



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 6
6 Weeks
6/6
Absorb the Last Five Weeks of Training Volume & Intensity

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: when you think about your daily nutrition, keep a close eye on your three macro-nutrients: fats, protein and carbohydrates. Quality fats come from avocados, extra virgin olive oil, raw nuts and salmon. These fats feed your adrenal system and provide the necessary fat for neuromuscular health. Protein, (specifically amino acids) provide you the building blocks for new muscle along with the repairing of torn down muscle tissue. Carbohydrates from fruits and vegetables provide you both water and electrolytes necessary for muscle contraction. Keep in mind that you need to evaluate your nutrition in two components: quality and quantity. If your meals and snacks consist mainly of fruits, vegetables and lean protein you have your quality covered. If you are finishing workouts feeling strong, then you are getting enough quantity. If not, simply bump up your quantity until you feel strong through your workouts.
- **Evening Protocols**
Flexibility: take 10 minutes and focus on your legs and lower body
Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack or meal

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: 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 ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contractions.
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:** after your shower, utilize ice therapy to any active trigger point areas – [Click Here](#)
 - **Nutrition:** immediately consume [Best Whey Protein](#) 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 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: HR Pacing Blocks (50 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 **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: Heart Rate Pacing Blocks: 35 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 35 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 an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) 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 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- Aerobic Enhancement (90 Minutes)**

Workout Notes: This workout is all about burning fat for fuel and enhancing your capillary beds within the belly of the muscle tissue. Keep your heart rate in focus for the entire ride to ensure that you don't go too hard – you will lose your capillary bed development if you let this happen.

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:

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

HR Zone: 1 (one)

Main Performance Block:

Set Notes: 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.

Duration: 75 Minutes

Cadence: 80-90 (no higher/lower)

Gearing: tallest gear possible while staying within HR Z2

HR Zone: Upper End of Zone 2 (two) – within 2-3 beats of your top number

Cool Down:

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets your cadence above 90

HR Zone: 2 (two) or less

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols** – please reference Monday's notes and 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: HR Pacing Blocks (50 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: 35 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 35 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 an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) 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.

Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** 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: the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smooth, yet efficiently fast. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can actually become faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart not hard!

- **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 Workout) Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (90 Minutes)**

Workout Notes: This workout is all about burning fat for fuel and enhancing your capillary beds within the belly of the muscle tissue. Keep your heart rate in focus for the entire ride to ensure that you don't go too hard – you will lose your capillary bed development if you let this happen.

Warm Up:

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

HR Zone: 1 (one)

Main Performance Block:

Set Notes: 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.

Duration: 75 Minutes

Cadence: 80-90 (no higher/lower)

Gearing: tallest gear possible while staying within HR Z2

HR Zone: Upper End of Zone 2 (two) – within 2-3 beats of your top number

Cool Down:

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets your cadence above 90

HR Zone: 2 (two) or less

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) 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.

Sunday

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

- **(Morning Workout) Complete Racing Solutions MX Aerobic Workout #2**

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

Workout Notes: To get the most out of this workout, make sure that you allow yourself some room to pick up the pace the second half of your main intervals. Wear a HR monitor to keep you from going too hard initially - pay close attention to the indicated intensity levels. Proper hydration will be imperative for you to optimize your time - mental clarity will be important for the last interval of starts.

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) 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: chronic dehydration is an easy fix: focus on consuming fruits and vegetables on a regular basis. Fruits and vegetables are loaded with natural electrolytes (sodium, potassium, calcium, magnesium) and contain a high level of water. Additionally, consuming them on a regular basis will not only provide you electrolytes and water, but they will also provide you antioxidants that will offset the negative side effects of free radicals (produced during high intensity training). By viewing fruits and vegetables as a performance enhancer will no doubt increase your consumption!



- **(Evening Workout) Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (90 Minutes)**

Workout Notes: This workout is all about burning fat for fuel and enhancing your capillary beds within the belly of the muscle tissue. Keep your heart rate in focus for the entire ride to ensure that you don't go too hard – you will lose your capillary bed development if you let this happen.

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:

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

HR Zone: 1 (one)

Main Performance Block:

Set Notes: 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.

Duration: 75 Minutes

Cadence: 80-90 (no higher/lower)

Gearing: tallest gear possible while staying within HR Z2

HR Zone: Upper End of Zone 2 (two) – within 2-3 beats of your top number

Cool Down:

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets your cadence above 90

HR Zone: 2 (two) or less

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

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



Complete Racing Solutions (CRS) Aerobic MX Workout #1							Workout Focus: Consistent Race Speed							Total Ride Time: 60 Minutes						
		Description																		
Warm Up		Focus: Gradual Warm Up														Intensity				
Workout Protocol:		Instructional Video on how to set up the Concept 2 Rower														Less Than 40%				
		Concept 2™ Rower - 10 minutes: low intensity pulling																		
		Instructional Video on how to stretch - head to toe																		
		Stretch passively (no bouncing) from head to toe																		
Main Set #1		Set Focus: Consistency Challenge with your start and first turn														Intensity				
Workout Protocol:		Complete 10 starts - through the first turn and down the entire first straight (be aggressive!)														Too Short To Measure				
		Keep a close eye on your body position - attack, looking up and using your legs/core combination																		
		Take your time from the start to the end of the first straight away																		
Elapsed Times:		Interval 1:		Interval 2:		Interval 3:		Interval 4:		Interval 5:		Too Short To Measure								
Elapsed Times:		Interval 6:		Interval 7:		Interval 8:		Interval 9:		Interval 10:										
Performance Recap:		Fastest Time:		Average Time:		Average Heart Rate:														
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #2		Set Focus: Body Balance - Timing of faster cornering														Intensity				
Workout Protocol:		Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner.														Too Short To Measure				
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate																		
Main Set #3		Set Focus: Aerobic Endurance (15 Minute Moto)														Intensity				
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes														80-85%				
		Moto Specific Heart Rate Zone - Low # High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number																		
		Performance Recap:		Fastest Time:		Average Time:		Average Heart Rate:												
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #4		Set Focus: Aerobic Endurance (15 Minute Moto)														Intensity				
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes														80-85%				
		Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number																		
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Main Set #5		Set Focus: Aerobic Endurance (15 Minute Moto)														Intensity				
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes														80-85%				
		Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number																		
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel																		
Warm Down		10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)														< 40%				
		Pre-Riding Weight:							Post-Riding Weight:											
		Total Fluids Consumed:							Loss/Gain											

CRS Aerobic MX Workout #2		Workout Focus: Aerobic Enhancement / Pacing	
	Description		
Warm Up	Focus: generate blood flow into all the working muscles		
Warm Up	Set 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 Instructional Video - Stretching head to toe Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity	Less Than 40%
Main Set #1	Set Focus: Reaction Time & Transitions	Intensity	
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A	
Main Set #2	Set Focus: Aerobic Enhancement / Negative Split	Intensity	
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes. At the 20 minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.		
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:		75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:		75-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:		90-95%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Set Focus: Aerobic Enhancement / Negative Split	Intensity	
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes. At the 20 minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.		
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:		75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:		75-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:		90-95%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #4	Set Focus: Aerobic Enhancement / Negative Split	Intensity	
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes. At the 20 minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.		
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:		75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:		78-80%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:		90-95%
	Fastest Lap Time: Average Lap Pace: Avg. Heart Rate: Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #5	Set Focus: Reaction Time & Transitions	Intensity	
Protocols:	10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)		40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.		