



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 3
6 Weeks
5/6
Enhanced Strength | Speed | Endurance

Intensity Note:

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

Monday

Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
Choose one of the following for your morning & evening workout:

- **Complete Racing Solutions 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 (burn fat and enhance your aerobic engine). To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2**.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm Up: HR Zone 2 or less

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Set: 40 Minutes (Low End of HR Zone 3: pay close attention to not fall into Z2)

Set Notes: with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

Warm down: 10 Minutes (HR Zone 2 or less)

Duration: 10 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc. Notes: stretch your lower back, calves, and quads prior to dismounting

- **Complete Racing Solutions Row: Negative Split Pacing Blocks (6,000 Meters)**

Misc. Notes: this workout is going to hold you accountable both mentally and physically. Have your monitor set to 500 meters/1:00 minute rest interval. Adjust the load levels as indicated to avoid pulling a muscle or straining your lower back. Breathe in on the coil in and exhale on your leg extension. Hydrate with Energy Fuel and stretch as necessary to maintain consistent results.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Duration: 1000 meters

Pull Rate: less than 30

Stretch from head to toe

Main Set#1: adjust the damper setting to five (5)

Pull Rate: 25-35

Complete 500 meters at 80-85% - capture your elapsed time: this is your Baseline Number

Complete 4000 meters in Descending Blocks

Intervals #1 & #2 – maintain the same pace as your Baseline number

Intervals #3 & #4 – hold a pace that is 2 seconds faster than your baseline number

Intervals #5 & #6 – maintain the same pace as your Baseline number

Intervals #7 & #8 – hold a pace that is 2 seconds faster than your baseline number

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Duration: 500 Meters

Pull Rate: less than 30

Stretch from head to toe

- **(Immediately following your above workout-morning & evening) Core & Lower Back Work**

Workout notes: complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Ab Crunch on Fit Ball – pause for 5 seconds: [click here](#) for instructional video

Pike Position with eyes closed: [click here](#) for instructional video

Plyometric push-ups: [click here](#) for instructional video

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **Evening Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)



Tuesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1

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

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.).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Weight: choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

Speed of Lift: quick off the bottom, slow (3 count) back to your starting point

Rep Count:

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

Sets: 2

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep



Wednesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Choose one of the following for your morning workout:

- **Complete Racing Solutions Bike: 3 Mile Speed Intervals**

Misc. Notes: this workout is all about tying in your intensity with your pace (given the environmental elements: wind, hills, heat & humidity); 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 & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm Up: HR Zone 1 (Note longer warm up associated with the intensity of your main set)

Duration: 5 Miles

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Repeat the following for a total of 25 Miles

3 Miles at High End of HR Zone 3: with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your **HR Zone 3 & cadence of 75-80 (pedal in full circles).**

Recover by spinning easily for 2 miles (Goal is to get your HR down into **HR Z2** or lower before beginning the next interval)

Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes

Duration: 5 Miles

Cadence: 85-90

Gearing: the easiest combination that allows for 85-90 cadence & **HR Z1**

Misc.: don't dismount until your heart rate is within **HR Z1**

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **Complete Racing Solutions Row: Distance Intervals**

Workout Notes: this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up: HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Distance: 1000 Meters

Pull Rate: 20-25

Stretch from head to toe

Main Set#1: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 3x

Load Level: 5

Pull Rate: 30+

Transition Set: 1000 Meters @ HR Z2 – stretch & rehydrate as necessary

Main Set#2: 6 x 500 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)

Load Level: 5

Pull Rate: 30+

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Duration: 500 Meters

Pull Rate: less than 25

Stretch from head to toe

- **(Immediately following your above workout-morning & evening) Core & Lower Back Work**

Workout notes: complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Ab Crunch on Fit Ball – pause for 5 seconds: [click here](#) for instructional video

Pike Position with eyes closed: [click here](#) for instructional video

Plyometric pushups: [click here](#) for instructional video

- **Evening Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep



Thursday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1

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

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.).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Weight: choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

Speed of Lift: quick off the bottom, slow (3 count) back to your starting point

Rep Count:

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

Sets: 2

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep

Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
Complete Rest Day

Mental Notes: take 10 minutes and complete these two things (5 minutes each): [Diaphragmic Breathing](#) & pressing your lower back to the floor. Repeat throughout the day as often as your schedule permits.

Diaphragmatic Breathing: learning how to control your breathing and change your style of breathing: either through your chest or your belly. Belly breathing – activating the diaphragm muscle, is more effective in delivering oxygen to your working muscles.

Pressing your Lower Back: to release the tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), you need to [foam roll your quads](#) and then isolate and [stretch the quadriceps](#).

- **Evening Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep



Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** 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]

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout Notes: the fun part of this workout is when you realize that when you take the non-optimum lines, you appreciate the optimum lines. This will interpret into higher levels of momentum and speed will be the by-product. Like the notes indicate, don't worry about lap times but instead focus on the physics of the motorcycle and how to move it around with the brake, throttle and clutch. Focus on using your strength & balance to move the bike around - put the bike where you want/need it to be.

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **2 Hour Nap After Mid-Day Meal**

Misc. Notes: at this point in the week, your body should be eager to catch a few extra hours of sleep. With this in mind, 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. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.

- **(Afternoon Workout) Complete Racing Solutions Bike: Fragmented Intensity Blocks (23 Miles)**

Workout Notes: to maximize the productivity of this workout, have Energy Fuel available every 15 minutes (carry with you or plant bottles along your route). During the early part of each performance block, stay within the indicated intensity levels – no matter what it takes (pace is not relevant during the early part of each block). When you begin your fast intervals, refrain from becoming "scared" of riding fast – instead focus on how efficient you are pedaling when you pick up the pace. Watch for energy robbing mechanics: choppy pedal mechanics, shoulders bobbing, looking down at your legs (versus ahead 20 yards).

Warm Up:

Duration: 1 mile Intensity Level: **HR Z1** for 2 miles – **Z2** for 3 miles
Cadence: 80 or less Gearing: small up front – middle back (low load levels)

Main Set #1 (10 Miles)

3 Miles at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges
2 Miles at **HR Z4** – tallest gear combination you can maintain 90 plus cadence
Repeat 2 times

Transition Set (2 Miles)

Z1 for 1 mile – **Z2** for 1 mile- stretch & rehydrate as necessary

Main Set #2 (10 Miles)

3 Miles at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges
2 Miles at **HR Z4** – tallest gear combination you can maintain 90 plus cadence
Repeat 2 times

Cool Down:

Duration: 1 mile Intensity Level: **HR Z2** for 2 miles – **Z1** for 3 miles
Cadence: 80 or less Gearing: small up front – middle back (low load levels)

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep



Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** 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]

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout Notes: This workout is going to fun as well as challenging by changing up your intensity and duration levels throughout each set. As we discuss regularly, teaching your body to change "gears" specific to your heart rate is the quickest way to find new levels of speed. How many times have we discussed that sometimes you go faster when you "slow down"? Due to the nature of physics, the smoother your ride the faster your lap times; however, it is not a mindset that is widely accepted within the moto world. Stay focused on smooth lines, good technique and deep belly breathing to keep your overall heart rate under control.

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **2 Hour Nap After Mid-Day Meal**

Misc. Notes: once you wake up from your 2–3-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 actually penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.

- **(Afternoon Workout) Complete Racing Solutions Row: HR Intensity Blocks (60-70 Minutes)**

Workout Notes: this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up: HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 2000 Meters Pull Rate: 20-25 Stretch from head to toe

Main Set#1: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 5x

Load Level: 5 Pull Rate: 25-35

Transition Set: 1000 Meters – HR Z2 – stretch & rehydrate as necessary

Main Set#2: 5 x 1000 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)

Load Level: 5 Pull Rate: 25+

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Duration: 1000 Meters Pull Rate: less than 25 Stretch from head to toe

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie and take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep

Combo Weight Workout – Muscular Endurance Phase 1			
Warm Up		Date	Date
10 Minute Warm Up: Easy spin on the bicycle or even temp pull on the Concept 2 rower			
Lower Body Cycle: No Rest in between exercises - 1 Minute rest at the end of the complete cycle			
Walking Lunges - 20 Steps (Out and Back)			
Instructional Videos: Walking Lunges			
Weight (Moderate)			
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Weight (Moderate)			
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Single Leg - Good Mornings			
Instructional Video: Single Leg-Good Morning			
Weight (Moderate)			
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Weight (Moderate)			
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Single Leg - Calf Risers			
Instructional Video: Single Leg Calf Raises			
Weight (Moderate)			
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Weight (Moderate)			
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)			
Side Skaters			
Instructional Video: Side Skaters			
Set #1 (as many as you can complete in 30 seconds)			
Set #2 (as many as you can complete in 30 seconds)			
Static Wall Squats (Goal 60 Seconds)			
Instructional Video: Static Wall Squats			
Duration #1 (Pause and stretch your quads when you are finished to alleviate a muscle pull)			
Duration #2 (Pause and stretch your quads when you are finished to alleviate a muscle pull)			

Core & Lower Back Cycle (No Rest in between exercises - 1 Minute rest at the end of the complete cycle)	Date	Date
Pike Position (Goal 60 Seconds)		
Instructional Video: Pike Position		
Duration #1 (Roll over on your back and reach up and extend your toes - stretch your core)		
Duration #2 (Roll over on your back and reach up and extend your toes - stretch your core)		
Ab Roll Out On Fit Ball		
Instructional Video: Abdominal Roll out on Fit Ball		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Abdominals On Fit Ball		
Instructional Video: Abdominal Crunch on Fit Ball		
Weight (Moderate)		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Pike - Push Up - Pike (30 Seconds)		
Instructional Video: Pike-Push Up-Pike		
Set #1 (as many as you can complete in 30 seconds)		
Set #2 (as many as you can complete in 30 seconds)		
Super Man's On Belly		
Instructional Video: Superman Strength Exercise		
Set #1 (8-10 with good form – slow movement the entire range of motion)		
Set #2 (8-10 with good form – slow movement the entire range of motion)		

Upper Body Cycle (No Rest in between exercises)	Date	Date
Clean & Jerk/Shoulder Press On Indo Board™		
Instructional Video: Indo Board Clean and Jerk Shoulder Press		
Weight (Moderate)		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Single Leg - Bent Over Row		
Instructional Video: Single Leg Bent Over Row		
Weight (Moderate)		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Push Ups On Indo-Board (or on the floor with your eyes closed)		
Instructional Video: Indo Board Push Ups		
Set #1 (as many as you can complete in 30 seconds)		
Set #2 (as many as you can complete in 30 seconds)		
Rotator Cuff Rotation on Fit Ball		
Instructional Video: Rotator Cuff Rotation on Fit Ball		
Weight (Moderate)		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Lat Drop-Tricep Press on Fit Ball		
Instructional Video: Lat Pull Over-Tricep Extension		
Weight (Moderate)		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Rear Deltoid on Single Leg		
Instructional Video: Rear Deltoid on Single Leg		
Weight (Moderate)		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		

Upper Body Cycle (No Rest in between exercises)	Date	Date
Deep Squats/Bicep Curl		
Instructional Video: Deep Squat with Curls		
Weight (Moderate)		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Incline on Fit Ball		
Instructional Video: Incline on the fit ball		
Weight (Moderate)		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Frankenstein's-Front/Middle Deltoids on Indo-Board (or single leg)		
Instructional Video: Frankenstein's on Indo Board		
Weight (Moderate)		
Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		



**** Note: Complete One (1) of the following after your strength Workout ****

Instructional Video – Rowing		
2000 Meter Rowing		Date
Warm up for 200 Meters - Low Intensity		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		

Bicycle Sprints		Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)			
2 Minute Acceleration 80-85% Effort - Distance Covered			
1 Minute Rest Interval			
2 Minute Acceleration 80-85% Effort - Distance Covered			
1 Minute Rest Interval			
2 Minute Acceleration 80-85% Effort - Distance Covered			
1 Minute Rest Interval			
2 Minute Acceleration 80-85% Effort - Distance Covered			
1 Minute Rest Interval			
2 Minute Acceleration 80-85% Effort - Distance Covered			
1 Minute Rest Interval			



Complete Racing Solutions Speed MX Workout #1							Workout Focus: Consistent Race Speed							Total Ride Time: 60 Minutes						
		Description																		
Warm Up		Focus: Gradual Warm Up												Intensity						
Workout Protocol:		Instructional Video on how to set up the Concept 2 Rower												Less Than						
		Concept 2™ Rower - 10 minutes: low intensity pulling												40%						
		Instructional Video on how to stretch - head to toe																		
		Stretch passively (no bouncing) from head to toe																		
Main Set #1		Set Focus: Consistency Challenge with your start and first turn												Intensity						
Workout Protocol:		Complete 10 starts - through the first turn and down the entire first straight (be aggressive!)												Too Short To Measure						
		Keep a close eye on your body position - attack, looking up and using your legs/core combination																		
		Take your time from the start to the end of the first straight away																		
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 Time:		Average Time:			Average Heart Rate:													
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #2		Set Focus: Body Balance - Timing of faster cornering												Intensity						
Workout Protocol:		Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner.												Too Short To Measure						
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #3		Set Focus: Aerobic Endurance (15 Minute Moto)												Intensity						
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes												75-80%						
		Moto Specific Heart Rate Zone - Low # High #																		
		Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number																		
Performance Recap:		Fastest Time:		Average Time:			Average Heart Rate:													
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #4		Set Focus: Aerobic Endurance (15 Minute Moto)												Intensity						
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes												75-80%						
		Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number																		
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #5		Set Focus: Aerobic Endurance (15 Minute Moto)												Intensity						
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes												75-80%						
		Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number																		
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Warm Down		10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)												< 40%						
		Pre-Riding Weight:				Post-Riding Weight:														
		Total Fluids Consumed:				Loss/Gain														



Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Minutes Total Ride Duration: 120		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Elapsed Time	10 Minutes of easy riding on the track - increase the intensity slightly every 5 min - very easy! Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	40%
Main Set #1	Set Focus: Aerobic Endurance/Warm the Body Up	Intensity
Workout Protocol:	While following your heart rate numbers relevant to the indicated intensity levels, see how smooth and consistent you can be - even with taking the non-optimum lines. Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!) Moto Specific Heart Rate Zone - Low # High # 10 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum 10 Minutes at 80-85% - smooth lines/maintain momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Main Set #2	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval	
Elapsed Times:	Keep a close eye on your body position - attack, looking up and using your legs/core combination Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #3	Set Focus: Intensive Endurance	Intensity
Workout Protocol:	Similar to Set #1 with edited durations; however, your focus is to be smooth Moto Specific Heart Rate Zone - Low # High # 5 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum 15 Minutes at 80-85% - smooth lines/maintain momentum Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80% 80-85%
Main Set #4	Set Focus: Opening Lap Intensity - Consistency Challenge	Intensity
Workout Protocol:	Complete 5 starts plus two laps (be aggressive yet smooth) - 1 Minute Rest Interval	
Elapsed Times:	Keep a close eye on your body position - attack, looking up and using your legs/core combination Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	90-95%
Main Set #5	Set Focus: Body Balance - Timing of faster cornering	Intensity
Workout Protocol:	Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	