

TRAINING PROTOCOL








# PHASE 1 WEEK 4 OF 6

DEVELOP MAXIMUM STRENGTH & IMPROVE AEROBIC BASE

PROGRAM <b>Weekend Warrior</b>	PHASE <b>1</b>	WEEK <b>4 of 6</b>	FOCUS <b>Strength &amp; Aerobic Base</b>
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Week 4 continues building maximum strength and aerobic capacity. Monday introduces Bike Timed Pyramids – a structured interval session that pushes you into HR Zone 3. Tuesday and Thursday are Combo Weight days. Wednesday gives you a choice of Bike Intensity Intervals or Rower Incremental Pacing. Friday is a complete rest day with a mental focus exercise. Saturday is your big MX day – morning MX Aerobic session, a 2-hour nap, and an afternoon Bike HR Ladder. Sunday is MX Speed in the morning, a nap, and Combo Weights in the evening.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Bike</b>	<b>Weights</b>	<b>Bike or Row</b>	<b>Weights</b>	<b>Rest Day</b>	<b>MX + Nap + Bike</b>	<b>MX + Nap</b>
Timed Pyramids 65 Min · Zone 3 + Core Work	Combo Weight P1 Timed · 30 sec	Intensity Intervals 75 Min · Zone 3 + Core Work	Combo Weight P1 Timed · 30 sec	Full Recovery Mental Focus	MX Aerobic AM 2-Hr Nap Bike HR Ladder PM	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

Bike Timed Pyramids – 65 Minutes + Core Work

ZONE 3 AM

## BODY ANALYSIS

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

Prior to beginning this workout, have your HR range numbers specific to **HR Zone 3**. During your "on" timed segments, accelerate and then settle into HR Z3 (no higher or lower). Your rest interval will match your work interval – do not cut the rest interval short. During your rest interval, rehydrate with Energy Fuel to maintain blood sugar levels and electrolytes for proper muscle contraction.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of **COLD Energy Fuel** to top off both your calories and provide electrolytes for proper muscle contraction.

### WARM-UP – 10 MIN (HR ZONE 2)

**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 – 50 MIN (PYRAMID INTERVALS)

**1 min on / 1 min off → 2 min on / 2 min off → 3 min on / 3 min off → 4 min on / 4 min off → 5 min on / 5 min off**

Adjust gearing during "on" intervals. Accelerate into HR Z3, then settle with optimized pedal mechanics and deep belly breathing. Rehydrate during rest intervals.

### COOL DOWN – 5 MIN (HR ZONE 2)

**Cadence:** 70–80 (no higher/lower)

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

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

## IMMEDIATELY FOLLOWING BIKE – CORE WORK

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

▶ [Standing Abdominal Twists](#)

▶ [Abdominal Pike on Fit Ball](#)

▶ [Abdominal Roll Out 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 to replace lost electrolytes.

### EVENING

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



## TUESDAY

STRENGTH AM

Combo Weight Workout – P1 Timed Challenges (30 Seconds)

### 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 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

#### EVENING

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



# WEDNESDAY

Bike Intensity Intervals or Rower Pacing Intervals + Core Work

ZONE 3 AM

## BODY ANALYSIS

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

## CHOOSE ONE OF THE FOLLOWING FOR YOUR MORNING WORKOUT

### Option A – Bike: Intensity Distance Intervals (75 Minutes)

Use your most up-to-date HR spreadsheet. Commit HR Z3 low & high to memory. After warm-up, settle into HR Z3 and complete a 10-minute "interval." Focus on belly breathing to maximize oxygen uptake. During the 5-min rest interval, spin easy and allow HR to return to HR Z2.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of [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

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

Settle into **HR Z3** and maintain for 10 minutes (interval doesn't begin until you hit HR Z3 – get there quickly). Recover by spinning easy for 5 minutes in HR Z2 or less.

#### WARM DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 85–90

**Gearing:** Easiest combination for 85–90 cadence & HR Z1

**Misc:** Don't dismount until HR is within HR Z1

- OR -

### Option B – Row: Incremental Pacing Intervals (10,000 Meter)

Complete a 1,000-meter interval at 80–85% effort after your warm-up; use this as your baseline pace. Your goal is to match this pace by interval #3. If you start too hard during #1 and #2, you'll lose the ability to hit your goal pace at #3. If any muscle tightens up, stop immediately, isolate and stretch passively.

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

#### WARM-UP (HR ZONE 1)

**Load Level:** 3

**Distance:** 2,000 Meters

**Pull Rate:** Less than 25

Stretch from head to toe

#### BASELINE + MAIN SET PACING INTERVALS

**Baseline:** 1,000m at 80–85% effort – Elapsed Time: \_\_\_\_

#### Main Set (Repeat 2\*):

1,000m @ Baseline + 10 sec – Rest 1 min

1,000m @ Baseline + 5 sec – Rest 1 min

1,000m @ Baseline Pace – Rest 1 min

#### COOL DOWN (HR ZONE 1)

**Load Level:** 3

**Distance:** 1,000 Meters

**Pull Rate:** Less than 25

Stretch from head to toe

## IMMEDIATELY FOLLOWING WORKOUT – CORE & LOWER BACK WORK

10 REPS EACH · HOLD BIKE FOR 1 MINUTE · 20 SEC REST BETWEEN · 2 SETS TOTAL

- ▶ [Ab Crunch on Fit Ball – pause 5 seconds](#)
- ▶ [Pike Position with eyes closed](#)
- ▶ [Plyometric Pushups](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow the lower leg trigger point series. [▶ Watch](#)
- ▶ **Nutrition:** Consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

### EVENING

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



# THURSDAY

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.

Same exercises as Tuesday. These exercises are combined so that you hit all the muscles as a functional unit. 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 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

### EVENING

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



## FRIDAY

Complete Rest Day – Mental Focus Exercise

REST

### BODY ANALYSIS

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

Sit down with a blank piece of paper and draw a line down the middle. On the left side, jot down the 5 most important reasons **WHY** you do what you do. On the right side, for each reason, think about the elements (people, locations, tools, etc.) that make the WHY possible. Your focus today is to ensure all your elements are ready for action throughout the rest of the week. For example: if you train to be lean and strong, visit your refrigerator and examine if you have all the fresh fruit and vegetables that you like and know improve your health and performance. If you use a blender to make fresh smoothies, make sure it is washed and ready to use. Continue down the list to make sure you have everything needed to ensure your WHY for doing is optimized.

### EVENING PROTOCOLS

#### EVENING

- ▶ **Flexibility:** 10 min, legs and lower body. ▶ [Video List](#)
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Nutrition:** 8-10 oz cold/filtered water; consume a raw snack/meal.



# SATURDAY

MX Aerobic Workout #1 (AM) · 2-Hour Nap · Bike HR Ladder (PM) + Core

MX + NAP + BIKE

## BODY ANALYSIS

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

## MORNING – MX AEROBIC WORKOUT #1

If your waking heart rate is more than 5 beats over your weekly average from last week, 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 rest between riding sessions. Keep your total ride time to less than 1 hour.

## POST-MX WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Watch](#)
- ▶ **Nutrition:** Consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

## ☺ 2-Hour Recovery Nap – After Lunch

Make the room as dark and cold as possible. Research has verified these elements contribute to the quality of your nap, which results in enhanced recovery and improvement.

## AFTERNOON – BIKE HEART RATE LADDER (60 MINUTES)

Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (**HR Z2 or less**) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2**.

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

### WARM-UP – 10 MIN (HR ZONE 2)

**Cadence:** 80-85 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear  
**Misc:** Stretch and hydrate

### MAIN SETS – HR LADDER (HR ZONE 3)

**Set #1:** Isolated Leg Drills – 5 min per leg ([start at 3:30 mark](#))  
**Easy Spin:** 5 min (hydrate and stretch)  
**Set #2:** 10-Min HR Ladder – accelerate in tall gear until HR hits top of HR Z3; slow cadence and breathe deeply until HR hits lower end of HR Z3. Repeat for 10 min.  
**Easy Spin:** 5 min (hydrate and stretch)  
**Set #3:** 15-Min HR Ladder – 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  
**Misc:** Stretch lower back, calves, quads

## IMMEDIATELY FOLLOWING BIKE – CORE WORK

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

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

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Watch](#)
- ▶ **Nutrition:** Consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

### EVENING

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



# 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 – MX SPEED WORKOUT #1

This workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. When the body is warmed up, it can handle higher intensity and faster speeds much better. The goal is 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 key.

## POST-MX WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc. ▶ [Watch](#)
- ▶ **Nutrition:** Consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

## ☾ 2-Hour Recovery Nap – After Lunch

If logistically possible, do not wake yourself up from this nap with an alarm. Just out of curiosity, see how many hours you sleep – this will provide a clear indicator of your fatigue. The big question is where this fatigue is coming from: intensity levels, duration levels, food intake, hydration levels, hours of sleep, and consistency in your recovery protocols. Remember that your health and ultimately your performance is a direct result of your consistency in all these performance areas.

## BEFORE DINNER – COMBO WEIGHT WORKOUT (30 SECONDS)

### 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:** Hips, glutes, shoulder blades, etc. ▶ [Watch](#)
- ▶ **Nutrition:** Consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

### EVENING

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



# COMBO WEIGHT WORKOUT

P1 Timed Challenges (30 Seconds) – Tue AM, Thu 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 Videos: Overhead Extension-Triceps Press</a>			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
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)			

<b>CYCLE FOUR</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<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 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 – 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 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 – hold good form & strive to match Set #1)			

<b>CYCLE FIVE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<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 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 – hold good form & strive to match Set #1)			

<b>Rear Deltoid</b>			
<a href="#">Instructional Videos: 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)			

<b>CYCLE SIX</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Chest Fly with Deep Pause on Fit Ball</b>			
<a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
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 – hold good form & strive to match Set #1)			

<b>Side Skaters</b>			
<a href="#">Instructional Videos: Side Skaters (Inner Thigh)</a>			
Set 1 (good form – land lightly)			
Set 2 (good form – land lightly – strive to surpass Set #1)			

<b>CYCLE SEVEN</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
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<b>Abs: Knees to Chest</b>			
<a href="#">Instructional Video: Hanging Knees to Chest</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			

<b>Abs: Open Rotation</b>			
<a href="#">Instructional Videos: Abs-Open Rotation</a>			
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)			

<b>Abs: Hip Risers</b>			
<a href="#">Instructional Videos: Hip Risers</a>			
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)			

<b>10 Minutes – Bike Intervals</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
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Warm up for 2 Minutes – Low Intensity (Light Load Levels)			
<b>Note: increase the load levels to MODERATE</b>			

1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval			



# MX SPEED WORKOUT #1

**MX SPEED**

Workout Focus: Aerobic Enhancement & Speed | Total Duration: 125 Minutes – Sunday AM

SET	WORKOUT PROTOCOL / DESCRIPTION	INTENSITY
<b>Warm Up</b>	<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>	<b>Less Than 50%</b>
<b>Main Set #1</b>	<b>Set Focus: Perfect Execution of Pre-Race Routine and Starts</b>	
Workout Protocol:	Complete 10 starts with your emphasis on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.	<b>Too Short To Evaluate</b>
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		
<b>Main Set #2</b>	<b>Set Focus: Teach Your Body To Pick Up The Pace As Needed</b>	
Workout Protocol:	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 #: ___	<b>80-85% / 90-95%</b>
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		
<b>Main Set #3</b>	<b>Set Focus: High Intensity / Lactate Tolerance</b>	
Workout Protocol:	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 #: ___	<b>80-85% / 90-95%</b>
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		
<b>Main Set #4</b>	<b>Set Focus: High Intensity / Lactate Tolerance</b>	
Workout Protocol:	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 #: ___	<b>80-85% / 90-95%</b>
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		

SET	WORKOUT PROTOCOL / DESCRIPTION	INTENSITY
<b>Pre-Riding Weight: ____ Post-Riding Weight: ____ Total Fluids Consumed: ____ Loss/Gain: ____</b>		



# MX AEROBIC WORKOUT #1

**MX AEROBIC**

Workout Focus: Aerobic Enhancement | Total Ride Time: 90 Minutes – Saturday AM

SET	WORKOUT PROTOCOL / DESCRIPTION	INTENSITY
<b>Warm Up</b>	<b>Focus: Gradual Warm Up</b> Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	<b>Less Than 40%</b>
<b>Main Set #1</b>	<b>Focus: Aerobic Endurance (30 Minute Moto)</b>	
Workout Protocol:	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.	<b>80-85%</b>
Performance Recap:	Fastest Time: ____ Average Time: ____ Average Heart Rate: ____	
Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel		
<b>Main Set #2</b>	<b>Focus: Aerobic Endurance (30 Minute Moto)</b>	
Workout Protocol:	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.	<b>80-85%</b>
Performance Recap:	Fastest Time: ____ Average Time: ____ Average Heart Rate: ____	
Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel		
<b>Main Set #3</b>	<b>Focus: Aerobic Endurance (30 Minute Moto)</b>	
Workout Protocol:	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.	<b>80-85%</b>
Performance Recap:	Fastest Time: ____ Average Time: ____ Average Heart Rate: ____	
<b>Warm Down</b>	10 Minutes of easy riding – nothing structured or intense (watch the HR monitor to ensure)	<b>Less than 40%</b>
<b>Pre-Riding Weight: ____ Post-Riding Weight: ____ Total Fluids Consumed: ____ Loss/Gain: ____</b>		