



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 10
5 Weeks
5/5
Lower Intensity - Active Recovery – Absorb Last Four Weeks of Training

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 – 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: the key to long term improvement in your health, wellness and ultimately your performance is to improve something every day by 1%. We have discussed this together previously, but what makes this concept so powerful now is the fact that you have a foundation that makes your 1% improvement that much more powerful. The bigger the base of accomplishment, the more momentum you will gain – especially when you are void of injury or illness. Remember that the muscles, tendons, ligaments and blood chemistry are a result of what you eat and drink over the next six months – the amount of time to completely replace your body. Plan ahead with your eating: purchasing, prepping and actually consuming the food that is high in vitamins, minerals and clean protein sources.
- **Evening Protocols**

Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam roller and TP therapy; take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **Note: if you're resting HR is up 5 or more beats, no workout**
(Morning Workout) Complete Racing Solutions Bike: Even Tempo Bike (45 Minutes)

Workout Notes: warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

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: 30 Minutes (HR Zone 2)
Stay within the upper range of **HR Zone 2 (no higher)** the entire time; strive to keep your efficiency high (optimized pedal mechanics, changing your pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up.

Cool Down (HR Zone 1):
Duration: 5 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing

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).
- **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
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo Bike (45 Minutes)**
Workout Notes: warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

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: 30 Minutes (HR Zone 2)
Stay within the upper range of **HR Zone 2 (no higher)** the entire time; strive to keep your efficiency high (optimized pedal mechanics, changing your pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up.

Cool Down (HR Zone 1):
Duration: 5 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing

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 Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance (10% Less Weight)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: reduce the weight by 10% (minimum); you should feel fresh when finished with this strength session.

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: 2
Rep Count: 8-10 reps (unless otherwise noted)
Speed of Lift: smooth off the bottom, slow back to starting point
Rest Interval: none in between exercises; 1:00 in between cycles

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
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo Bike (45 Minutes)**
Workout Notes: warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

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: 30 Minutes (HR Zone 2)
Stay within the upper range of **HR Zone 2 (no higher)** the entire time; strive to keep your efficiency high (optimized pedal mechanics, changing your pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up.

Cool Down (HR Zone 1):
Duration: 5 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
- **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
- **Note: if you're resting HR is up 5 or more beats, no workout**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (50 Minutes)**
 - Misc. Notes:** finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.
 - 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:** Focus on [optimum pedal mechanics](#) right from the beginning
 - 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: Even Tempo for 35 Minutes in HR Z2 (no higher)**
 - Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
 - 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**
- **(Evening Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance (10% Less Weight)**
 - [Please use the spreadsheet and associated videos listed at the bottom of this document]**
 - Workout Notes:** reduce the weight by 10% (minimum); you should feel fresh when finished with this strength session.
 - 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:** 2
 - Rep Count:** 8-10 reps (unless otherwise noted)
 - Speed of Lift:** smooth off the bottom, slow back to starting point
 - Rest Interval:** none in between exercises; 1:00 in between cycles
- **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 (60 Minutes)**
 - Misc. Notes:** similar to your other even tempo rides this week, just slightly longer.
 - 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 Set: Even Tempo for 45 Minutes in HR Z2 (no higher)**
 - Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
 - 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:** 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 Nap After Mid-Day Meal**
 - Misc. Notes:** plan ahead and time your nap within 30 minutes after a mid-day meal. To increase the quality of your nap, consume something that normally makes you feel sleepy. This will put you to sleep quicker and have you sleeping deeply – this will allow your body to produce the much-needed hGH (the hormone that makes you lean!). Sleep deep, wake up leaner!
- **Evening Protocols** – please reference Monday's notes and links.



Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

Beginning Weight: Ending Weight: Loss Gain (Loss):

Strength & Plyometric Program - Muscular Endurance			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	Date	Date
Triceps Kickbacks			
Instructional Video: Triceps Kickbacks			
Weight (10-15% less weight than last week)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #3 (Goal: 8-10 Reps)			
Lunge Sequence			
Instructional Video: Lunge Sequence			
Reps Set #1 (Goal: 5-8 Reps) - Per direction			
Reps Set #2 (Goal: 5-8 Reps) - Per direction			
Reps Set #3 (Goal: 5-8 Reps) - Per direction			
3/4 Sit Ups			
Instructional Video: 3/4 Sit Ups			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
CYCLE TWO	Date	Date	Date
Plyometric Push Ups			
Instructional Video: Plyometric Push Up			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
Squat - Pike - Push Up - Star Combo Set			
Instructional Video: Squat - Pike - Push Up - Star Combo Set			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
Single Leg Squats Off the Bench			
Instructional Video: Single Leg Squats Off The Bench			
Weight (10-15% less weight than last week)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #3 (Goal: 8-10 Reps)			



CYCLE THREE	Date	Date	Date
Chest Flies with Pause			
Instructional Video: Chest Flies with Pause			
Weight (10-15% less weight than last week)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Open Abs			
Instructional Video: Open Ab Rotation			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
Calf Raises			
Instructional Video: Calf Raises			
Weight (10-15% less weight than last week)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #3 (Goal: 8-10 Reps)			
CYCLE FOUR	Date	Date	Date
Hamstring Press with Extension			
Instructional Video: Hamstring Press with Extension			
Weight (10-15% less weight than last week)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Same as Set #1)			
Reps Set #3 (Goal: 8-10 Reps)			
Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
Inner Thigh			
Instructional Video: Side Skaters			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			



CYCLE FIVE	Date	Date	Date
Superman Exercise			
Instructional Video: Superman Exercise			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			
Abs: Pike - Push Up - Pike on Fit Ball			
Instructional Video: Pike-Push Up-Pike			
Reps Set #1 (Goal: 5-8 Reps)			
Reps Set #2 (Goal: 5-8 Reps)			
Reps Set #3 (Goal: 5-8 Reps)			