



WEEKEND WARRIOR PROGRAM

PHASE 3 / WEEK 5 OF 6

ENHANCED STRENGTH | SPEED | ENDURANCE

PROGRAM Weekend Warrior	PHASE 3	WEEK 5 of 6	FOCUS Build
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Week 5 sharpens your speed and pacing – the week your aerobic base translates into faster, more controlled output. Monday's Bike Even Tempo or Row Negative Splits build efficiency, Wednesday's Bike 3-Mile Speed Intervals or Row Distance Intervals push your pace under control, and Combo Weight Workouts Tuesday and Thursday keep building fatigue-resistant muscle. Weekend MX sessions stack with 2-hour naps and afternoon Bike or Row work. Friday is complete rest. **Commit to the pace targets – this is where speed, strength, and stamina come together for race day.**

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
Bike or Row Even Tempo / Neg Split	Combo Weight Muscular Endurance	Bike or Row 3-Mile Speed / Distance	Combo Weight Muscular Endurance	Rest Day Complete Rest	MX Speed + Bike MX Speed #1 + Nap + Bike	MX Aerobic + Row MX Aerobic #1 + Nap + Row

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

Choose: Bike Even Tempo OR Row Negative Split Pacing Blocks

AEROBIC

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

▶ CHOOSE ONE OF THE FOLLOWING HIGHER INTENSITY WORKOUTS

Option A: Bike – Even Tempo / High End Aerobic Enhancement (1:00)

Workout Notes: 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. To keep you mentally stimulated, play around with your gearing while staying within HR Z2.

Pre-Hydration: 8-10 oz cold [Energy Fuel](#) 10-15 min prior.

Warm Up: 10 minutes – HR Z2 or less – Cadence 80-85 – small chain ring, middle rear

Main Set (40 Min): Low end of HR Z3 – tallest gearing maintaining cadence 75-85. Every 10 minutes stand up and stretch.

Warm Down: 10 minutes – HR Z2 or less – Cadence 70-80

Option B: Row – Negative Split Pacing Blocks (6,000 Meters)

Workout Notes: This workout holds you accountable both mentally and physically. Breathe in on the coil-in and exhale on your leg extension. Hydrate with [Energy Fuel](#) and stretch as necessary.

Warm Up: 1,000 meters – HR Zone 1 – Load Level 3 – Pull Rate <30. Stretch head to toe.

Main Set: Complete 500 meters at 80-85% to establish Baseline Number. Then complete 4,000 meters in Descending Blocks: Intervals #1&2 at baseline pace → Intervals #3&4 at 2 seconds faster → Intervals #5&6 at baseline → Intervals #7&8 at 2 seconds faster.

Cool Down: 1,000 meters – HR Zone 1 – Load Level 3 – Pull Rate <25

POST-WORKOUT

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

EVENING PROTOCOLS

- ▶ **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.



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 PROTOCOLS

- ▶ **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

Choose: Bike 3-Mile Speed Intervals OR Row Distance Intervals

SPEED

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

▶ CHOOSE ONE OF THE FOLLOWING HIGHER INTENSITY WORKOUTS

Option A: Bike – 3-Mile Speed Intervals (25 Miles Total)

Workout Notes: This workout is all about tying in your intensity with your pace. As you bring your speed up to HR Z3, mentally focus on using your gearing, cadence, pedal mechanics, and your position on the seat: when the road goes up, your butt needs to slide back on the seat.

Pre-Hydration: 8-10 oz cold [Energy Fuel](#) 10-15 min prior.

Warm Up: 5 miles – HR Z1 – Cadence 80-85 – small chain ring, middle rear. Stretch and hydrate.

Main Set (Repeat for 25 Miles): 3 miles at high end of HR Z3 (tallest gear, cadence 75-80, pedal in full circles) → Recover by spinning easily for 2 miles (get HR down to Z2 or lower before next interval)

Cool Down: 5 miles – HR Z1 – Cadence 85-90 – easiest combination. Don't dismount until HR is in Z1.

Option B: Row – Distance Intervals

Workout Notes: This workout acclimates your body to staying comfortable while working at a high level of intensity. Focus on diaphragmatic breathing and leading with your legs for maximum power output.

Pre-Hydration: 8-10 oz cold [Energy Fuel](#) 10-15 min prior.

Warm Up: 2,000 meters – HR Zone 1 – Load Level 3 – Pull Rate 20-25. Stretch head to toe.

Main Set: 1,500 meters @ HR Z3 → 500 meters active recovery – Repeat 4x – Load Level 5 – Pull Rate 25-35

Cool Down: 1,000 meters – HR Zone 1 – Load Level 3 – Pull Rate <25. Stretch head to toe.

POST-WORKOUT

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

EVENING PROTOCOLS

- ▶ **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 PROTOCOLS

- ▶ **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

Complete Rest Day – Prepare for Weekend MX Sessions

REST

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

Complete Rest Day

Misc. Notes: Take a few minutes and review how prepared you are for tomorrow: Do you know when you are going to bed tonight to ensure that you get eight hours of sleep? Do you have your schedule outlined as to where you will be when? Are you clearly focused on the purpose of each workout? Do you have the necessary pre-workout fluids and calories to optimize your training efforts? By taking 10 minutes and answering these questions, you will facilitate your efforts of improving by 1% every day.

EVENING PROTOCOLS

- ▶ **Nutrition:** Consume a highly dense snack or smoothie to 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.



SATURDAY

MX: Speed Workout #1 + Nap + Aerobic Bike Ride (2 Hours)

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: If logistically possible, complete this workout at a different location to confuse the muscles. 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.

POST-WORKOUT

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

EVENING PROTOCOLS

- ▶ **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

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 thirty (30) minutes after your high-quality lunch/snack. Think about an infant – once fed, the child doses off immediately. This is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you.

Afternoon Workout – Complete Racing Solutions Aerobic Bike Ride (2 Hours)

Workout Notes: To maximize the productivity of this workout, have [Energy Fuel](#) available every 15 minutes. During the early part of each performance block, stay within the indicated intensity levels. When you begin your fast intervals, refrain from becoming “scared” of riding fast – instead focus on how efficient you are pedaling.

WARM UP – HR ZONE 1 (15 MIN)

Cadence: 80–85

Gearing: Small chain ring up front, middle rear

Stretch and hydrate before moving into main set.

MAIN SET – 90 MIN (HR ZONE 2)

Cadence: 80–90

Tallest gearing maintaining chain tension. Hydrate every 15 minutes. Every 20 min stand up and stretch.

COOL DOWN – 15 MIN (HR ZONE 1)

Cadence: 80–85

Stretch lower back, calves, quads prior to dismounting.



SUNDAY

MX: Aerobic Workout #1 + Nap + Row HR Intensity Blocks

MX + ROW

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: 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

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

EVENING PROTOCOLS

- ▶ **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

Once you wake up from your 2 to 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.

Afternoon Workout – Complete Racing Solutions Row: HR Intensity Blocks (60–70 Min) Workout

Notes: This workout is going to acclimate your body to staying comfortable while working at a high level of intensity. Focus on diaphragmatic breathing and leading with your legs for maximum power output.

Pre-Hydration: 8–10 oz cold [Energy Fuel](#) 10–15 min prior.

Warm Up: 2,000 meters – HR Zone 1 – Load Level 3 – Pull Rate 20–25. Stretch head to toe.

Main Set: 1,000 meters at HR Z3 (no higher) – 500 meter active recovery – Repeat 5x – Load Level 5 – Pull Rate 25–35

Cool Down: 1,000 meters – HR Zone 1 – Load Level 3 – Pull Rate <25. Stretch head to toe.



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	