



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 10
5 Weeks
2/5
Race Specific Speed and 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 Report Card to log this information for evaluation purposes
- **Complete Rest Day**

Misc. Notes: as you prepare for this week of training, take a look at your nutritional strategy for each day: what you will eat before each workout, how much food you consume, during workout calories and fluids, recovery food and hydration resources. We are at a point in the season that the specificity of your food and fluid intake needs to be calculated and evaluated against your daily performance (specific to your duration and intensity levels as indicated within your training schedule). Keep in mind that as the intensity levels increase, your food and fluid intake need to be easily digestible. The lower intensity workouts allow your stomach to digest “heavier” foods and fluids (because of the lower heart rate and associated heat generated – both slow down the digestion system). We will be using this information as a blueprint for your upcoming races.

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video “**Why Train with a Heart Rate Monitor**” – [video link](#)

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes

- **(Morning Workout) Complete Racing Solutions Push-Pull-Sprint Intervals**

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

Workout Notes: your goal is to complete 35 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and 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.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes

- **(Morning Workout) Complete Racing Solutions Fragmented Bike: Heart Rate Intervals (80 Minutes)**

Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z3 and Z4**; the interval doesn’t begin until you get within the indicated HR zone numbers.

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

Duration: 15 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: 60 Minutes (HR Zone 3)

Set Notes: the interval doesn’t begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

7 Minutes **Low end of HR Z3** – deep belly breathing and mentally focused

3 Minutes **Low end of HR Z4** – be aggressive but in total control

Recovery Interval: 5 minutes **HR Z1** (no higher) – you can’t go too easy here

Repeat 4x for a total of 1 hour of work

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

Duration: 5 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**



- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

¾ Sit Up: [click here for video](#)

Ab Criss Cross: [click here for video](#)

Open Abdominals: [click here for video](#)

Ab & Hip Risers: [click here for video](#)

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Thursday

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions Push-Pull-Sprint Intervals**

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

Workout Notes: your goal is to complete 35 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and 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.

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Friday

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

- **(Morning Workout) Complete Racing Solutions Bike: Heart Rate Intervals (90 Minutes)**

Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**; the interval doesn't begin until you get within the indicated HR zone numbers.

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

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: 75 Minutes (HR Zone 3)

Set Notes: the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

10 Minutes **High End of HR Z3** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

5 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary

Repeat 5x for a total of 75 minutes of work

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

Duration: 5 minutes

Gearing: the easiest combination that gets you into **HR Z1**

- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**

Workout notes: complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

¾ Sit Up: [click here for video](#)

Ab Criss Cross: [click here for video](#)

Open Abdominals: [click here for video](#)

Ab & Hip Risers: [click here for video](#)

Post Workout Protocols

- **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.



Saturday

- **Body Analysis** – please use your **Coach Robb Report Card** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Push-Pull-Sprint Intervals**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: your goal is to complete 35 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and 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.
Post Workout Protocols
 - **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte
- **Evening Protocols**
Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)
Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

Sunday

- **Body Analysis** – please use your **Coach Robb Report Card** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Heart Rate Intervals (75 Minutes)**
Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**; the interval doesn't begin until you get within the indicated HR zone numbers.
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
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 (60 Minutes):
Set Notes: the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.
Interval Duration:
5 Minutes **High End of HR Z4** – be aggressive but in total control
10 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary
Repeat 4x for a total of 60 minutes of work
Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes
Duration: 5 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:** follow this lower leg trigger point series – [CLICK HERE](#)
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte
- **Evening Protocols**
Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)
Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.



Phase 10: Push-Pull-Sprint Combo Set		Date	Date
Easy Row - 10 minutes			
Stretch - Head to Toe			
Full Body Stretch - Instructional Video			
Cycle 1: Push-Pull-Sprint			
Push Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
Pull Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
500 Meter Sprint (Damper Setting at 8)			
Time to Complete 500 Meters			
1 Minute Rest before beginning the next cycle			
Cycle 2: Push-Pull-Sprint			
Push Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
Pull Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
500 Meter Sprint (Damper Setting at 8)			
Time to Complete 500 Meters			
1 Minute Rest before beginning the next cycle			
Cycle 3: Push-Pull-Sprint			
Push Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
Pull Ups			
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)			
500 Meter Sprint (Damper Setting at 8)			
Time to Complete 500 Meters			
1 Minute Rest before beginning the next cycle			

Cycle 4: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
1 Minute Rest before beginning the next cycle		
Cycle 5: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
1 Minute Rest before beginning the next cycle		
Cycle 6: Push-Pull-Sprint		
Push Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 30 Second Rest Interval)		
500 Meter Sprint (Damper Setting at 8)		
Time to Complete 500 Meters		
1 Minute Rest before beginning your Cool Down		
Cool Down		
500 Meter Sprint (Damper Setting at 3)		