsheet** at the end of this document for all 7 cycles with exercise-by-exercise tracking.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- ▶ **Flexibility:** 10 min focus on legs and lower body – [Video List](#)
- ▶ **Nutrition:** 8-10 oz cold/filtered water; consume a raw snack or meal.

Complete Racing Solutions (CRS) Combo Weight Workout – P1 Timed Challenges

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

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

Step Up & Calf Raises (no weight) ▶ Instructional Video: Step Up & Calf Raise	Set 1 (as many as you can complete in 30 seconds) Set 2 (as many as you can complete in 30 seconds)			
CYCLE FOUR				
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form) ▶ Instructional Video: Lat Pull Over-Triceps Extension	Weight (Heavy but manageable) Set 1 (as many as you can complete in 30 seconds) Weight (Slightly heavier than Set 1) Set 2 (as many reps as you can do in 30 seconds – strive to match Set #1)			
Individual Chest Press on Fit Ball ▶ Instructional Video: Individual Chest Press on Fit Ball	Weight (Heavy but manageable) Set 1 (as many as you can complete in 30 seconds) Weight (Slightly heavier than Set 1) Set 2 (as many reps as you can do in 30 seconds – strive to match Set #1)			
CYCLE FIVE				
Incline Press on Fit Ball ▶ Instructional Video: Incline Press on Fit Ball	Weight (Heavy but manageable) Set 1 (as many as you can complete in 30 seconds) Weight (Slightly heavier than Set 1) Set 2 (as many reps as you can do in 30 seconds – strive to match Set #1)			
Rear Deltoid ▶ Instructional Videos: Rear Deltoid	Weight (Light – easy muscle to tear) Set 1 (Goal 6–8 reps with perfect form – no momentum) Weight (Slightly heavier than Set 1) Set 2 (Goal 6–8 reps with perfect form – no momentum)			
CYCLE SIX				
Chest Fly with Deep Pause on Fit Ball ▶ Instructional Video: Chest Fly with Deep Pause on Fit Ball	Weight (Heavy but manageable) Set 1 (as many as you can complete in 30 seconds) Weight (Slightly heavier than Set 1) Set 2 (as many reps as you can do in 30 seconds – strive to match Set #1)			
Side Skaters ▶ Instructional Videos: Side Skaters (Inner Thigh)	Set 1 (good form – land lightly) Set 2 (good form – land lightly – strive to surpass Set #1)			
CYCLE SEVEN				
Abs: Knees to Chest ▶ Instructional Video: Hanging Knees to Chest				

	Set 1 (as many as you can complete in 30 seconds) Set 2 (as many as you can complete in 30 seconds)			
Abs: Open Rotation ▶ Instructional Videos: Abs-Open Rotation	Set 1 (as many as you can complete in 30 seconds – PER SIDE) Set 2 (as many as you can complete in 30 seconds – PER SIDE)			
Abs: Hip Risers ▶ Instructional Videos: Hip Risers	Set 1 (as many as you can complete in 30 seconds – PER SIDE) Set 2 (as many as you can complete in 30 seconds – PER SIDE)			
10 MINUTES – BIKE INTERVALS				
Warm up for 2 Minutes – Low Intensity (Light Load Levels) Note: increase the load levels to MODERATE		Date	Date	Date
5 × [1 Minute @ HR Zone 3 (no higher or lower) – Measure how far you travel in 1 Minute + 1 Minute Rest Interval]				

Complete Racing Solutions (CRS) Combo Weight Workout P1 Timed Challenges – Workout Notes: Exercises are combined so you hit all muscles as a functional unit. You may find yourself becoming fatigued quickly. Breathe deep and consistently throughout to maintain optimum performance. Consistently consume Energy Fuel.

Post Workout Protocols – Flexibility: pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#) **Nutrition:** immediately consume 8–10 ounces of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.



MX SPEED WORKOUT #1

Used Monday & Thursday – Workout Focus: Aerobic Enhancement & Speed · Total Duration: 125 Minutes

SPREADSHEET

SET	DESCRIPTION	INTENSITY
Warm Up	<p>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</p>	Less Than 50%
Main Set #1	<p>Set Focus: Perfect Execution of Pre-Race Routine and Starts 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. Elapsed Times: Interval 1: ___ Interval 2: ___ Interval 3: ___ Interval 4: ___ Interval 5: ___ Elapsed Times: Interval 6: ___ Interval 7: ___ Interval 8: ___ Interval 9: ___ Interval 10: ___ Performance Recap: Fastest Lap Time: ___ Average Lap Pace: ___ Average Heart Rate: ___ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	Too Short To Evaluate
Main Set #2	<p>Set Focus: Teach Your Body To Pick Up The Pace As Needed Your goal is to stay aerobic (based on your actual heart rate) for the first 15 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 15 minutes. Moto Specific Heart Rate Zone – Low #: ___ High #: ___ Performance Recap: 20 Minutes Aerobic: Fastest Lap Time: ___ Average Lap Time: ___ Avg HR: ___ 80-85% Performance Recap: 15 Minutes at Sprint Effort: Fastest Lap Time: ___ Average Lap Time: ___ Avg HR: ___ 90-95% Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	80-85% then 90-95%
Main Set #3	<p>Set Focus: High Intensity / Lactate Tolerance Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing. Moto Specific Heart Rate Zone – Low #: ___ High #: ___ Performance Recap: 20 Minutes Aerobic: Fastest Lap Time: ___ Average Lap Time: ___ Avg HR: ___ 80-85% Performance Recap: 15 Minutes at Sprint Effort: Fastest Lap Time: ___ Average Lap Time: ___ Avg HR: ___</p>	80-85% then 90-95%

SET	DESCRIPTION	INTENSITY
	90-95% Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: High Intensity / Lactate Tolerance Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing. Moto Specific Heart Rate Zone – Low #: ____ High #: ____ Performance Recap: 20 Minutes Aerobic: Fastest Lap Time: ____ Average Lap Time: ____ Avg HR: ____ 80-85% Performance Recap: 15 Minutes at Sprint Effort: Fastest Lap Time: ____ Average Lap Time: ____ Avg HR: ____ 90-95% Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	80-85% then 90-95%
Pre-Riding Weight: ____ Post-Riding Weight: ____ Total Fluids Consumed: ____ Loss/Gain: ____		

Complete Racing Solutions (CRS) Speed MX Workout #1 – Workout notes: This workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes – all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive workout here.

Post Workout Protocols – Flexibility: pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#) **Nutrition:** immediately consume 8-10 ounces of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.



MX SPEED WORKOUT #2

Used Wednesday – Workout Focus: Incremental Intensity / Lactate Tolerance · Total Ride Time: 60 Minutes

SPREADSHEET

SET	DESCRIPTION	INTENSITY
Warm Up	<p>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</p>	Less Than 40%
Main Set #1	<p>Set Focus: Body Balance and Reaction Time Complete 5 starts from the gate; evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up – this cuts off your breathing. Elapsed Times: Interval 1: ___ Interval 2: ___ Interval 3: ___ Interval 4: ___ Interval 5: ___ Elapsed Times: Fastest Interval: ___ Average Interval: ___ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	Relaxed
Main Set #2	<p>Set Focus: Lactate Tolerance / Internal Pacing With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone – Low #: ___ High #: ___ Elapsed Times: Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Elapsed Times: Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___ Fastest Lap Time: ___ Average Lap Pace: ___ Avg HR: ___ Max HR: ___ Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)</p>	90-95%
Main Set #3	<p>Set Focus: Lactate Tolerance / Internal Pacing Same as Set #2 – strive to match or improve your lap times. Moto Specific Heart Rate Zone – Low #: ___ High #: ___ Elapsed Times: Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Elapsed Times: Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___ Fastest Lap Time: ___ Average Lap Pace: ___ Avg HR: ___ Max HR: ___ Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)</p>	90-95%

SET	DESCRIPTION	INTENSITY
Main Set #4	<p>Set Focus: Lactate Tolerance / Internal Pacing</p> <p>Same as Set #2 – strive to match or improve your lap times. Moto Specific Heart Rate Zone – Low #: ___ High #: ___ Elapsed Times: Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Elapsed Times: Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___ Fastest Lap Time: ___ Average Lap Pace: ___ Avg HR: ___ Max HR: ___</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	90-95%
Main Set #5	<p>Set Focus: Body Balance and Reaction Time</p> <p>Repeat Set #1 – Compare times for evaluation purposes. Elapsed Times: Interval 1: ___ Interval 2: ___ Interval 3: ___ Interval 4: ___ Interval 5: ___ Fastest Interval: ___ Average Interval: ___</p>	Relaxed
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: ___		



MX AEROBIC WORKOUT #1

Used Tuesday & Saturday – Workout Focus: Aerobic Enhancement · Total Ride Time: 90 Minutes

SPREADSHEET

SET	DESCRIPTION	INTENSITY
Warm Up	<p>Focus: Gradual Warm Up Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel</p>	Less Than 40%
Main Set #1	<p>Focus: Aerobic Endurance (30 Minute Moto) Settle into a pace that you can maintain for 30 minutes without slowing down. To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes. Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic – use your HR monitor to evaluate the actual number. Fastest Time: ___ Average Time: ___ Average Heart Rate: ___ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	80-85%
Main Set #2	<p>Focus: Aerobic Endurance (30 Minute Moto) Same as Set #1 – strive to maintain or improve your average lap times. Fastest Time: ___ Average Time: ___ Average Heart Rate: ___ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	80-85%
Main Set #3	<p>Focus: Aerobic Endurance (30 Minute Moto) Settle into a pace that you can maintain without slowing down. Take NON-OPTIMUM lines throughout to keep things mentally challenging. Strive to take various Non-Optimum lines every lap. Your overall intensity needs to be aerobic – use your HR monitor to evaluate the actual number. Fastest Time: ___ Average Time: ___ Average Heart Rate: ___</p>	80-85%
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch the HR monitor to ensure)	Less than 40%
<p>Pre-Riding Weight: ___ Post-Riding Weight: ___ Total Fluids Consumed: ___ Loss/Gain: ___</p>		

Complete Racing Solutions (CRS) MX Aerobic Workout #1 – Workout Notes: If your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

Post Workout Protocols – Flexibility: pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#) **Nutrition:** immediately consume 8–10 ounces of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.