



**Training Cycle:**  
**Cycle Duration:**  
**Work Week**  
**Focus:**

**Phase 10**  
**5 Weeks**  
**1/5**  
**Re-Assess Strength – Speed – Lactate Tolerance**

**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 Report Card to log this information for evaluation purposes**
- **Complete Racing Solutions Plyometric Assessment Phase 10 (Rower)**  
[Please download the Plyometric Assessment Spreadsheet]  
**Workout notes:** please review each exercise & watch the associated video link to ensure that you are executing the assessment correctly. Strive to complete at approximately the same time, location and temperatures so you can duplicate for accurate comparisons in the future.  
**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 you the much-needed electrolytes.  
**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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 3 minutes (the length of the video).  
**Psychology:** concept video “[Moist Heat vs Dry Heat](#)” – [video link](#)

**Tuesday**

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (90 Minutes)**  
**Misc. Notes:** relaxed ride with no agenda but to head outdoors and work on optimized pedal mechanics as the elevation changes or as the head winds pick up. As you are seated, slide back when the ground goes up or the head winds pick up. Set your watch to 15-20 minutes to ensure that you stay hydrated and stretched out.  
**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 you the much-needed electrolytes.  
**Warm Up: HR Zone 1**  
**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 Performance Block: 70 minutes (HR Zone 2)**  
**Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. Hydrate with Energy Fuel to maintain your blood sugar & energy levels.  
**Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**  
**Duration:** 10 minutes  
**Cadence:** 85-90  
**Gearing:** the easiest combination that gets you into **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 tomorrows workouts more productive).
- **Evening Protocols – please reference Monday's notes and links.**



### Wednesday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete Racing Solutions Bicycle: 2 Mile Pacing Assessment**

[Please update your Coach Robb Performance Report Card with the results of this information]

**Workout Notes:** Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout.

**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 you the much-needed electrolytes.

**Main Set: 5 x 2 Mile Intervals (fastest pace you can complete 2-mile intervals x 5 times)**

2 Mile Interval #1:	Ending HR:	1 Minute Rest Interval
2 Mile Interval #2:	Ending HR:	1 Minute Rest Interval
2 Mile Interval #3:	Ending HR:	1 Minute Rest Interval
2 Mile Interval #4:	Ending HR:	1 Minute Rest Interval
2 Mile Interval #5:	Ending HR:	1 Minute Rest Interval

**Elapsed Time:**

**Avg. HR:**

**Ending HR:**

**Max HR:**

**Total fluids consumed:**

**Post-Testing Body Weight:**

**Cool Down:** when finished, re-hydrate and ride for a minimum of **10 minutes** – easy spin/active recovery. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes to relax any tight muscle(s) associated with the assessment. Also, consume 8-10 ounces of liquid sports drink/recovery calories & consume a complete meal within 20 minutes of this ride to replenish glycogen reserves within the muscles and the liver.

#### 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** – please reference Monday's notes and links.

### Thursday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete Racing Solutions Row: 1000 Meter Time Trials**

[Please refer to the Complete Racing Solutions Performance Report Card - Time Trials Spreadsheet attached to your email]

**Workout Notes:** complete 5 x 1000 meters (**Load Level on 7**) after warming up for 15 minutes (**Load Level on 5 or less**) and [stretch your lower body](#). The goal here is to be as close to maximum effort as possible for each 1000-meter interval. Document your elapsed time along with your ending heart rate at the end of each 1000-meter interval. If at any time you feel something tighten up, stop immediately and stretch; resume at an EASY effort for 10 minutes.

#### 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** – please reference Monday's notes and links.

### Friday

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

**Misc. Notes:** pay close attention to the little things that are easy to let slip by: hours of sleep, quality of sleep, snack before bed, proper hydration, proper warm up and cool downs, stretching and trigger point therapy. Though you have heard these reminders for an extended period of time, but stop and evaluate how many times last week you missed each of these important elements? This isn't to slap your hand, but to help you understand how quickly the "little things" get away from you before it is too late. Plan ahead and contribute to your own success of improving everything by 1% from sunrise to sunset.

- **(Schedule Pending) 2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** snacks are a key component to the quality of your nap. Mix things up with a multi-grain bagel with some almond butter and an avocado. This will give you the quality fat and protein needed to satisfy your appetite and feed your muscles for additional muscle growth.

- **Evening Protocols** – please reference Monday's notes and links.



## Saturday - Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (90 Minutes)**

**Misc. Notes:** relaxed ride with no agenda but to head outdoors and work on optimized pedal mechanics as the elevation changes or as the headwinds pick up. As you are seated, slide back when the ground goes up or the headwinds pick up. Set your watch to ensure that you stay hydrated and stretched out.

**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 you the much-needed electrolytes.

### **Warm Up: HR Zone 1**

**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 Performance Block: 70 minutes (HR Zone 2)**

**Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. Hydrate with Energy Fuel to maintain your blood sugar & energy levels.

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

**Duration:** 10 minutes

**Cadence:** 85-90

**Gearing:** the easiest combination that gets you into **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).
- **2-hour Power Nap**

**Misc. Notes:** with the residual fatigue from this week's testing, it will be helpful if you would take a cold bath for 10-15 minutes (fun I know) when you wake up; eat a large salad that is topped with high quality protein to help offset the tearing down of your muscles and associated inflammation. Schedule pending, take a hot shower and then stretch passively feeling for any hot spots.
- **Evening Protocols** – please reference Monday's notes & links.