



WEEKEND WARRIOR PROGRAM








# PHASE 4 / WEEK 6 OF 8

RACE SPECIFIC SPEED & ENDURANCE

<b>PROGRAM</b> Weekend Warrior	<b>PHASE</b> 4	<b>WEEK</b> 6 of 8	<b>FOCUS</b> Speed & Endurance
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This week continues building **race-specific speed and endurance**. Timed Challenges P4 (40"/20") on Tuesday, Thursday, and Sunday push your strength and power. Wednesday offers a choice of Bike Intensity Distance Intervals (75 min) or Row Incremental Pacing Intervals (10,000m) plus Core. Friday combines Bike Power Intervals (70 min) with Row HR Intensity Blocks (60-70 min). Saturday morning is MX Speed #1 followed by a 2-hour nap and Bike Speed Blocks (60 min). Sunday morning is MX Aerobic #1 followed by a nap and Timed Challenges in the afternoon.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day</b> Body Analysis Evening Protocols	<b>Timed Challenge</b> P4 AM 40" on / 20" off	<b>Bike or Row + Core</b> Intensity Intervals 75 min OR 10,000m + Core	<b>Timed Challenge</b> P4 AM 40" on / 20" off	<b>Bike + Row</b> Power Intervals 70 min + HR Blocks 60-70 min	<b>MX + Nap + Bike</b> MX Speed #1 AM Nap + Speed Blocks 60 min PM	<b>MX + Nap + TC</b> MX Aerobic #1 AM Nap + Timed Challenge PM

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. Effort feels comfortable and controlled throughout.

- **HR Zone 3+ – Red Workouts**

Builds your strength, speed & lactate tolerance. Burns stored sugar as a primary fuel source. Near-maximum effort – breathing is labored, conversation is not possible.



# MONDAY

Complete Rest Day – Body Analysis & Mental Focus

REST DAY

**Body Analysis:** Use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes. Today is a complete rest day.

**Mental Focus:** Sit down with a piece of blank paper and draw a line down the middle. On the left side, jot down the five most important reasons for WHY you do what you do. On the right side, next to each reason, think about the elements (people, locations, tools, etc.) that make the WHY possible. Your focus today is to ensure that all of 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 you need. If you use a blender, make sure it is washed and ready to use. Continue down the list to make sure you have everything needed to ensure your WHY is optimized.

## EVENING PROTOCOLS

### NUTRITION

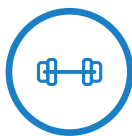
- ▶ 8 oz cold water with fresh lemon + smoothie + evening vitamins.

### FOAM ROLLER & TRIGGER POINT

- ▶ [Follow this 10-minute sequence](#)

### DIAPHRAGMATIC BREATHING

- ▶ [Follow this breathing exercise](#) while putting yourself to sleep.



# TUESDAY

Timed Challenges P4 AM – 40" On / 20" Off

TC P4

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

## MORNING WORKOUT – TIMED CHALLENGES P4 (BEFORE BREAKFAST)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

**Workout Notes:** Each cycle contains two exercises. Complete 40 seconds of one exercise (unless noted), rest 20 seconds, then complete the second exercise in the cycle. Move back to exercise #1, then #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate between cycles.

**Weight:** First set = weight you can complete 8 reps comfortably within 40 sec. Second set = slightly heavier.

**Rest Interval:** 30 seconds / stretch & hydrate between sets; 1:00 between cycles.

*[Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document.]*

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Energy Fuel + Best Whey Protein mixed with almond milk.

### EVENING

- ▶ Reference Monday's evening notes & video links.



# WEDNESDAY

BIKE + ROW + CORE

Bike Intensity Intervals 75 min OR Row Incremental Pacing 10,000m + Core

**CARDIO WORKOUT – CHOOSE ONE OF THE FOLLOWING:**

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel.**

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

**Warm-Up (10 min – HR Zone 1)**  
 Gearing: small chain ring up front, middle rear | Cadence: 80–85 | Stretch and hydrate before main set.

**Main Set: HR Pyramids – 4 × 15 Minutes (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. Repeat 4 times.

**Warm-Down (5 min – HR Zone 1)**  
 Gearing: easiest combo allowing 85–90 cadence & HR Z1 | Don't dismount until HR is within HR Z1.

**Option B – Row: Incremental Pacing Intervals (10,000 Meters)**

**Warm-Up (HR Zone 1)**  
 Load Level: 3 | Distance: 2000 Meters | Pull Rate: less than 25 | Straight back, legs leading, arms finishing. Stretch head to toe.

**Baseline 1000m Interval**  
 Complete a 1000m interval at 80–85% effort. Load Level: 5 | Pull Rate: 25+ | Elapsed Time: \_\_\_\_\_ | 1 Minute Rest.

**Main Set: Pacing Intervals (Load Level 5 | Pull Rate 25+)**  
 1000m Baseline +10 sec → Rest 1 min | 1000m Baseline +5 sec → Rest 1 min | 1000m at Baseline Pace → Rest 1 min  
 Repeat 2 times – strive to hold goal pace for all three intervals.

**Cool-Down (HR Zone 1)**  
 Load Level: 3 | Distance: 1000 Meters | Pull Rate: less than 25 | Stretch head to toe.

**CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING CARDIO)**

**Core Circuit – 2 Sets × 10 Reps Each | Rest 20 sec between exercises**

Ab Crunch on Fit Ball (pause 5 sec)    Pike & Pushups on Fit Ball    Plyometric Push-Ups

## POST-WORKOUT & EVENING PROTOCOLS

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### POST-WORKOUT

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- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8-10 oz Energy Fuel + Best Whey Protein** mixed with almond milk.

### EVENING

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- ▶ Reference Monday's evening notes & video links.



# THURSDAY

Timed Challenges P4 AM – 40" On / 20" Off

TIMED CHALLENGES P4

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

## MORNING WORKOUT – TIMED CHALLENGES P4 (BEFORE BREAKFAST)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

**Workout Notes:** Same protocol as Tuesday. Each cycle contains two exercises – 40 sec on / 20 sec off. Move quickly between cycles. Stretch and hydrate between sets.

[Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document.]

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8–10 oz Energy Fuel** + **Best Whey Protein** mixed with almond milk.

### EVENING

- ▶ Reference Monday's evening notes & video links.



# FRIDAY

BIKE + ROW

Bike Power Intervals 70 min AM + Row HR Intensity Blocks 60-70 min PM

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

## MORNING WORKOUT – BIKE: POWER INTERVAL WORKOUT (70 MINUTES)

▲ **Pre-Workout:** 10-15 minutes prior, consume **8-10 oz of Energy Fuel**.

**Misc. Notes:** Keep a close eye on intensity levels (no higher than HR Z3). Your leg turnover is intentionally slow. Feel your quads, hamstrings, calves, and glutes all firing to turn the pedals through the entire 360° pedal stroke.

### WARM-UP – 10 MIN (HR Z1)

Gearing: small chain ring up front, middle rear  
Cadence: 80-85 (no higher/lower)  
Stretch and hydrate before main set.

### MAIN PERFORMANCE BLOCK – 55 MIN (HR Z3)

**3 min:** Tall gear acceleration out of saddle – big chain ring, hardest gear; push until upper end of HR Z3.

**2 min:** Seated even tempo, cadence above 90, lower end of HR Z3; deep belly breathing.

**Repeat this 5-minute block 11 times (55 min total).**

### COOL-DOWN – 5 MIN (HR Z1)

Gearing: easiest combo allowing 85-90 cadence & HR Z1  
Don't dismount until HR is within HR Z1.

## EVENING WORKOUT – ROW: HR INTENSITY BLOCKS (60-70 MINUTES)

▲ **Pre-Workout:** 10-15 minutes prior, consume **8-10 oz of Energy Fuel**.

## Row HR Intensity Blocks Structure

### Warm-Up (10 min – HR Zone 1)

Load Level: 3 | Pull Rate: less than 25 | Straight back, legs leading, arms finishing. Stretch head to toe.

### Main Set #1 (30 min – Load Level 5 | Pull Rate 35+)

Settle into each HR Zone quickly with perfect form and deep breathing:

10 min: Upper range of HR Z2 (5 beats of top number) → 10 min: Lower range of HR Z3 (5 beats of low number) → 10 min: Upper range of HR Z3 (5 beats of top number). Repeat for 30 min total.

### Transition Set (5 min)

Easy pulling / active recovery – strive to get HR into Z1 for the majority of these 5 minutes.

### Main Set #2: HR Acceleration (Load Level 5 | Pull Rate 25+)

From HR Z2: accelerate until you reach the upper end of HR Z3 (no higher). Recover by pulling easy until HR reaches the lowest number in HR Z2. Repeat 3x. Lead with legs and a tight core.

### Cool-Down (10 min – HR Zone 1)

Load Level: 2 | Pull Rate: less than 25 | Stretch head to toe.

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8–10 oz Energy Fuel + Best Whey Protein** mixed with almond milk.

### EVENING

- ▶ Reference Monday's evening notes & video links.



# SATURDAY

MX + NAP + BIKE

MX Speed #1 AM + 2-Hour Nap + Bike Speed Blocks 60 min PM

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

## MORNING WORKOUT – CRS MX SPEED WORKOUT #1

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

**Workout Notes:** This workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. The goal is for you to “feel” the increased speed and how much more in control you are during the last 15 minutes – all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive workout here.

*[Please refer to the **MX Speed Workout #1 spreadsheet** at the bottom of this document]*

## POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Energy Fuel + Best Whey Protein mixed with almond milk.

## **2-Hour Power Nap (After Post-Ride Meal)**

Eat a post-ride meal high in carbohydrates (natural sleep aid). Fall asleep quickly and stay asleep 2–3 hours without waking hungry. If you wake hungry, note it in your food & training journal – your brain is fed by your liver; if it runs out of sugar, you will be woken up.

## AFTERNOON WORKOUT – BIKE: SPEED BLOCKS (60 MINUTES)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

**Workout Notes:** Mentally focus on improving your aerobic base with fragmented effort levels. At no time do you want your HR to rise above HR Z3. If it is difficult to keep your HR low, lighten your gear combinations and focus on optimizing your pedal mechanics.

### WARM-UP – 20 MIN (HR Z1)

Gearing: small chain ring up front, middle rear

Cadence: 80–85 (no higher/lower)

Stretch and hydrate before main set.

### PERFORMANCE BLOCK #1 – 30 MIN

**10 min:** Tallest gear combo you can optimize while staying within HR Z3 (no higher).

**5 min:** Easy spin (HR Z2 or lower) – you can't go too easy here.

**Repeat 4x.**

### PERFORMANCE BLOCK #2 – 35 MIN (HR Z2)

Cadence 75–85 | Tallest gearing maintaining chain tension & cadence zone. Every 10 min stand and stretch hamstrings, quads, calves, lower back. Hydrate with Energy Fuel every 15 min.

**Warm-Down (5 min – HR Z1):** Gearing: small chain ring, middle rear | Cadence: 70–80 | Stretch lower back, calves, and quads prior to dismounting.

## EVENING PROTOCOLS

### EVENING

▶ Reference Monday's evening notes & video links.



# SUNDAY

MX + NAP + TC

MX Aerobic #1 AM +2-Hour Nap +Timed Challenges P4 PM

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

**Note:** 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 riding duration to less than 20 minutes at a time with a minimum of 10 minutes rest between sessions. Keep total ride time to less than 1 hour.

## MORNING WORKOUT – CRS MX AEROBIC WORKOUT #1

**Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

[Please refer to the **MX Aerobic Workout #1 spreadsheet** at the bottom of this document]

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Energy Fuel + Best Whey Protein mixed with almond milk.

### **2-Hour Power Nap (After Post-Ride Meal)**

Reference Saturday's nap notes. Eat a post-ride meal high in carbohydrates. Fall asleep quickly and stay asleep 2–3 hours without waking hungry.

## AFTERNOON WORKOUT – TIMED CHALLENGES P4 (BEFORE DINNER)

**Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

**Workout Notes:** Same protocol as Tuesday/Thursday. 40"/20" tempo. Same weight selection approach. [Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document]

## POST-WORKOUT & EVENING PROTOCOLS

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### POST-WORKOUT

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- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz Energy Fuel + Best Whey Protein mixed with almond milk.

### EVENING

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- ▶ Reference Monday's evening notes & video links.



# TIMED CHALLENGE P4

40 Seconds On – 20 Seconds Off – 5 Cycles + Bicycle Sprints

SPREADSHEET

▲ **WARM-UP:** Concept 2™ Row or Spin on Bike – 10 minutes easy.

EXERCISE	PROTOCOL	DATE / SET 1 REPS	DATE / SET 2 REPS
<b>CYCLE ONE</b>			
<b>Pike – Push Up – Pike</b> ▶ <a href="#">Instructional Video</a>	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
<b>Isolated Leg &amp; Frankenstein's on Bench</b> ▶ <a href="#">Instructional Video</a>	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier than Set 1): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
<b>CYCLE TWO</b>			
<b>Air Squats</b> ▶ <a href="#">Instructional Video</a>	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
<b>Hamstring Press-Extension on Fit Ball</b> ▶ <a href="#">Instructional Video</a>	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
<b>CYCLE THREE</b>			
<b>Stars – 30 Seconds As Fast As Possible</b> ▶ <a href="#">Stars Instructional Video</a>	Rep 1: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____

EXERCISE	PROTOCOL	DATE / SET 1 REPS	DATE / SET 2 REPS
	Rep 2: As many as you can complete in 40 seconds – 20 second rest		
<b>Military Spiders Off Bench</b> ▶ <a href="#">Instructional Video</a>	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
<b>CYCLE FOUR</b>			
<b>Dips Off of Bench</b> ▶ <a href="#">Instructional Video</a>	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
<b>Bicep Curls Up to 90 Degrees</b> ▶ <a href="#">Instructional Video</a>	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in <b>30 seconds</b> Weight (slightly heavier): _____ Rep 2: As many reps as you can do in <b>30 seconds</b>	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
<b>CYCLE FIVE</b>			
<b>Side Skaters</b> ▶ <a href="#">Instructional Video</a>	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
<b>Abdominal Crunch on Fit Ball</b> ▶ <a href="#">Instructional Video</a>	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____



# BICYCLE SPRINTS ON TRAINER

5 × 2-Minute Sprints – 90–95% Effort – Moderate Load

SPREADSHEET

SET	PROTOCOL	INTENSITY
<b>Warm-Up</b> 2 Minutes	Low intensity – light load levels. Spin easy to prepare muscles for sprint efforts.	LOW
<b>Sprint #1</b> 2 Minutes	Increase load to MODERATE. Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #1</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #2</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #2</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #3</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #3</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #4</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #4</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #5</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Warm Down</b>	Easy spinning until HR returns to Zone 1.	< 40%



# CRS MX SPEED WORKOUT #1

SPREADSHEET

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

**WARM-UP**

**Set Focus: Gradual Warm-Up**  
Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo. Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel.

LESS THAN 50%

**MAIN SET #1**

**Set Focus: Perfect Execution of Pre-Race Routine and Starts**  
Complete 10 starts with your emphasis on implementing your complete pre-race routine. On race day, your body will emulate what you practice – stay mentally focused & specific.

**Elapsed Times:** Int 1: \_\_\_\_\_ | Int 2: \_\_\_\_\_ | Int 3: \_\_\_\_\_ | Int 4: \_\_\_\_\_ | Int 5: \_\_\_\_\_  
**Elapsed Times:** Int 6: \_\_\_\_\_ | Int 7: \_\_\_\_\_ | Int 8: \_\_\_\_\_ | Int 9: \_\_\_\_\_ | Int 10: \_\_\_\_\_

**Performance Recap:** Fastest Lap: \_\_\_\_\_ | Avg Lap Pace: \_\_\_\_\_ | Avg HR: \_\_\_\_\_  
Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

TOO SHORT TO EVALUATE

**MAIN SET #2**

**Set Focus: Teach Your Body To Pick Up The Pace As Needed**  
Stay aerobic (based on actual HR) for the first 15 minutes, then pick up the pace by choice into sprint effort (based on HR) for 15 minutes.

**Moto Specific HR Zone:** Low # \_\_\_\_\_ | High # \_\_\_\_\_

**Performance Recap – 20 min Aerobic:** Fastest Lap: \_\_\_\_\_ | Avg Lap: \_\_\_\_\_ | Avg HR: \_\_\_\_\_  
80-85%

**Performance Recap – 15 min Sprint:** Fastest Lap: \_\_\_\_\_ | Avg Lap: \_\_\_\_\_ | Avg HR: \_\_\_\_\_  
90-95%

Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

**MAIN SET #3**

**Set Focus: High Intensity / Lactate Tolerance**  
Match or be slightly faster than Set #2 – smooth lines and deep breathing.

**Moto Specific HR Zone:** Low # \_\_\_\_\_ | High # \_\_\_\_\_

**Performance Recap – 20 min Aerobic:** Fastest Lap: \_\_\_\_\_ | Avg Lap: \_\_\_\_\_ | Avg HR: \_\_\_\_\_  
80-85%

**Performance Recap – 15 min Sprint:** Fastest Lap: \_\_\_\_\_ | Avg Lap: \_\_\_\_\_ | Avg HR: \_\_\_\_\_  
90-95%

Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

**MAIN SET #4**

**Set Focus: High Intensity / Lactate Tolerance**

Match or be slightly faster than Set #3 – smooth lines and deep breathing.

**Moto Specific HR Zone:** Low # \_\_\_\_\_ | High # \_\_\_\_\_

**Performance Recap – 20 min Aerobic:** Fastest Lap: \_\_\_\_\_ | Avg Lap: \_\_\_\_\_ | Avg HR: \_\_\_\_\_

80-85%

**Performance Recap – 15 min Sprint:** Fastest Lap: \_\_\_\_\_ | Avg Lap: \_\_\_\_\_ | Avg HR: \_\_\_\_\_

90-95%

Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

**WARM-DOWN**

**Easy Riding – Nothing Structured or Intense**

Allow HR to come down slowly. Stretch passively from head to toe.

PRE-RIDING WEIGHT

\_\_\_\_\_

POST-RIDING WEIGHT

\_\_\_\_\_

TOTAL FLUIDS  
CONSUMED

\_\_\_\_\_

LOSS / GAIN

\_\_\_\_\_

40%



# CRS MX AEROBIC WORKOUT #1

SPREADSHEET

Workout Focus: Aerobic Enhancement | Total Ride Time: 90 Minutes

<b>WARM-UP</b>	<p><b>Set Focus: Gradual Warm-Up</b></p> <p>Ride Mt. Bike or Road Bike for 15 minutes easy. Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #0070C0; border-radius: 15px; display: inline-block; padding: 2px 10px;">LESS THAN 40%</p>								
<b>MAIN SET #1</b>	<p><b>Set Focus: Aerobic Endurance (30-Minute Moto)</b></p> <p>Settle into a pace you can maintain for 30 minutes without slowing down. Take NON-OPTIMUM lines throughout the entire moto – just like a race after a bad start. Your overall intensity needs to be aerobic – use your HR monitor.</p> <p><b>Performance Recap:</b> Fastest Time: _____   Average Time: _____   Average HR: _____ Rest 10 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">80-85%</p>								
<b>MAIN SET #2</b>	<p><b>Set Focus: Aerobic Endurance (30-Minute Moto)</b></p> <p>Same protocol as Main Set #1. Take NON-OPTIMUM lines throughout. Stay aerobic.</p> <p><b>Performance Recap:</b> Fastest Time: _____   Average Time: _____   Average HR: _____</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">80-85%</p>								
<b>MAIN SET #3</b>	<p><b>Set Focus: Aerobic Endurance (30-Minute Moto)</b></p> <p>Same protocol as Main Sets #1 and #2. Take NON-OPTIMUM lines throughout. Stay aerobic.</p> <p><b>Performance Recap:</b> Fastest Time: _____   Average Time: _____   Average HR: _____</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">80-85%</p>								
<b>WARM-DOWN</b>	<p><b>10 Minutes Easy Riding – Nothing Structured or Intense</b></p> <p>Watch HR monitor – keep in Zone 2 or below. Stretch passively from head to toe.</p> <table style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="border: 1px solid #00A651; padding: 5px; text-align: center;">PRE-RIDING WEIGHT</td> <td style="border: 1px solid #00A651; padding: 5px; text-align: center;">POST-RIDING WEIGHT</td> <td style="border: 1px solid #00A651; padding: 5px; text-align: center;">TOTAL FLUIDS CONSUMED</td> <td style="border: 1px solid #00A651; padding: 5px; text-align: center;">LOSS / GAIN</td> </tr> <tr> <td style="border: 1px solid #00A651; text-align: center;">_____</td> <td style="border: 1px solid #00A651; text-align: center;">_____</td> <td style="border: 1px solid #00A651; text-align: center;">_____</td> <td style="border: 1px solid #00A651; text-align: center;">_____</td> </tr> </table> <p style="text-align: center; margin-top: 10px; border: 1px solid #00A651; border-radius: 15px; display: inline-block; padding: 2px 10px;">LESS THAN 40%</p>	PRE-RIDING WEIGHT	POST-RIDING WEIGHT	TOTAL FLUIDS CONSUMED	LOSS / GAIN	_____	_____	_____	_____
PRE-RIDING WEIGHT	POST-RIDING WEIGHT	TOTAL FLUIDS CONSUMED	LOSS / GAIN						
_____	_____	_____	_____						