



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)
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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)

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: 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

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 [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 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).
- **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.
- **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 (CRS) Bike: Even Tempo/Aerobic Enhancement (1 Hour 15 Minutes)**
 - 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:** 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 Hour (HR Z2 – no higher)**
 - 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:** 5 minutes
 - Cadence:** 85-90
 - Gearing:** the easiest combination that gets your cadence above 90
 - Misc.:** stretch your calves prior to dismounting the bike
 - 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 cold water 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](#)



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)		