



WEEKEND WARRIOR PROGRAM

PHASE 3 / WEEK 2 OF 6

ENHANCED STRENGTH | SPEED | ENDURANCE

PROGRAM Weekend Warrior	PHASE 3	WEEK 2 of 6	FOCUS Build
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Week 2 kicks off the Build block with Enhanced Strength, Speed & Endurance – the week your assessment numbers turn into real gains. Expect Combo Weight Workouts (Muscular Endurance Phase 1) Tuesday and Thursday to train your muscles to sustain force under fatigue, midweek and Friday Aerobic Bike rides to deepen your engine, and weekend MX sessions paired with 2-hour naps and afternoon rides to layer strength, speed, and aerobic capacity. Monday is complete rest. **Commit to the work – this is where your strength, speed, and stamina start compounding for race day.**

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day Complete Rest	Weights Combo Weight Workout	Bike Even Tempo 90 Min	Weights Combo Weight Workout	Bike Even Tempo 90 Min	MX Aerobic + Bike MX Aerobic #1 + Nap + Bike	MX Speed + Bike MX Speed #1 + Nap + Bike

TRAINING INTENSITY GUIDE

- **HR Zone 2 or Below – Blue Workouts**

Builds your aerobic engine. Burns fat as a primary fuel source. You should be able to sing or talk without any problem.

- **HR Zone 3+ – Red Workouts**

Builds your strength, speed & lactate tolerance. Burns stored sugar as a primary fuel source. Near-maximum effort.



MONDAY

Complete Rest Day – Sleep, Nutrition & Recovery Focus

REST

Body Analysis: Use your **Coach Robb Report Card** to log this information for evaluation purposes.

Complete Rest Day

Misc. Notes: If logistically possible, sleep in and don't begin your day with an alarm; instead wake up when your body is ready. Before getting out of bed, lay flat on your back and relax; focus on [diaphragmatic breathing](#) and maximizing your oxygen uptake. After you become completely relaxed, get the small of your back (right above your butt) flat on your bed. If you are not able to keep your lower back flat on the bed, take some extra time and [foam roll](#) your quads, ITB and glutes. By doing this, you will improve the range of motion within your hips and legs – this will enhance your biomechanics as an athlete.

EVENING PROTOCOLS

- ▶ **Nutrition:** Consume a highly dense snack or smoothie to help satisfy your brain's need for sugar and your muscles' need for amino acids
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** Diaphragmatic breathing – Slow, deep breathing using your diaphragm muscle.



TUESDAY

Combo Weight Workout: Muscular Endurance Phase 1

STRENGTH

Body Analysis: Use your **Coach Robb Report Card** to log this information for evaluation purposes.

Workout Notes: Come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.

Please use the spreadsheet and associated videos listed at the bottom of this document.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



WEDNESDAY

Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

AEROBIC

Body Analysis: Use your **Coach Robb Report Card** to log this information for evaluation purposes.

Complete Racing Solutions Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn-down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80–90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

PRE-HYDRATION & NUTRITION 10–15 minutes prior, consume 8–10 oz of cold [Energy Fuel](#).

WARM UP – HR ZONE 1

Duration: 10 minutes

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

Stretch and hydrate before moving into main set.

MAIN SET – 70 MIN (HR ZONE 2)

Cadence: 80–90

Tallest gearing maintaining chain tension tight. Every 10 min stand up and stretch hamstrings, quads, calves, lower back.

COOL DOWN – 10 MIN (HR ZONE 1)

Duration: 10 minutes (no shorter)

Cadence: 80–85 (no higher/lower)

Stretch lower back, calves, quads prior to dismounting.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



THURSDAY

Combo Weight Workout: Muscular Endurance Phase 1

STRENGTH

Body Analysis: Use your **Coach Robb Report Card** to log this information for evaluation purposes.

Workout Notes: Come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level.

Please use the spreadsheet and associated videos listed at the bottom of this document.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



FRIDAY

Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

AEROBIC

Body Analysis: Use your **Coach Robb Report Card** to log this information for evaluation purposes.

Complete Racing Solutions Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn-down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80–90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

PRE-HYDRATION & NUTRITION 10–15 minutes prior, consume 8–10 oz of cold [Energy Fuel](#).

WARM UP – HR ZONE 1

Duration: 10 minutes

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

Stretch and hydrate before moving into main set.

MAIN SET – 70 MIN (HR ZONE 2)

Cadence: 80–90

Tallest gearing maintaining chain tension tight. Every 10 min stand up and stretch hamstrings, quads, calves, lower back.

COOL DOWN – 10 MIN (HR ZONE 1)

Duration: 10 minutes (no shorter)

Cadence: 80–85 (no higher/lower)

Stretch lower back, calves, quads prior to dismounting.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw, nose closed



SATURDAY

MX: Aerobic Workout #1 + Nap + Bike Even Tempo (90 Min)

MX + BIKE

Body Analysis: Use your **Coach Robb Report Card** to log this information for evaluation purposes.

Morning Workout – Complete Racing Solutions MX: Aerobic Workout #1

Please refer to the spreadsheet at the bottom of this document.

Workout Notes: This set is going to teach you how much faster you can go when you focus on staying aerobic for 95% of your total ride time. Your last set will feel easy due to the fact that you have been aerobic for the majority of your workout. Pay close attention to your heart rate to ensure that you have the energy stored to drop the hammer during set number five.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.

☾ 2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids.

Afternoon Workout – Complete Racing Solutions Bike: Even Tempo / Aerobic Enhancement (90 Min)

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity. Adjust your gearing to keep your leg turnover in the 80–90 range.

WARM UP – HR ZONE 1

Duration: 10 minutes

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear

MAIN SET – 70 MIN (HR ZONE 2)

Cadence: 80–90

Tallest gearing maintaining chain tension. Every 10 min stand up and stretch.

COOL DOWN – 10 MIN (HR ZONE 1)

Duration: 10 minutes (no shorter)

Cadence: 80–85 (no higher/lower)

Stretch lower back, calves, quads prior to dismounting.



SUNDAY

MX: Speed Workout #1 + Nap + Bike Even Tempo (90 Min)

MX + BIKE

Body Analysis: Use your **Coach Robb Report Card** to log this information for evaluation purposes.

Morning Workout – Complete Racing Solutions MX: Speed Workout #1

Please refer to the spreadsheet at the bottom of this document.

Workout Notes: This day needs to be approached as if it was a national – food, warm up, etc. The mental side of this workout is for you to familiarize your body with what you expect from it on race day: perfect execution of all the homework you have put into your racing. With your focus being on producing the fastest laps possible, your sight lap needs to be focused and productive. Have fluids and calories (exactly what you want to consume on race day) available to maintain your blood sugar levels throughout the entire workout.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.

☾ 2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks for recovery.

Afternoon Workout – Complete Racing Solutions Bike: Even Tempo / Aerobic Enhancement (90 Min)

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity.

WARM UP – HR ZONE 1

Duration: 10 minutes
Cadence: 80–85 (no higher/lower)
Gearing: Small chain ring up front, middle rear

MAIN SET – 70 MIN (HR ZONE 2)

Cadence: 80–90
 Tallest gearing maintaining chain tension. Every 10 min stand up and stretch.

COOL DOWN – 10 MIN (HR ZONE 1)

Duration: 10 minutes (no shorter)
Cadence: 80–85 (no higher/lower)
 Stretch lower back, calves, quads prior to dismounting.



COMBO WEIGHT WORKOUT

Muscular Endurance Phase 1 · 2 Sets · 8-10 Reps · Quick Up / 3-Count Down

STRENGTH

Pre-Workout: Consume 8-10 oz of cold [Energy Fuel](#) 10-15 min prior. **Weight:** Choose a weight you can complete 10 reps with good form; maintain the same weight for the second set. **Speed of Lift:** Quick off the bottom, slow (3-count) back to starting point.

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
LOWER BODY CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)			
Walking Lunges – 20 Steps (Out and Back)	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Single Leg – Good Mornings Weight: Moderate · Right Leg then Left Leg	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	8-10 reps · Quick up / 3-count down
Single Leg – Calf Risers	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
CORE & LOWER BACK CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)			
Abdominal Roll Out on Fit Ball	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
Abdominal Pike on Fit Ball	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
Standing Abdominal Twist	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Slow movement entire range
Low Back Extension on Fit Ball	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
Superman’s on Belly	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range
UPPER BODY CYCLE 1 (NO REST BETWEEN EXERCISES)			
Clean & Jerk / Shoulder Press on Indo Board™	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Single Leg – Bent Over Row	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
Push Ups on Indo-Board (or floor, eyes closed)	Reps: ___	Reps: ___	As many as possible in 30 seconds
Rotator Cuff Rotation on Fit Ball Weight: Light	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Slow movement entire range

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
Lat Drop – Triceps Press on Fit Ball	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
Rear Deltoid on Single Leg	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down

UPPER BODY CYCLE 2 (NO REST BETWEEN EXERCISES)

Deep Squats / Bicep Curl	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
Incline on Fit Ball	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down
Frankenstein’s – Front/Middle Deltoids on Indo-Board (or Single Leg)	Wt: ____ Reps: ____	Wt: ____ Reps: ____	8-10 reps · Quick up / 3-count down

2000 METER ROWING

Warm up: 200 meters – Low Intensity (Damper Setting 2)	
1,000 meters at 80-85% effort (Damper Setting 5)	Elapsed Time: _____
1-minute rest 25 push-ups with eyes closed 1-minute rest	
1,000 meters at 80-85% effort (Damper Setting 5)	Elapsed Time: _____

BICYCLE SPRINTS

Warm up: 2 minutes – Low Intensity (Light Load Levels). Then increase load levels to MODERATE.	
2-minute interval at 80-85% effort	Distance Covered: _____
1-minute rest	
2-minute interval at 80-85% effort	Distance Covered: _____
1-minute rest	
2-minute interval at 80-85% effort	Distance Covered: _____



MX AEROBIC WORKOUT #1

Workout Focus: Aerobic Enhancement – Total Duration: 2 Hours

AEROBIC

Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Duration: 2 Hours		
Set	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
	Concept 2™ Rower – 10 minutes: low intensity pulling Stretch passively (no bouncing) from head to toe	Less Than <40%
Main Set #1	Set Focus: Reaction Time & First Turn Aggression	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
	<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>	
Main Set #2	Set Focus: Aerobic Enhancement / Internal Pacing	
	Complete your interval with a start and then settle into the track at a pace you can maintain (less than a two second deviation) for 30 minutes. Note: first fifteen minutes take the optimum lines and maintain optimum momentum; last fifteen minutes take the non-optimum lines & focus on belly breathing	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	85–90%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85–90%
	Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #3	Set Focus: Reaction Time & First Turn Aggression	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #4	Focus: Aerobic Enhancement / Internal Pacing	
Same notes as Set #2 – 30-minute straight moto with consistent lap times beginning to end.		

Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Duration: 2 Hours		
Set	Description	Intensity
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	85-90%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #5	Set Focus: Sprint Speed	
	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	2 Lap Elapsed Time Int. #1: _____ 2 Lap Elapsed Time Int. #2: _____	95-100%
	2 Lap Elapsed Time Int. #3: _____ 2 Lap Elapsed Time Int. #4: _____	95-100%
Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____ _____		
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)	<40%
Pre-Riding Weight: _____ Post-Riding Weight: _____ Total Fluids Consumed: _____ Loss/Gain: _____		



MX SPEED WORKOUT #1

Workout Focus: Opening Speed – Total Ride Time: 60 Minutes

SPEED

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Opening Speed Total Ride Time: 60 Minutes	
Set	Description	Intensity	
Set Focus: Gradual Warm Up			
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	Less Than 50%	
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate		
Set Focus: Pre-Race Routine			
Main Set #1	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.	Too Short To Evaluate	
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate		
Set Focus: Opening Lap Speed			
Main Set #2	This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity.		
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____		
	Rest Interval: 5 Minutes (no more or less) – Stretch and hydrate as necessary		
	Lap 1 Time: _____ Lap 2 Time: _____ Avg. Time: _____ Avg. HR: _____	90-95%	
	Lap 1 Time: _____ Lap 2 Time: _____ Avg. Time: _____ Avg. HR: _____	90-95%	
	Lap 1 Time: _____ Lap 2 Time: _____ Avg. Time: _____ Avg. HR: _____	90-95%	
	Lap 1 Time: _____ Lap 2 Time: _____ Avg. Time: _____ Avg. HR: _____	90-95%	
	Lap 1 Time: _____ Lap 2 Time: _____ Avg. Time: _____ Avg. HR: _____	90-95%	
Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____			
Rest For 10 Minutes – Stretch from head to toe / Re-hydrate			
Main Set #3	Set Focus: Hold Consistent Times At An Aerobic Effort		
	Hold your pace for 30 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.		

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Opening Speed Total Ride Time: 60 Minutes	
Set	Description	Intensity	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____		
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	80–85%	
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85–90%	
	Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____		
<i>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</i>			
Main Set #4	Set Focus: Hold Consistent Times At An Aerobic Effort		
	Hold your pace for 30 minutes With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate.		
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____		
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____		80–85%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____		85–90%
	Performance Recap: 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%
Pre-Riding Weight: _____		Post-Riding Weight: _____	
Consumed: _____		Loss/Gain: _____	
		Total Fluids	