



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 8
6 Weeks
5/6
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 & 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**
- **Complete Rest Day**
Misc. Notes: as your strength, speed & endurance get consistently better; the goal is to “measure” your progression. You don’t have to be too crazy with your documentation; however, you are always looking for indicators that you are improving – especially in the areas that your testing protocols indicate are your biggest limiters. With this in mind, pay close attention to your heart rate intensity zones for each form of training – your goal is to be “faster” at a lower heart rate. This is only accomplished with a big strength base and an aerobic engine (aka your blue workouts).
- **Evening Protocols**
Flexibility: after your shower, upper body and lower body trigger point, foam rolling and stretching exercises – [CLICK HERE](#)
Nutrition: consuming a [high-quality whey](#) smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality - making you leaner (not to mention faster and with better endurance).

Tuesday

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet 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**
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols** – please reference Monday’s notes & links.

Wednesday

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet 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 Combo Weight Workout – Power Phase 1 (10% Less Weight/Load)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: you should feel extremely fresh after this weight workout; you can’t go too light with your load levels
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 (varies by exercise)
Speed of Lift: smooth & slow throughout the entire range of motion
Rest Interval: 15” in between exercises; 1:00 in between cycles
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **(Afternoon Workout) Bike: HR Pacing Blocks (45 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 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: Heart Rate Pacing Blocks: 30 Minutes

Settle into the low end of **HR Z2** and maintain for **7 minutes**

After 7 minutes increase your intensity to the high end of **HR Z2** and maintain for **7 minutes**.

After 3 minutes, lower your effort back to the lower end of **HR Z2** – **Repeat for 30 minutes**.

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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols** – please reference Monday's notes & links.

Thursday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet 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**

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

- **Evening Protocols** – please reference Monday's notes & links.

Friday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet 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**



Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

▪ (Evening Workout) Complete Racing Solutions Combo Weight Workout – Power Phase 1 (10% Less Weight/Load)

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

Workout Notes: you should feel extremely fresh after this weight workout; you can't go too light with your load levels

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

Speed of Lift: smooth & slow throughout the entire range of motion

Rep Count: 8- 10 reps (varies by exercise)

Rest Interval: 15" in between exercises; 1:00 in between cycles

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

▪ Evening Protocols – please reference Monday's notes and links.

Saturday - Sunday

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

▪ (Morning Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)

Misc. Notes: similar to your other even tempo rides this week, just slightly longer.

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

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: 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

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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

▪ 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 & links.

Sunday

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

▪ (Morning Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)

Misc. Notes: similar to your other even tempo rides this week, just slightly longer.

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

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: 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

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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery



- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: pay close attention to your protein intake; protein (specifically amino acids) is 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 Protocols** – please reference Monday's notes and links.



Strength & Plyometric Program - Power Phase 1			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	Date	Date
Shoulder Press			
Instructional Video: Shoulder Press			
Weight (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 Reps)			
Sit Ups on Fit Ball			
Instructional Video: Abdominal Crunch on Fit Ball			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Air Squats			
Instructional Video: Air Squats			
Weight (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE TWO	Date	Date	Date
Front and Side Deltoids			
Instructional Video: Front & Middle Deltoids			
Weight (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 Reps)			
Pike - Push Up - Pike (30 Seconds)			
Instructional Video: Pike-Push Up-Pike			
Rep 1 (as many as you can complete in 20 seconds)			
Rep 2 (as many as you can complete in 20 seconds)			
Rep 3 (as many as you can complete in 20 seconds)			
Hamstring Press on Fit Ball			
Instructional Video: Hamstring Press with Extension			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			



CYCLE THREE	Date	Date	Date
Bicep Curls			
Instructional Video: Bicep Curls			
Weight (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 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 (Reduce your weight by 10-15%)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #2 (Goal: 6-8 Reps)			
Weight – same as Set #1			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE FOUR	Date	Date	Date
Triceps Kickbacks			
Instructional Video: Triceps Kickbacks			
Weight (Light)			
Reps Set #1 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 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
Diamond Push Up			
Instructional Video: Diamond Push Ups			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 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)			
CYCLE SIX	Date	Date	Date
Push Up-Knee to Chest on Fit Ball			
Instructional Video: Knee to Chest on Fit Ball			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Stars			
Instructional Video: Stars			
Set #1 - as many as you can do in 20 seconds			
Set #2 - as many as you can do in 20 seconds			
Set #3 - as many as you can do in 20 seconds			
Single Armed Swim Drills with Stretch Cord			
Instructional Video: Swim Strokes with Stretch Cords			
Set #1 - as many as you can do in 20 seconds			
Set #2 - as many as you can do in 20 seconds			
Set #3 - as many as you can do in 20 seconds			