



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 10
5 Weeks
4/5
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: to help improve your strength & endurance, spend a minimum of 10 minutes every day using a lacrosse ball and or a foam roller in between your shoulder blades, glutes (butt muscles), legs (front and back) along with your calves and feet. When you find a “hot spot” known as a trigger point, keep direct pressure on that hot spot until the knot lets go. When you are using the lacrosse ball, find a trigger point and then add movement. For example, when you find a hot spot in your shoulder, keep the ball in place and then move your arm up and across your body, over your head and back down. You will be surprised how movement will deepen the pressure on that trigger point and eventually remove the hot spot. [Here is a link](#) to a complete foam rolling and trigger point series of videos.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video “[The Difference Between Warm and Warmed Up](#)” – [video link](#)

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
Complete One (1) of the Following for your Morning Workouts
- **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 [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: 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
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**
- **Complete Racing Solutions Row: Fragmented Intervals (60 Minutes)**
Misc. Notes: please reference the workout notes from above.
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 Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 **Duration:** 10 Minutes **Pull Rate:** less than 25 Video: [Stretch your lower body](#)
Main Performance Block: 45 Minutes (HR Zone 3)
Set Notes: the interval doesn’t begin until you get into **HR Z3**, so be aggressive without going anaerobic.
Load Level: 7
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 3x for a total of 45 minutes of work



Increase your intensity up to upper end of **HR Z3** & maintain for 5 minutes (focus on your breathing to stay within **HRZ3**)

Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2 **Distance:** 5 Minutes **Pull Rate:** less than 25 **Stretch from head to toe Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **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 Combo Weight Workout – Muscular Endurance**

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

Workout Notes: this is the last week of these strength protocols, so mentally challenge yourself to bump up your load levels by 1-2%.

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

Sets: 3

Speed of Lift: smooth off the bottom, slow back to starting point

Rep Count: 8-10 reps (unless otherwise noted)

Rest Interval: none in between exercises; 1:00 in between cycles

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **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

Complete One (1) of the Following for your Morning Workout:

- **Complete Racing Solutions Bike: Hill Accelerations (1 Hour)**

Misc. Notes: this workout is all about power! In rolling hills, you will stay seated during the first half of the hill and then transition to a standing position this will load the legs up and provide all the muscles the opportunity to share in the workload.

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: 15 minutes

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

Main Performance Block: 40 minutes (HR Zone 2 and 3)

Set Notes: on the flats (HR Z2), maintain a cadence level between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; as you begin your climb (HR Z3), change your gear by one when your cadence falls below 70, strive to get the cadence levels back up to 80-90 with good pedal mechanics (to avoid pulling a muscle or tendon). Once you get to the half-way point of the hill, transition to standing and maintain a smooth pedal stroke up and over the crest of the hill.

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: 5 minutes

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

Cadence: 85-90

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

- **Complete Racing Solutions Row: Accelerations (46 Minutes)**

Misc. Notes: for this workout you will need to know your HR Z2 & Z3 numbers.

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 Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 **Duration:** 5 Minutes

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 36 Minutes



Load Level: 7

From a near stop, accelerate aggressively over the course of 1 minute and then maintain your pull rate achieved by the end of the 1-minute acceleration. Be careful NOT to go out too hard too early over the first minute; you want to generate power and then strive to maintain the power output over the next minute.

Rest interval is 2 minutes (complete recovery)

Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2 **Distance:** 5 Minutes

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:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ 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 Combo Weight Workout – Muscular Endurance**

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

Workout Notes: this is the last week of these strength protocols, so mentally challenge yourself to bump up your load levels by 1-2%.

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

Sets: 3

Speed of Lift: smooth off the bottom, slow back to starting point

Rep Count: 8-10 reps (unless otherwise noted)

Rest Interval: none in between exercises; 1:00 in between cycles

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ 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 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

Warm Up: HR Zone 1

Duration: 10 minutes

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

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**

Cadence: 85-90

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

- **Complete Racing Solutions Row: Fragmented Intervals (60 Minutes)**

Misc. Notes: please reference the workout notes from above.

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 Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.



Load Level: 3 **Duration:** 10 Minutes **Pull Rate:** less than 25 Video: Stretch your lower body

Main Performance Block: 45 Minutes (HR Zone 3)

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

Load Level: 7

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 3x for a total of 45 minutes of work

Increase your intensity up to upper end of **HR Z3** & maintain for 5 minutes (focus on your breathing to stay within **HRZ3**)

Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2 **Distance:** 5 Minutes **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:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **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 Combo Weight Workout – Muscular Endurance**

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

Workout Notes: this is the last week of these strength protocols, so mentally challenge yourself to bump up your load levels by 1-2%.

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

Sets: 3

Speed of Lift: smooth off the bottom, slow back to starting point

Rep Count: 8-10 reps (unless otherwise noted)

Rest Interval: none in between exercises; 1:00 in between cycles

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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

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

Misc. Notes: immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

- **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.



Strength & Plyometric Program - Muscular Endurance			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE			
Triceps Kickbacks			
Instructional Video: Triceps Kickbacks			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Lunge Sequence			
Instructional Video: Lunge Sequence			
Reps Set #1 (Goal: 8-10 Reps) - Per direction			
Reps Set #2 (Goal: 8-10 Reps) - Per direction			
Reps Set #3 (Goal: 8-10 Reps) - Per direction			
3/4 Sit Ups			
Instructional Video: 3/4 Sit Ups			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
CYCLE TWO			
Plyometric Push Ups			
Instructional Video: Plyometric Push Up			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Squat - Pike - Push Up - Star Combo Set			
Instructional Video: Squat - Pike - Push Up - Star Combo Set			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Single Leg Squats Off the Bench			
Instructional Video: Single Leg Squats Off The Bench			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			

CYCLE THREE	Date	Date	Date
Chest Flies with Pause			
Instructional Video: Chest Flies with Pause			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Open Abs			
Instructional Video: Open Ab Rotation			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Calf Raises			
Instructional Video: Calf Raises			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
CYCLE FOUR	Date	Date	Date
Hamstring Press with Extension			
Instructional Video: Hamstring Press with Extension			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Inner Thigh			
Instructional Video: Side Skaters			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			



CYCLE FIVE	Date	Date	Date
Superman Exercise			
Instructional Video: Superman Exercise			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Abs: Pike - Push Up - Pike on Fit Ball			
Instructional Video: Pike-Push Up-Pike			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			