



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 2 (Rower)**
[Please download the 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).
- **(Afternoon Workout) Complete Racing Solutions MX Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: don't let the intensity levels throw you off, if you maintain 80% for 90 minutes, you will find that you have plenty of energy for the last set. Make a mental decision to NOT increase your effort (based on your heart rate) even though you will be comfortable enough to do so. Keep in mind that this workout needs to be completed within your aerobic intensity zones to ensure that you are ready for your high intensity workouts during the rest of the week.

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 at 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

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Assessment**
[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]
Workout Overview: This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.
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).
- **Power Nap – 2 Hours**
Misc. Notes: growth hormones are your biggest by product of napping so set yourself up to get the most out of your nap by eating a clean and dense meal prior to lying down in a cool, dark room. When you wake up, start your day off with 8-10 ounces of cold water to facilitate your re-hydration.
- **Evening Protocols** – please reference Monday's notes and links.

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 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 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).
- **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.



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Holding Aerobic Pace as Duration Increases		Workout Duration: 90 Minutes
	Description	
Focus: Gradual Warm Up		
Warm Up	Set Focus: generate blood flow into all the working muscles	Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower	Less Than 40%
	Concept 2™ Rower - 10 minutes: low intensity pulling	
	Instructional Video on how to stretch - head to toe	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #1	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
	Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	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 MX Speed Assessment	Workout Focus: Consistent Race Speed	Total Ride Time: 60 Minutes	
	Description		
Warm Up	Set Focus: Gradual Warm Up		Intensity
	Instructional Video on how to set up the Concept 2 Rower 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	Focus: Smooth start and fast five (5) laps		Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
Elapsed Times:	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
Main Set #2	Focus: Smooth start and fast three (3) laps		Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
Elapsed Times:	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
Main Set #3	Focus: Smooth start and fast two (2) laps		Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
	Rest For 3 Minutes - Stretch from head to toe / Re-hydrate		
Elapsed Times:	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
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		

Complete Racing Solutions MX: Speed Assessment

Workout Overview: This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

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