

TRAINING PROTOCOL

PHASE 1 WEEK 5 OF 6

DEVELOP MAXIMUM STRENGTH & IMPROVE AEROBIC BASE

PROGRAM
Fulltime

PHASE
1

WEEK
5 of 6

FOCUS
Strength + Aerobic

Week 5 maintains the high training load with two MX speed sessions, two MX aerobic sessions, three combo weight workouts, and structured bike sessions on Monday and Saturday. Wednesday gives you a choice between a bike intensity session or a 10,000m row. Friday is a complete rest day. The emphasis this week is on **developing maximum strength while continuing to build your aerobic base** — your consistency in execution will determine your results.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
MX + Bike + Core Speed #1 AM Bike Pyramids PM 65 min	MX + Weights Aerobic #1 AM Combo Weights PM	Bike or Row + Core Bike Intervals (75 min) OR Row 10,000m PM	MX + Weights Speed #2 AM Combo Weights PM	Rest Day Complete Rest Mental prep focus	MX + Bike + Core Aerobic #1 AM Nap + Bike HR Ladder PM	MX + Nap + Weights Speed Choice AM Nap + Combo 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.



MONDAY

Morning: MX Speed Workout #1 | Evening: Bike Timed Pyramids (65 min) + Core

MX AM · BIKE PM

This is a two-session day. Your morning MX Speed Workout #1 focuses on starts and aerobic pacing at race intensity. Your evening bike session uses timed pyramid intervals – accelerate into **HR Zone 3** for the "on" segment, then recover during the rest interval. Rehydrate with Energy Fuel throughout.

MORNING: CRS MX SPEED WORKOUT #1

Complete your full MX Speed Workout #1 session. Reference the **MX Speed Workout #1 spreadsheet** at the end of this document for all sets, intervals, and performance tracking fields. Pay close attention to your heart rate during the first 20 minutes of each set – as your body warms up it can handle higher intensity. The goal is to feel increased speed and control in the final 15 minutes of each set.

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel** to replace depleted muscle sugar & repair muscle tissue.

EVENING (BEFORE DINNER): CRS BIKE TIMED PYRAMIDS – 65 MINUTES

Have your HR Zone 3 range memorized before you start. During each "on" segment, accelerate then settle into HR Zone 3 (no higher or lower). Your rest interval matches your work interval. Rehydrate with Energy Fuel during every rest period.

▲ **PRE-WORKOUT:** Consume 8–10 oz of ice cold **Energy Fuel** 10–15 min prior.

WARM-UP – 10 MIN (HR ZONE 2)

Cadence: 80–85 (no higher/lower)
Gearing: Small chain ring up front, middle rear gearing
Misc: Stretch and hydrate before moving into main set

MAIN SET – 50 MIN (HR ZONE 3 PYRAMIDS)

Format: 1 min on/off → 2 min on/off → 3 min on/off → 4 min on/off → 5 min on/off
On: Accelerate into HR Zone 3 (no higher or lower); push tallest gear possible while staying in zone
Off: Rehydrate and stretch to keep power output level high
Focus: Optimized pedal mechanics and deep belly breathing throughout

COOL DOWN – 5 MIN (HR ZONE 2)

Cadence: 70–80 (no higher/lower)
Gearing: Small chain ring up front, middle rear gearing
Misc: Stretch lower back, calves, and quads prior to dismounting

► **Core & Lower Back Work (immediately following bike workout)**

Complete each exercise for **40 seconds**; rest interval is **20 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

► [Standing Abdominal Twists](#)

► [Abdominal Pike on Fit Ball](#)

► [Abdominal Roll Out on Fit Ball](#)

► [Ab Crunch on Fit Ball](#)

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

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



TUESDAY

MX AM • WEIGHTS PM

Morning: MX Aerobic Workout #1 | Evening: Combo Weight Workout (30-sec challenges)

Two-session day. Your morning MX Aerobic session keeps you in **HR Zone 2** – if your waking HR is more than 5 beats above last week's average, switch to skills, drills, and jumping instead. Your evening weight workout hits all major muscle groups in 7 cycles of 30-second timed challenges.

MORNING: CRS MX AEROBIC WORKOUT #1

Complete your full MX Aerobic Workout #1 session. Reference the **MX Aerobic Workout #1 spreadsheet** at the end of this document. If your waking heart rate is more than 5 beats over your weekly average from last week, change your 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 PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING (BEFORE DINNER): CRS COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES (30 SECONDS)

These exercises are combined so you hit all muscles as a functional unit. You may find yourself becoming fatigued quickly – breathe deep and consistently throughout to maintain optimum performance. Consistently consume Energy Fuel to maintain proper blood sugar levels and power output.

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

SPEED OF LIFT	REPS	SETS	REST BETWEEN EXERCISES	REST BETWEEN CYCLES
Quick & Smooth	Max in 30 sec	2	None	1 Minute

Reference the **Combo Weight Workout spreadsheet** at the end of this document for all 7 cycles, exercise videos, and performance tracking fields.

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- **Flexibility:** 10 min focus on legs and lower body –
- **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack or meal.



WEDNESDAY

CHOOSE ONE · PM

Afternoon: Choose One – Bike Intensity Distance Intervals (75 min) OR Row 10,000m + Core

Choose one afternoon workout. The bike option uses **HR Zone 3 pyramids** – settle into Zone 3 and hold for 10 minutes, then recover in Zone 2 for 5 minutes. The row option uses incremental pacing – establish a baseline 1000m pace and strive to match it across all intervals. Core work follows immediately after whichever option you choose.

OPTION A: CRS BIKE – INTENSITY DISTANCE INTERVALS (75 MINUTES)

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior. Memorize your HR Zone 3 low and high numbers.

WARM-UP – 10 MIN (HR ZONE 1)

Focus: Optimum pedal mechanics from the beginning

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

Misc: Stretch and hydrate before moving into main set

MAIN SET – 4 × 15 MIN (HR ZONE 3 PYRAMIDS)

Format: 10 min ON (HR Zone 3) → 5 min OFF (HR Zone 2 or less)

On: Settle into HR Zone 3 and maintain (interval doesn't begin until you hit Zone 3)

Off: Spin easy; allow HR to return to Zone 2 or less

Focus: Belly breathing to maximize oxygen uptake

WARM DOWN – 5 MIN (HR ZONE 1)

Cadence: 85–90

Gearing: Easiest combination that allows 85–90 cadence & HR Zone 1

Misc: Do not dismount until HR is within Zone 1

- OR -

OPTION B: CRS ROW – INCREMENTAL PACING INTERVALS (10,000 METERS)

Complete a 1000-meter interval at 80–85% effort after your warmup – this is your baseline pace. Your goal is to match this pace by interval number three of each set. If you start too hard during intervals #1 and #2, you will lose the ability to hit goal pace during interval #3. If any muscle tightens up, stop immediately, isolate and stretch passively (8–10 seconds) while breathing deeply.

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

SEGMENT	DESCRIPTION	LOAD / RATE
Warm-Up	Focus on straight back, leading with legs, finishing with arms to chest. Stretch from head to toe.	Load 3 • 2000m • Pull Rate <25
Baseline Interval	Complete 1000m at 80–85% effort. Record elapsed time. 1 Minute Rest Interval.	Load 5 • Pull Rate 25+
Main Set × 2	1000m Baseline +10 sec → Rest 1 min • 1000m Baseline +5 sec → Rest 1 min • 1000m at Baseline Pace → Rest 1 min. Repeat 2 times. Hold goal pace for all three intervals.	Load 5 • Pull Rate 25+
Cool Down	Focus on straight back, leading with legs, finishing with arms to chest. Stretch from head to toe.	Load 3 • 1000m • Pull Rate <25

► **Core & Lower Back Work (immediately after workout)**

Complete **10 reps** of each exercise & hold the bike for 1 minute; rest interval is **20 seconds** as you move to the next exercise. Repeat entire set — total of **2 sets**.

- [Ab Crunch on Fit Ball](#) — pause 5 seconds
- [Pike Position with Eyes Closed](#)
- [Plyometric Push-Ups](#)

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades — [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- **Flexibility:** Reference Monday's notes and links.
- **Nutrition:** Reference Monday's notes and links.



THURSDAY

Morning: MX Speed Workout #2 | Evening: Combo Weight Workout (30-sec challenges)

MX AM • WEIGHTS PM

This is a hydration-tracking day. Before gearing up for your MX Speed Workout #2, **weigh yourself** in the exact same clothes you will ride in (minus socks). After the workout, weigh yourself again and record your fluid intake. This data will be used to fine-tune your race day nutritional strategy.

MORNING: CRS MX SPEED WORKOUT #2

Complete your full MX Speed Workout #2 session. Reference the **MX Speed Workout #2 spreadsheet** at the end of this document. This workout tests your hydration and fluid intake to ensure you know your perspiration rate specific to race pace. Record your pre- and post-riding weight and total fluids consumed at the bottom of the spreadsheet.

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING (BEFORE DINNER): CRS COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES (30 SECONDS)

Same format as Tuesday. These exercises are combined so you hit all muscles as a functional unit. Breathe deep and consistently throughout. Consistently consume Energy Fuel to maintain proper blood sugar levels and power output.

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

SPEED OF LIFT	REPS	SETS	REST BETWEEN EXERCISES	REST BETWEEN CYCLES
Quick & Smooth	Max in 30 sec	2	None	1 Minute

Reference the **Combo Weight Workout spreadsheet** at the end of this document for all 7 cycles, exercise videos, and performance tracking fields.

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- **Flexibility:** Reference Monday's notes and links.
- **Nutrition:** Reference Monday's notes and links.



FRIDAY

Complete Rest Day – Mental Preparation & WHY Focus

COMPLETE REST

► Complete Rest Day

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. If you say that you train to be lean and strong, visit your refrigerator and examine if you have all the fresh fruit and vegetables that improve your health and performance. Make sure your blender is washed and ready. Continue down the list to make sure that you have everything you need to ensure that your WHY for doing is optimized.

EVENING PROTOCOLS

- **Flexibility:** Reference Monday's notes and links.
- **Nutrition:** Reference Monday's notes and links.



SATURDAY

Morning: MX Aerobic #1 | Nap | Afternoon: Bike HR Ladder (60 min) + Core

MX AM · NAP · BIKE PM

Three-part day. Morning MX Aerobic session in **HR Zone 2**, followed by a 2-hour nap, then an afternoon bike HR Ladder session. Keep a close eye on your HR throughout the bike ride – stay in Zone 2 for maximum fat-burning productivity. Core work follows immediately after the bike session.

MORNING: CRS MX AEROBIC WORKOUT #1

Complete your full MX Aerobic Workout #1 session. Reference the **MX Aerobic Workout #1 spreadsheet** at the end of this document. If your waking heart rate is more than 5 beats over your weekly average from last week, change your 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.

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

► 2-Hour Nap After Lunch

As you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.

AFTERNOON: CRS BIKE – HEART RATE LADDER (60 MINUTES)

Keep a close eye on your HR throughout this ride to ensure you keep intensity levels easy (**HR Zone 2 or less**) for maximum productivity – burn fat and enhance your aerobic engine. To keep mentally stimulated, play around with your gearing while staying within HR Zone 2.

- ▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

SEGMENT	DESCRIPTION
Warm-Up – 10 min	HR Zone 2 or less. Cadence: 80–85. Small chain ring up front, middle rear gearing. Stretch and hydrate before moving into main set.
Main Set #1 – 5 min/leg	Isolated Leg Drills (start at 3:30 mark) – 5 minutes per leg.
Easy Spin – 5 min	Hydrate and stretch as necessary.
Main Set #2 – 10 min	HR Ladder (HR Zone 3): Accelerate in a tall gear combination until HR hits the top end of HR Zone 3; slow down pedal cadence and breathe deeply until HR hits the lower end of HR Zone 3 (no lower). Repeat until 10 minutes has transpired.
Easy Spin – 5 min	Hydrate and stretch as necessary.
Main Set #3 – 15 min	HR Ladder (HR Zone 3): Same as Main Set #2 but for 15 minutes. Accelerate in tall gear to top of HR Zone 3, then breathe deeply to lower end of Zone 3. Repeat until 15 minutes has transpired.
Cool Down – 5 min	HR Zone 2 or less. Cadence: 70–80. Small chain ring up front, middle rear gearing. Stretch lower back, calves, and quads prior to dismounting.

► **Core & Lower Back Work (immediately following bike workout)**

Complete each exercise for **40 seconds**; rest interval is **20 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

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

EVENING PROTOCOLS

- **Flexibility:** Reference Monday's notes and links.
- **Nutrition:** Reference Monday's notes and links.



SUNDAY

Morning: MX Speed Workout Choice | Nap | Evening: Combo Weight Workout

MX AM · NAP · WEIGHTS PM

Choose one of your MX Speed workouts from earlier in the week. If you are riding at the same track with similar conditions, strive to maintain or be slightly faster. After your morning session, take a 2-hour nap. If logistically possible, do not wake yourself up with an alarm — see how many hours you sleep. This will provide a clear indicator of your fatigue level and where it is coming from.

MORNING: CRS MX SPEED WORKOUT – CHOICE

Choose either MX Speed Workout #1 or #2 from this week. Reference the appropriate spreadsheet at the end of this document. If riding at the same track with similar conditions, strive to maintain or be slightly faster than your earlier session this week.

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades — [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

► 2-Hour 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 us 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 (some that require sweating and some that don't!).

EVENING (BEFORE DINNER): CRS COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES (30 SECONDS)

Same format as Tuesday and Thursday. These exercises are combined so you hit all muscles as a functional unit. Breathe deep and consistently throughout. Consistently consume Energy Fuel to maintain proper blood sugar levels and power output.

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

SPEED OF LIFT
Quick & Smooth

REPS
Max in 30 sec

SETS
2

REST BETWEEN EXERCISES
None

REST BETWEEN CYCLES
1 Minute

Reference the **Combo Weight Workout spreadsheet** at the end of this document for all 7 cycles, exercise videos, and performance tracking fields.

POST-WORKOUT PROTOCOLS

- **Flexibility:** Focus on hips, glutes, and shoulder blades — [Full Playlist](#)
- **Nutrition:** Immediately consume 8–10 oz of **Recovery Fuel**.

EVENING PROTOCOLS

- **Flexibility:** Reference Monday's notes and links.
- **Nutrition:** Reference Monday's notes and links.



COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES

30 Seconds Per Exercise • 2 Sets • 1 Min Rest Between Cycles • Quick & Smooth Speed

SPREADSHEET

EXERCISE	VIDEO	SETS × REPS	SET 1 REPS	SET 2 REPS	SET 1 REPS	SET 2 REPS	SET 1 REPS	SET 2 REPS	NOTES
			WEEK 3 (TUE)		WEEK 3 (THU)		WEEK 3 (SUN)		
CYCLE ONE									
Pike-Push Up-Pike	Video	2 × 30 sec							
Isolated Leg on Bench	Video	2 × 30 sec							
CYCLE TWO									
Air Squats	Video	2 × 30 sec							
Hamstring Press With Extension	Video	2 × 30 sec							
CYCLE THREE									
Overhead Extension – Triceps Press	Video	2 × 30 sec							
Step Up & Calf Raise	Video	2 × 30 sec							
CYCLE FOUR									
Lat Pull Over – Triceps Extension	Video	2 × 30 sec							
Individual Chest Press on Fit Ball	Video	2 × 30 sec							

Combo Weight Workout – P1 Timed Challenges (continued)

SPREADSHEET

EXERCISE	VIDEO	SETS × REPS	SET 1 REPS	SET 2 REPS	SET 1 REPS	SET 2 REPS	SET 1 REPS	SET 2 REPS	NOTES
			WEEK 5 (TUE)		WEEK 5 (THU)		WEEK 5 (SUN)		
CYCLE FIVE									
Incline Press on Fit Ball	Video	2 × 30 sec							
Rear Deltoid	Video	2 × 30 sec							
CYCLE SIX									
Chest Fly with Deep Pause on Fit Ball	Video	2 × 30 sec							
Side Skaters	Video	2 × 30 sec							
CYCLE SEVEN									
Hanging Knees to Chest	Video	2 × 30 sec							
Abs – Open Rotation	Video	2 × 30 sec							
Hip Risers	Video	2 × 30 sec							
BIKE INTERVALS (IMMEDIATELY AFTER WEIGHTS)									
Bike Timed Intervals – 30 min total		2 × 30 sec							Cadence: 80–85; HR Zone 3 on, HR Zone 2 off

PERFORMANCE NOTES

Fatigue Level (1–10)

Energy Fuel Consumed (oz)

Total Workout Time

Notes



MX SPEED WORKOUT #1

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

SPREADSHEET

SET	DESCRIPTION	INTENSITY
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 being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific. 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	Too Short To Evaluate
Main Set #2	Set Focus: Teach Your Body To Pick Up The Pace As Needed 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 #: ___ 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	80-85% then 90-95%
Main Set #3	Set Focus: High Intensity / Lactate Tolerance 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 #: ___ 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: ___	80-85% then 90-95%

SET	DESCRIPTION	INTENSITY
	90-95% Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: High Intensity / Lactate Tolerance 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 #: ____ 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	80-85% then 90-95%
Pre-Riding Weight: ____ Post-Riding Weight: ____ Total Fluids Consumed: ____ Loss/Gain: ____		

Complete Racing Solutions (CRS) Speed MX Workout #1 – 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. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here 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.

Post Workout Protocols – Flexibility: pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#) **Nutrition:** immediately consume 8-10 ounces of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.



MX SPEED WORKOUT #2

Workout Focus: Incremental Intensity / Lactate Tolerance · Total Ride Time: 60 Minutes

SPREADSHEET

SET	DESCRIPTION	INTENSITY
Warm Up	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 40%
Main Set #1	Set Focus: Body Balance and Reaction Time Complete 5 starts from the gate; evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up – this cuts off your breathing. Elapsed Times: Interval 1: ___ Interval 2: ___ Interval 3: ___ Interval 4: ___ Interval 5: ___ Elapsed Times: Fastest Interval: ___ Average Interval: ___ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	Relaxed
Main Set #2	Set Focus: Lactate Tolerance / Internal Pacing With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone – Low #: ___ High #: ___ Elapsed Times: Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Elapsed Times: Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___ Fastest Lap Time: ___ Average Lap Pace: ___ Avg HR: ___ Max HR: ___ Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	90-95%
Main Set #3	Set Focus: Lactate Tolerance / Internal Pacing Same as Set #2 – strive to match or improve your lap times. Moto Specific Heart Rate Zone – Low #: ___ High #: ___ Elapsed Times: Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___ Elapsed Times: Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___ Fastest Lap Time: ___ Average Lap Pace: ___ Avg HR: ___ Max HR: ___ Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	90-95%

SET	DESCRIPTION	INTENSITY
Main Set #4	Set Focus: Lactate Tolerance / Internal Pacing Same as Set #2 – strive to match or improve your lap times. Moto Specific Heart Rate Zone – Low #: ____ High #: ____ Elapsed Times: Lap 1: ____ Lap 2: ____ Lap 3: ____ Lap 4: ____ Lap 5: ____ Elapsed Times: Lap 6: ____ Lap 7: ____ Lap 8: ____ Lap 9: ____ Lap 10: ____ Fastest Lap Time: ____ Average Lap Pace: ____ Avg HR: ____ Max HR: ____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #5	Set Focus: Body Balance and Reaction Time Repeat Set #1 – Compare times for evaluation purposes. Elapsed Times: Interval 1: ____ Interval 2: ____ Interval 3: ____ Interval 4: ____ Interval 5: ____ Fastest Interval: ____ Average Interval: ____	Relaxed
Warm Down	Easy riding – nothing structured or intense; allow the HR to come down slowly	40%
Pre-Riding Weight: ____ Post-Riding Weight: ____ Total Fluids Consumed: ____ Loss/Gain: ____		



MX AEROBIC WORKOUT #1

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

SPREADSHEET

SET	DESCRIPTION	INTENSITY
Warm Up	Focus: Gradual Warm Up Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Focus: Aerobic Endurance (30 Minute Moto) 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. Fastest Time: ____ Average Time: ____ Average Heart Rate: ____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	80-85%
Main Set #2	Focus: Aerobic Endurance (30 Minute Moto) Same as Set #1 – strive to maintain or improve your average lap times. Fastest Time: ____ Average Time: ____ Average Heart Rate: ____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel	80-85%
Main Set #3	Focus: Aerobic Endurance (30 Minute Moto) Settle into a pace that you can maintain without slowing down. Take NON-OPTIMUM lines throughout to keep things mentally challenging. Strive to take various Non-Optimum lines every lap. Your overall intensity needs to be aerobic – use your HR monitor to evaluate the actual number. Fastest Time: ____ Average Time: ____ Average Heart Rate: ____	80-85%
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch the HR monitor to ensure)	Less than 40%
Pre-Riding Weight: ____ Post-Riding Weight: ____ Total Fluids Consumed: ____ Loss/Gain: ____		

Complete Racing Solutions (CRS) MX Aerobic Workout #1 – 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 Protocols – Flexibility: pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#) **Nutrition:** immediately consume 8–10 ounces of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.