

**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 [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 meter/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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)

- **Nutrition:** consume 8-10 ounces of [Premium Muscle Builder](#) to replenish depleted sugar storages and electrolyte levels.

- **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)

**Diaphragmic Breathing:** [click here](#) and follow this breathing exercise while putting yourself to sleep

**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 [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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** consume 8-10 ounces of [Premium Muscle Builder](#) to replenish depleted sugar storages and electrolyte levels.

- **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)

**Diaphragmic 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 [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

**Gearing:** small chain ring up front, middle rear gearing

**Cadence:** 80-85 (no higher/lower)

**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

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

**Cadence:** 85-90

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

**Post Workout Protocols**

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** consume 8-10 ounces of [Premium Muscle Builder](#) to replenish depleted sugar storages and electrolyte levels.

- **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 [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 Metes @ 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 push ups:** [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)

#### 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 [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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
    - **Nutrition:** immediately consume 8-10 ounces of [Premium Muscle Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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)
  - Diaphragmic 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.
  - Diaphragmic 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)
  - Diaphragmic 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 [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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
  - **Nutrition:** consume 8-10 ounces of [Premium Muscle Builder](#) to replenish depleted sugar storages and electrolyte levels.
- **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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
  - **Nutrition:** consume 8-10 ounces of [Premium Muscle Builder](#) to replenish depleted sugar storages and electrolyte levels.
- **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 [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 the 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 actually 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** consume 8-10 ounces of [Premium Muscle Builder](#) to replenish depleted sugar storages and electrolyte levels.

- **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 [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 Metes – 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** consume 8-10 ounces of [Premium Muscle Builder](#) to replenish depleted sugar storages and electrolyte levels.

- **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)

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



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

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





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



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

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

<a href="#">Instructional Video – Rowing</a>			
2000 Meter Rowing		Date	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 Less Than 40%			
Workout Protocol:	<p><a href="#">Instructional Video on how to set up the Concept 2 Rower</a></p> <p>Concept 2™ Rower - 10 minutes: low intensity pulling</p> <p><a href="#">Instructional Video on how to stretch - head to toe</a></p> <p>Stretch passively (no bouncing) from head to toe</p>					
Main Set #1	Set Focus: Consistency Challenge with your start and first turn		Intensity			
Workout Protocol:	<p>Complete 10 starts - through the first turn and down the entire first straight (be aggressive!)</p> <p>Keep a close eye on your body position - attack, looking up and using your legs/core combination</p> <p>Take your time from the start to the end of the first straight away</p>		Too Short To Measure			
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 <a href="#">Energy Fuel</a>					
Main Set #2	Set Focus: Body Balance - Timing of faster cornering		Intensity			
Workout Protocol:	<p>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.</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>		Too Short To Measure			
Main Set #3	Set Focus: Aerobic Endurance (15 Minute Moto)		Intensity			
Workout Protocol:	<p>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</p>		75-80%			
	Moto Specific Heart Rate Zone - Low #	High #				
Performance Recap:	<p>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</p> <p>Fastest Time:</p> <p>Average Time:</p> <p>Average Heart Rate:</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>					
Main Set #4	Set Focus: Aerobic Endurance (15 Minute Moto)		Intensity			
Workout Protocol:	<p>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</p>		75-80%			
	<p>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</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>					
Main Set #5	Set Focus: Aerobic Endurance (15 Minute Moto)		Intensity			
Workout Protocol:	<p>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</p>		75-80%			
	<p>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</p> <p>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>					
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				

<b>Complete Racing Solutions Aerobic MX Workout #1</b>		<b>Workout Focus: Aerobic Enhancement Minutes</b>	<b>Total Ride Duration: 120</b>
		Description	
<b>Warm Up</b> <b>Elapsed Time</b>	<b>Focus: Gradual Warm Up</b> <b>10 Minutes of easy riding on the track - increase the intensity slightly every 5 min - very easy!</b> <a href="#">Instructional Video on how to stretch - head to toe</a> <b>Stretch passively (no bouncing) from head to toe</b>		<b>Intensity</b> <b>40%</b>
<b>Main Set #1</b> <b>Workout Protocol:</b>	<b>Set Focus: Aerobic Endurance/Warm The Body Up</b> <b>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.</b> <b>Remember-smoother is faster AND results in a lower heart rate (work smart/not hard!)</b> <b>Moto Specific Heart Rate Zone - Low # High #</b> <b>10 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum</b> <b>10 Minutes at 80-85% - smooth lines/maintain momentum</b> <b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></b>		<b>Intensity</b>  <b>75-80%</b> <b>80-85%</b>
<b>Main Set #2</b> <b>Workout Protocol:</b>  <b>Elapsed Times:</b>	<b>Set Focus: Opening Lap Intensity - Consistency Challenge</b> <b>Complete 5 starts plus one lap (be aggressive yet smooth) - 1 Minute Rest Interval</b> <b>Keep a close eye on your body position - attack, looking up and using your legs/core combination</b> <b>Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:</b> <b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</b>		<b>Intensity</b>  <b>90-95%</b>
<b>Main Set #3</b> <b>Workout Protocol:</b>	<b>Set Focus: Intensive Endurance</b> <b>Similar to Set #1 with edited durations; however, your focus is to be smooth</b> <b>Moto Specific Heart Rate Zone - Low # High #</b> <b>5 Minutes at 75-80% - non optimum lines/move the bike with your muscles - not momentum</b> <b>15 Minutes at 80-85% - smooth lines/maintain momentum</b> <b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</b>		<b>Intensity</b>  <b>75-80%</b> <b>80-85%</b>
<b>Main Set #4</b> <b>Workout Protocol:</b>  <b>Elapsed Times:</b>	<b>Set Focus: Opening Lap Intensity - Consistency Challenge</b> <b>Complete 5 starts plus two laps (be aggressive yet smooth) - 1 Minute Rest Interval</b> <b>Keep a close eye on your body position - attack, looking up and using your legs/core combination</b> <b>Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:</b> <b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</b>		<b>Intensity</b>  <b>90-95%</b>
<b>Main Set #5</b> <b>Workout Protocol:</b>	<b>Set Focus: Body Balance - Timing of faster cornering</b> <b>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.</b> <b>Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</b>		<b>Intensity</b> <b>75%</b>
<b>Warm Down</b>	<b>10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)</b>		<b>40%</b>
	<b>Pre-Riding Weight:</b> <b>Total Fluids Consumed:</b>	<b>Post-Riding Weight:</b> <b>Loss/Gain</b>	