



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 9
6 Weeks
1/6
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 or above (Builds your strength & speed – burns fat 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: when you think about the four “non-sweating” performance elements: food, sleep, stretching & sports psychology you recognize that you can literally work on these elements anywhere at any time. The key to fully leveraging these elements is to understand their benefits to your overall health & ultimately performance. Food & sleep provide your body the essential building blocks to repair your torn down muscle tissue and release the necessary hormones to repair various tissue and organs. Stretching reduces the friction within the muscle tissue which reduces friction and associated heat (which eventually leads to muscular fatigue). Ironically, training is 90% physical and 10%; however, when you hit the starting line of a race, 90% is mental and 10% is physical. By spending time on the mental aspects, specifically your goals and objectives, you have complete focus on your desired outcome of training and what steps are necessary to make them a reality.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video “**Are Chiropractors Good or Bad?**” – [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 30 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 [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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video)
Psychology: concept video “**Are Chiropractors Good or Bad?**” – [video link](#)

Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (90 Minutes)**
Misc. Notes: for this workout you will need to know your **HR Z2** numbers (high and low specific number).
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: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 20 minutes (no shorter) **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 Set: 1 Mile Intervals at HR Z2 (No Higher): 60 Minutes
1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**
½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**
Repeat for 60 minutes
Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes
Duration: 10 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**
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).



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 30 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 [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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Are Chiropractors Good or Bad?](#)" – [video link](#)

Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (90 Minutes)**
Misc. Notes: for this workout you will need to know your **HR Z2** numbers (high and low specific number).
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: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 20 minutes (no shorter) **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 Set: 1 Mile Intervals at HR Z2 (No Higher): 60 Minutes
1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**
½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**
Repeat for 60 minutes
Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes
Duration: 10 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**
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 10 minutes (the length of the video).
Psychology: concept video "[Are Chiropractors Good or Bad?](#)" – [video link](#)



Saturday

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

- **(Morning Workout) Complete Racing Solutions MX Aerobic Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful for you to produce the lowest time per set. Keep a close eye on your rest interval - you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, simple stop, stretch and resume - failure to stretch could result in a torn muscle which will take you off of the bike for an extended period of time.

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 Nap After Mid-Day Meal**

Misc. Notes: pay close attention to your protein intake; protein (specifically amino acids) are designed to rebuild the muscles that you have torn down during training. No matter how hard you go, you should not be tender any longer than 2 days, if you are struggling with soreness or overall fatigue levels, bump up your protein and brown bread intake. The B-Vitamins will improve the absorption of your protein for a quicker and more complete recovery.

- **(Evening 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 30 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 [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).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

Psychology: concept video "[Are Chiropractors Good or Bad?](#)" – [video link](#)

Sunday

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

- **(Morning Workout) Complete Racing Solutions MX Speed Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: during this workout you are going to be applying the overload principle to the track. The idea here is to take the smooth/optimum lines during set #1 when your blood sugar is normal and you are well hydrated - we expect fast times during this set. During set #2 when you are taking the non-optimal lines, you have to find a way to maintain lap times as fast as set #1 without blowing up - this will only happen if you are breathing deeply to maximize your oxygen uptake. During set #3 when you are back to smooth/optimum lines, we are looking for lap times faster than set #1 because your muscles have been "working hard" to handle the non-optimum lines. Stay mentally focused and watch that heart rate monitor to ensure your body hits the goal times without going out of our desired heart rate ranges (too high or too low).

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 after lunch**

Misc. Notes: prior to your nap, consume a meal that is high in MCT's (medium chain triglycerides) - extra virgin olive oil, avocados, raw coconut, raw nuts and coldwater fish (salmon). This quality fat will be used to recharge your body from the inside out while satisfying your appetite so that you can sleep soundly for 2-3 hours. When you wake up, consume 8-10 ounces of cold water and 2 scoops of Energy Fuel.

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

Psychology: concept video "[Are Chiropractors Good or Bad?](#)" – [video link](#)



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Muscular Endurance and Strength		
	Description	
Warm Up	<p>Set Focus: Gradual Warm Up</p> <p>Instructional Video on how to set up the Concept 2 Rower</p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo</p> <p>Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel</p>	Intensity Less Than 40%
Main Set #1	<p>Set Focus: Starts With First Turns For Time</p> <p>10 Starts with a first turn and timed to a point just out of the corner</p> <p>Clock starts when the gate drops, and ends when you cross your mark point - be smooth!</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	Intensity N/A
Main Set #2	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines</p> <p>Elapsed Times:</p> <p>Average HR:</p> <p>Max HR:</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	Intensity 80-85%
Main Set #3	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines</p> <p>Goal: within 2 seconds of your previous set - hold yourself accountable here!</p> <p>Elapsed Times:</p> <p>Average HR:</p> <p>Max HR:</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	Intensity 80-85%
Main Set #4	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines</p> <p>Goal: within 2 seconds of your previous set - hold yourself accountable here!</p> <p>Elapsed Times:</p> <p>Average HR:</p> <p>Max HR:</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	Intensity 80-85%
Main Set #5	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines</p> <p>Goal: within 2 seconds of your previous set - hold yourself accountable here!</p> <p>Elapsed Times:</p> <p>Average HR:</p> <p>Max HR:</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	Intensity 80-85%
Main Set #6	<p>Set Focus: Starts & Transitions</p> <p>10 Starts with a first turn and timed to a point just out of the corner</p> <p>Clock starts when the gate drops, and ends when you cross your mark point - be smooth!</p> <p>Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel</p>	Intensity N/A
Warm Down	<p>10 Minutes of play riding - nothing structured or intense (HR Level Zone 2-No Higher)</p> <p>Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.</p>	40%
<p>Beginning Weight: Ending Weight: Loss Gain (Loss):</p>		



Complete Racing Solutions MX Speed Workout #1		
Workout Focus: Incremental Intensity / Lactate Tolerance		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
	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 40%
Main Set #1- Starts	Set Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off your breathing.	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	Relaxed
Elapsed Times:	Fastest Interval: Average Interval:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Main Set #2-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a fast pace that you can maintain for 20 minutes without falling off pace by more than 2 seconds (ideally). Capture your lap times per lap for the entire 20 minutes. Take the smoothest lines possible throughout moto	
	Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Average Lap Pace:	
	Average Heart Rate: Max Heart Rate:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Main Set #3-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Goal-Maintain same lap speeds WITHOUT taking the smooth/optimum lines; breathe deep!	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Average Lap Pace:	
	Average Heart Rate: Max Heart Rate:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Main Set #4-20 Minute Moto	Set Focus: Lactate Tolerance / Internal Pacing	Intensity
Workout Protocol:	Goal-Maintain same times as Set #2 where you took all of the smooth/optimum lines; relax & fly!	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	90-95%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
	Fastest Lap Time: Average Lap Pace:	
	Average Heart Rate: Max Heart Rate:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
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	



Phase 9: 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)		