

TRAINING PROTOCOL








# PHASE 1 WEEK 2 OF 6

DEVELOP MAXIMUM STRENGTH & IMPROVE AEROBIC BASE

PROGRAM <b>Weekend Warrior</b>	PHASE <b>1</b>	WEEK <b>2 of 6</b>	FOCUS <b>Strength &amp; Aerobic Base</b>
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This week shifts from assessment into training. Monday is a complete rest day with a sodium and hydration focus. Tuesday through Friday feature your choice of bike or rower workouts, each paired with a core and lower back circuit immediately after. Saturday and Sunday are your big training days – morning MX sessions, a 2-hour mid-day recovery nap, and an evening workout. Keep your intensity zones accurate and consume your sports drink on regular intervals to resist premature fatigue.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day</b> Full Recovery Sodium Focus	<b>Bike or Row</b> Even Tempo 60 Min + Core	<b>Weights AM</b> Combo Weight P1 Timed · 30 sec	<b>Bike or Row</b> HR Intervals 50-90 Min + Core	<b>Bike or Row</b> Intensity Blocks 90 Min + Core	<b>MX + Nap</b> MX Aerobic AM Nap · Bike PM + Core	<b>MX + Nap</b> MX Speed AM Nap · 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.

**● Strength – Amber Workouts**

Maximum strength development. Combo weight circuits and timed challenges. Focus on proper form and controlled breathing throughout each set.



# MONDAY

Complete Rest Day – Recovery & Sodium Focus

REST DAY

## BODY ANALYSIS

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

## NUTRITION SPOTLIGHT: SODIUM & HYDRATION

### Why Sodium Matters for Performance (Bob Seebohar, Sports Dietician)

**3-5.5g**

Sodium lost/hr (intensity, temp & humidity)

**3-4g**

Sodium preload 12-24 hrs before hard workouts or races

**800-1,500mg**

Sodium per hour during training or racing

Research reviewed by sports dietician Bob Seebohar – 8 peer-reviewed articles plus world-class athlete consultation (Joanna Zeiger). Low sodium symptoms: dizziness, nausea, vomiting, throbbing headache, swollen hands, bloated stomach. Research confirms high-sodium diets can blunt or reverse the expected decrease in sweat sodium during heat acclimatization. **Energy Fuel** provides 160mg sodium per serving.

## EVENING PROTOCOLS

### 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. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# TUESDAY

Bike or Rower – Even Tempo / Aerobic Enhancement

ZONE 2 AM

## BODY ANALYSIS

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

## CHOOSE ONE MORNING WORKOUT

### Option A – Bike: Even Tempo / Aerobic Enhancement (60 Minutes)

The key to this workout is making sure you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy, making you leaner and improving your VO2 Max.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of cold [Energy Fuel](#) to top off calories and provide electrolytes.

#### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

**Misc:** Stretch and hydrate before moving into main set

#### MAIN BLOCK – 45 MIN (HR ZONE 2)

**Cadence:** 75–85, tallest gear, chain tension tight

**Every 10 min:** Stand up and stretch hamstrings, quads, calves, lower back

#### WARM DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

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

### Option B – Ski Erg or Rower: HR Intensity Blocks (6,000 Meters)

This workout acclimates your body to staying comfortable at a high level of intensity. Focus on [diaphragmatic breathing](#) through your stomach and chest. Lead with your legs for maximum power output and optimized endurance.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of cold [Energy Fuel](#).

#### Warm Up – HR Zone 1

**Load Level:** 3   **Distance:** 500m   **Pull Rate:** 20–25   **Stretch:** Head to toe

#### Main Set #1 – 500m picking up pace every 100m up to HR Z3 (no higher) – Repeat 5x

**Load Level:** 5   **Pull Rate:** 25–35

#### Transition Set – HR Zone 2

**Distance:** 500m   **Purpose:** Stretch & rehydrate as necessary

#### Main Set #2 – 2 × 500m @ HR Z3 (no higher) – 500m Active Recovery @ HR Z2 or less

**Load Level:** 5   **Pull Rate:** 25+

#### Cool Down – HR Zone 1

**Load Level:** 3   **Distance:** 500m   **Pull Rate:** less than 25   **Stretch:** Head to toe

## IMMEDIATELY FOLLOWING – CORE & LOWER BACK WORK

COMPLETE EACH EXERCISE FOR 30 SECONDS · 30 SEC REST BETWEEN · REPEAT ENTIRE SET × 2

- ▶ [¾ Sit Up](#)
- ▶ [Ab Criss Cross](#)
- ▶ [Open Abdominals](#)
- ▶ [Ab & Hip Risers](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### 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](#)



## WEDNESDAY

Combo Weight Workout – P1 Timed Challenges (30 Seconds)

STRENGTH AM

### BODY ANALYSIS

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

These exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

### WORKOUT STRUCTURE

#### Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges

**Pre-Hydration:** 8–10 oz [Energy Fuel](#) 10–15 min prior    **Speed of Lift:** Quick and smooth

**Repetitions:** As many as you can complete in 30 seconds with proper form    **Sets:** 2

**Rest Interval:** None between exercises; 1 minute between cycles

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. [▶ Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

#### 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](#)



# THURSDAY

Bike or Rower – HR Intensity Intervals

POWER AM

## BODY ANALYSIS

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

## CHOOSE ONE MORNING WORKOUT

### Option A – Ski Erg/Rower: HR Intensity Intervals (50 Minutes)

These power blocks are all about creating power! The first couple of intervals will be more difficult mentally than physically. Be patient and mentally focused on your form to avoid any potential injury.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of cold **Energy Fuel**.

#### Warm Up – HR Zone 1 (10 Minutes)

**Load Level:** 3    **Duration:** 10 min    **Pull Rate:** less than 25    **Stretch:** Head to toe

Focus on a straight back, leading with your legs and finishing with your arms coming to your chest.

#### Main Set #1 – HR Power Intervals (30 Minutes)

**Load Level:** 8    **Pull Rate:** 25+

1 minute holding the fastest pace you can maintain for 1 minute – be aggressive here! Then 2 minutes at an easy effort (keep moving) with good form to avoid injury. **Repeat 10\* = 30 minutes.**

#### Cool Down – HR Zone 1 (10 Minutes)

**Load Level:** 2    **Duration:** 10 min    **Pull Rate:** less than 25    **Stretch:** Head to toe

### Option B – Bike: Heart Rate Ladder Blocks (90 Minutes)

For this workout you will need to know your HR Z2 numbers (high and low specific number).

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of cold **Energy Fuel**.

#### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

**Misc:** Stretch and hydrate before moving into main set

#### MAIN SET – HR LADDER BLOCKS (65 MIN, HR ZONE 3): 1:15

Increase effort until you hit top HR Z3 number; slow down until HR hits lowest Z3 number; re-accelerate back to top of HR Z3. Repeat for 65 minutes.

**Cadence:** 85–95; stand up and stretch every 15 min; hydrate every 15 min

#### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 85–90

**Misc:** Easiest combination to get into HR Z1; don't dismount until HR is within HR Z1

## IMMEDIATELY FOLLOWING – CHEST, CORE & LOWER BACK WORK

COMPLETE EACH EXERCISE FOR 40 SECONDS · 20 SEC REST BETWEEN · REPEAT ENTIRE SET × 2

▶ [Ab Pike on Fit Ball](#)

▶ [Fit Ball Knee Roll & Push Up](#)

▶ [Pike & Push Ups on Fit Ball](#)

▶ [Ab Crunch on Fit Ball](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### 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](#)



# FRIDAY

Bike or Rower – Fragmented Pacing / HR Intensity Intervals

INTENSITY AM

## BODY ANALYSIS

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

## CHOOSE ONE MORNING WORKOUT

### Option A – Bike: Fragmented Pacing Interval Blocks (90 Minutes) [If riding indoors, cut volume in half]

This workout requires patience and a sharp mental focus. Your speed will increase up to an all-out sprint. Begin with the mental mindset that you are going to find your point of fatigue – this is ok. Focus on optimized pedal mechanics and deep breathing.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of cold [Energy Fuel](#).

#### WARM-UP – 10 MIN (HR ZONE 2 OR LESS)

**Duration:** 5 min (no shorter)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring, middle rear

**Misc:** Stretch lower back, calves, quads

#### REPEAT FOR 90 MINUTES

**Even Paced (5 min) – HR Zone 2:**

Tallest gear, cadence 80–85

**4 Min High Speed Effort (HR Zone 3):** Optimized pedal mechanics, tallest gear, stay in HR Z3

**1 Min Acceleration to Sprint:** From HR Z3, accelerate out of saddle to sprint; achieve HR Zone 4 by end

#### COOL DOWN – 10 MIN (HR ZONE 2 OR LESS)

**Duration:** 5 min (no shorter)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring, middle rear

- OR -

### Option B – Ski Erg/Rower: HR Intensity Intervals (9,000 Meters)

This workout generates high levels of lactic acid towards the end – maximize your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of cold [Energy Fuel](#)

#### Warm Up – HR Zone 1

**Load Level:** 3    **Distance:** 1,000m    **Pull Rate:** 20–25    **Stretch:** Head to toe

#### Main Set #1 – 500m @ HR Z3 – 500m Active Recovery – Repeat 3\*

**Load Level:** 5    **Pull Rate:** 25–35

#### Transition Set – HR Zone 2

**Distance:** 1,000m    **Purpose:** Stretch & rehydrate

#### Main Set #2 – 500m @ HR Z3 (no higher; get there quickly) – 500m Active Recovery – Repeat 3\*

**Load Level:** 5    **Pull Rate:** 25–35

#### Cool Down – HR Zone 1

**Load Level:** 3    **Distance:** 1,000m    **Pull Rate:** less than 25    **Stretch:** Head to toe

## IMMEDIATELY FOLLOWING – CORE & LOWER BACK WORK

COMPLETE EACH EXERCISE FOR 30 SECONDS · 30 SEC REST BETWEEN · REPEAT ENTIRE SET × 2

- ▶ [¾ Sit Up](#)
- ▶ [Ab Criss Cross](#)
- ▶ [Open Abdominals](#)
- ▶ [Ab & Hip Risers](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### 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](#)



# SATURDAY

MX Aerobic Workout #1 (AM) · 2-Hour Nap · Bike Even Tempo (PM)

MX + NAP + BIKE

## BODY ANALYSIS

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

## MORNING WORKOUT – MX AEROBIC WORKOUT #1

### Complete Racing Solutions MX Aerobic Workout #1 – See Spreadsheet Page

This is one of the favorite workout blocks – staying aerobic for the entire duration and seeing how fast you can ride while staying within your 80–85% effort levels. When you teach yourself how to do this, you leave yourself some room to drop the hammer when/if necessary. This is a great workout to teach yourself patience and intelligence about going fast and being able to sustain it.

## POST-MX WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel.

## MID-DAY – 2-HOUR RECOVERY NAP

### zzz 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 30 minutes after your high-quality lunch/snack. Think about an infant – once fed, the child doses off immediately. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, contact your coach so that we can determine why your body won't shut down long enough for a nap.

## EVENING WORKOUT – BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

The key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy, making you leaner and improving your VO2 Max.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of cold [Energy Fuel](#) to top off calories and provide electrolytes.

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

**Misc:** Stretch and hydrate before moving into main set

### MAIN BLOCK – 45 MIN (HR ZONE 2)

**Cadence:** 75–85, tallest gear, chain tension tight

**Every 10 min:** Stand up and stretch hamstrings, quads, calves, lower back

### WARM DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

**Misc:** Stretch lower back, calves, quads prior to dismounting

## IMMEDIATELY FOLLOWING BIKE – CORE & LOWER BACK WORK

COMPLETE EACH EXERCISE FOR 30 SECONDS · 30 SEC REST BETWEEN · REPEAT ENTIRE SET × 2

- ▶ [¾ Sit Up](#)
- ▶ [Ab Criss Cross](#)
- ▶ [Open Abdominals](#)
- ▶ [Ab & Hip Risers](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### 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](#)



# SUNDAY

MX Speed Workout #1 (AM) · 2-Hour Nap · Combo Weights (PM)

MX + NAP + WEIGHTS

## BODY ANALYSIS

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

## MORNING WORKOUT – MX SPEED WORKOUT #1

### Complete Racing Solutions MX Speed Workout #1 – See Spreadsheet Page

The first set of this workout is going to get your metabolic systems activated so that your sprint efforts are faster and more consistent from Set #2 through Set #4. Focus on optimized throttle control out of the corners and landing the backsides for maximum tire hook up. Maintain proper blood sugar levels to ensure that your eye-hand coordination is optimized.

## POST-MX WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel.

## MID-DAY – 2-HOUR RECOVERY NAP

### zzz 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 penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation and stretching.

## EVENING WORKOUT – COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES (30 SECONDS)

These exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

**Pre-Hydration:** 8–10 oz [Energy Fuel](#) 10–15 min prior      **Speed of Lift:** Quick and smooth

**Repetitions:** As many as you can complete in 30 seconds with proper form      **Sets:** 2

**Rest Interval:** None between exercises; 1 minute between cycles

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. ▶ [Watch](#)
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes.

### 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](#)



# COMBO WEIGHT WORKOUT

P1 Timed Challenges (30 Seconds) – Wed AM & Sun PM

**STRENGTH**

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

EXERCISE	DATE	DATE	DATE
<b>CYCLE ONE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Pike – Push Up – Pike (30 Seconds)</b>			
<a href="#">▶ Instructional Video: Pike-Push Up-Pike</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
<a href="#">▶ Instructional Video: Isolated Leg on Bench</a>			
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)			
<b>CYCLE TWO</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Air Squats</b>			
<a href="#">▶ Instructional Video: Air Squats</a>			
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)			
<b>Hamstring Press-Extension on Fit Ball</b>			
<a href="#">▶ Instructional Video: Hamstring Press with Extension</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>CYCLE THREE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Overhead Extension-Triceps Press (Not Fast – Good Form)</b>			
<a href="#">▶ Instructional Video: Overhead Extension-Triceps Press</a>			
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)			

EXERCISE	DATE	DATE	DATE
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Step Up &amp; Calf Raises (no weight)</b>			
<a href="#">▶ Instructional Video: Step Up &amp; Calf Raise</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
CYCLE FOUR	Date	Date	Date
<b>Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)</b>			
<a href="#">▶ Instructional Video: Lat Pull Over-Triceps Extension</a>			
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)			
<b>Individual Chest Press on Fit Ball</b>			
<a href="#">▶ Instructional Video: Individual Chest Press on Fit Ball</a>			
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 FIVE	Date	Date	Date
<b>Incline Press on Fit Ball</b>			
<a href="#">▶ Instructional Video: Incline Press on Fit Ball</a>			
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)			
<b>Rear Deltoid</b>			
<a href="#">▶ Instructional Video: Rear Deltoid</a>			
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	Date	Date	Date
<b>Chest Fly with Deep Pause on Fit Ball</b>			

EXERCISE	DATE	DATE	DATE
<a href="#">▶ Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
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)			

### 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	Date	Date	Date
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### 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	Date	Date	Date
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Warm up for 2 Minutes – Low Intensity (Light Load Levels)

Note: increase the load levels to MODERATE

1 Minute @ HR Z3 (no higher or lower) → 1 Minute Rest Interval

1 Minute @ HR Z3 (no higher or lower) → 1 Minute Rest Interval

1 Minute @ HR Z3 (no higher or lower) → 1 Minute Rest Interval

1 Minute @ HR Z3 (no higher or lower) → 1 Minute Rest Interval

1 Minute @ HR Z3 (no higher or lower) → 1 Minute Rest Interval



# MX SPEED WORKOUT #1

Workout Focus: Top End Speed – Total Ride Time: 2 Hours

**MX SPEED**

SET	WORKOUT PROTOCOL / DESCRIPTION	INTENSITY
Warm Up	<p><b>Set Focus: Gradual Warm Up</b> 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 <a href="#">Energy Fuel</a>.</p>	Less Than 50%
Main Set #1	<p><b>Set Focus: Hold Consistent Times At An Aerobic Effort</b> Hold your pace for all 10 laps (maximum time 20 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. Moto Specific Heart Rate Zone – Low #: _____ High #: _____</p>	80-85%
	<p>Elapsed Times: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____ Elapsed Times: Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____</p>	
	<p>Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____</p>	
	<p>Rest For 20 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	
Main Set #2	<p><b>Set Focus: Opening Lap Speed</b> Prior to beginning this set, ponder what you need to improve on to improve your race results and focus on this component throughout the interval: entry speed, exit speed, scrubbing, etc. Rest Interval: Same amount of time it takes to complete the 4-lap interval</p>	90-95%
	<p>Interval Time: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Interval Time: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Interval Time: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p>	
	<p>Interval Time: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____</p>	
	<p>Rest for additional 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	
Main Set #3	<p><b>Set Focus: Consistency</b> Strive to maintain your momentum and land the backsides of all the jumps. Rest Interval: Same amount of time it takes to complete the 4-lap interval</p>	90-95%
	<p>Interval Time: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Interval Time: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Interval Time: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p>	
	<p>Interval Time: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____</p>	
	<p>Rest for additional 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	
Main Set #4	<p><b>Set Focus: Consistency</b> Strive to maintain your momentum everywhere and land the backsides of all the jumps. Rest Interval: Same amount of time it takes to complete the 4-lap interval</p>	90-95%
	<p>Interval Time: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Interval Time: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Interval Time: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____</p>	
	<p>Interval Time: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____</p>	
	<p>Rest for additional 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	

SET	WORKOUT PROTOCOL / DESCRIPTION	INTENSITY
	Interval Time: 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%



# MX AEROBIC WORKOUT #1

MX AEROBIC

Workout Focus: Holding Aerobic Pace as Duration Increases – 90 Minutes

SET	WORKOUT PROTOCOL / DESCRIPTION	INTENSITY
Warm Up	<p><b>Set Focus: Generate blood flow into all the working muscles</b></p> <p>Concept 2™ Rower – 10 minutes: low intensity pulling Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></p> <p>Instructional Video on how to stretch – head to toe (disregard Concept 2 Rower setup video)</p>	Less Than 40%
Main Set #1	<p><b>Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b></p> <p>Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding. Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps. <b>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)</b></p> <p>Moto Specific Heart Rate Zone – Low #: _____ High #: _____</p> <p>Elapsed Times: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____ Elapsed Times: Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____</p> <p>Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	80-85%
Main Set #2	<p><b>Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b></p> <p>Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding. Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps. <b>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start</b></p> <p>Moto Specific Heart Rate Zone – Low #: _____ High #: _____</p> <p>Elapsed Times: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____ Elapsed Times: Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____ Elapsed Times: Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____</p> <p>Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____</p> <p>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</p>	80-85%
Main Set #3	<p><b>Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)</b></p> <p>Complete a start (with drop of gate if possible) and then complete 40 minutes of continuous riding. Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps. <b>** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start</b></p> <p>Moto Specific Heart Rate Zone – Low #: _____ High #: _____</p> <p>Elapsed Times: Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____ Elapsed Times: Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____ Elapsed Times: Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____ Elapsed Times: Lap 16: _____ Lap 17: _____ Lap 18: _____ Lap 19: _____ Lap 20: _____</p>	80-85%

SET	WORKOUT PROTOCOL / DESCRIPTION	INTENSITY
	Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____	
<b>Warm Down</b>	Easy riding – nothing structured or intense; allow the HR to come down slowly. Stretch from head to toe.	<b>&lt; 40%</b>
<b>Pre-Riding Weight:</b> _____ <b>Post-Riding Weight:</b> _____ <b>Total Fluids Consumed:</b> _____ <b>Loss/Gain:</b> _____		