



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 11
6 Weeks
1/6
Re-Evaluate Your Strength, Endurance & 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 (CRS) Plyometric Assessment Phase 11**
[Download the spreadsheet Plyometric Assessment]

Workout notes: strive to complete at the same time and location using the same equipment if logistically possible.

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 electrolytes for proper muscle contraction.

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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

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

closed

Tuesday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete Racing Solutions (CRS) Bike: Even Tempo with 1 Minute Standing Interval (90')**

Misc. Notes: by focusing on your [heart rate levels](#), you will achieve the only goals of this workout: aerobic enhancement & muscular strength. If you feel that you are working hard, simply lighten your gearing and focus on optimum pedal mechanics. At the top of each 9 minutes, gear up two gears and stand for 1 minute (no accelerations or sprinting); strive not to bottom out your pedal stroke.

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 electrolytes for proper muscle contraction.

Warm up (HR Z1):

Duration: 5 minutes

Cadence: 80-90 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Set (HR Z2): Even Tempo with standing intervals (80 Minutes)

Settle into a comfortable pace that you can maintain for **9 minutes**; at the top of each 9 minutes, gear up two gears and pedal in a standing position for **1 minute** (strive not to bottom out your pedal stroke on both sides). After 1 minute, sit back down and lighten your gearing to minimize the lactic acid in your quads.

Repeat the 10 Minute blocks 8 times for a total of 80 minutes

Cool Down (HR Z1): Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination

Misc.: don't dismount until you [stretch your cycling specific muscles](#)

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

Workout notes: complete each of the following exercises for 30 seconds with perfect form; 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.

Ab Pike on Fit Ball: [how to video](#)

Fit Ball Knee Roll & Push Up: [how to video](#)

Pike & Push Ups on Fit Ball: [how to video](#)

Ab Crunch on Fit Ball: [how to video](#)

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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels



Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Wednesday

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

- **Complete Racing Solutions (CRS) 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 electrolytes for proper muscle contraction.

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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

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

Thursday

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

- **Complete Racing Solutions (CRS) Row: 1000 Meter Time Trials**

[Please refer to the Complete Racing Solutions (CRS) 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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

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



Friday

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

Misc. Notes: when it comes to health, wellness and ultimate performance, the key to success isn't focusing on perfection but rather minimizing mistakes. The key to minimizing mistakes is planning with all aspects of your life in this order: sleep, food, family, professional and then athletically. Though we discuss this often it is something that has to be implemented on a daily basis, but is met with the most resistance by those around you that want you to accommodate their schedule – I refer to this as gravitational pull because the greatest amount of resistance is when you get started (and you capture the attention of those around you that you are not conceding to their needs, wants and desires -verses your own). Once you can overcome this initial level of resistance, you are able to maximize your productivity by doing exactly what you have scheduled based on YOUR priorities (personally and athletically).
- **(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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed

Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) 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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Sunday

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

Workout Notes: 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 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: 1:15 Hour (HR Zone 2)

Set Notes: Keep your cadence between 85-95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 minutes.

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).

2-hour Power Nap/Recovery Protocols

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

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

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



Complete Racing Solutions (CRS) 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 (CRS) 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