



**Training Cycle:**  
**Cycle Duration:**  
**Work Week**  
**Focus:**

**Phase 8**  
**6 Weeks**  
**1/6**  
**All Aerobic - Low Stress**

**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 Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo- Aerobic Enhancement (90 Minutes)**
  - Misc. Notes:** relaxed ride with no agenda but to head outdoors and work on optimized pedal mechanics as the elevation changes or as the head winds pick up. As you are seated, slide back when the ground goes up or the head winds pick up. Set your watch to ensure that you stay hydrated and stretched out.
  - 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: 70 minutes (HR Zone 2)**
    - Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. 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:** 10 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:** 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
- **Restoration Power Nap: 2 Hours**
  - Misc. Notes:** the benefit to a nap is the release of HGH (human growth hormone); eat a post ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver, if it runs out of sugar, you will be woken up!
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
  - Psychology:** concept video "[What If I Miss a Workout](#)" – [video link](#)

**Tuesday**

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo- Aerobic Enhancement (60 Minutes)**
  - Misc. Notes:** same as yesterday only shorter in duration.
  - 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: 40 minutes (HR Zone 2)**
    - Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. 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:** 10 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:** 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 – please reference Monday's notes and video links**



### Wednesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo- Aerobic Enhancement (90 Minutes)**
  - Misc. Notes:** relaxed ride with no agenda but to head outdoors and work on optimized pedal mechanics as the elevation changes or as the headwinds pick up. As you are seated, slide back when the ground goes up or the headwinds pick up. Set your watch to ensure that you stay hydrated and stretched out.
  - 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: 70 minutes (HR Zone 2)**
    - Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. 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:** 10 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:** 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
- **Restoration Power Nap: 2 Hours**
  - Misc. Notes:** the benefit to a nap is the release of HGH (human growth hormone); eat a post ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver, if it runs out of sugar, you will be woken up!
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
  - Psychology:** concept video "[What If I Miss a Workout](#)" – [video link](#)

### Thursday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo- Aerobic Enhancement (60 Minutes)**
  - Misc. Notes:** same as yesterday only shorter in duration.
  - 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: 40 minutes (HR Zone 2)**
    - Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. 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:** 10 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:** 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
- **Restoration 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.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
  - Psychology:** concept video "[What If I Miss a Workout](#)" – [video link](#)



## Friday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet 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.
- **Evening Protocols** – please reference Monday’s notes and video links

## Saturday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo- Aerobic Enhancement (60 Minutes)**  
**Misc. Notes:** same as yesterday only shorter in duration.  
**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: 40 minutes (HR Zone 2)**  
**Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. 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:** 10 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:** 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
- **Restoration 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** – please reference Monday’s notes and video links

## Sunday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo- Aerobic Enhancement (90 Minutes)**  
**Misc. Notes:** relaxed ride with no agenda but to head outdoors and work on optimized pedal mechanics as the elevation changes or as the head winds pick up. As you are seated, slide back when the ground goes up or the head winds pick up. Set your watch to ensure that you stay hydrated and stretched out.  
**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: 70 minutes (HR Zone 2)**  
**Set Notes:** with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. 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:** 10 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:** 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** – please reference Monday’s notes and video links.