



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

**Phase 9**  
**6 Weeks**  
**2/6**  
**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+ (Builds your strength, speed & LT – burns stored sugar 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:** as part of your program, I provide insight into the purpose of each workout as it relates to your progression on a daily, weekly & monthly basis based on your goals and objectives. With this in mind, I want you to take a pro-active approach to this day; what can you do today that will provide you the biggest return for the investment of time you put into it? Keep in mind that it doesn't have to be related only to nutrition and exercise. It could be something like not procrastinating to take out the trash or leaving for an appointment 15 minutes early to avoid the stress of "running late". As you know, your daily goal should be to improve by 1% every day. In this situation, being consistent will add up to significant improvements by the end of a week.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).  
**Psychology:** concept video: "[How to Handle an Acute Injury](#)" – [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 (same protocols – slightly longer duration)**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**  
**Workout Notes:** your goal is to complete 35 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 ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.  
**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 tomorrow's workouts more productive).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).  
**Psychology:** concept video – please reference Monday's video link.

**Wednesday**

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Fragmented Bike: Heart Rate Intervals (80 Minutes)**  
**Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z3 and Z4**  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.  
**Warm Up: HR Zone 1**  
**Duration:** 15 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: 60 Minutes (HR Zone 3)**  
**Set Notes:** the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.  
**Interval Duration:**  
7 Minutes **Low end of HR Z3** – deep belly breathing and mentally focused  
3 Minutes **Low end of HR Z4** – be aggressive but in total control  
**Recovery Interval:** 5 minutes **HR Z1** (no higher) – you can't go too easy here  
**Repeat 4x for a total of 1 hour of work**  
**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**
- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**



**Workout notes:** complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**¾ Sit Up:** [click here for video](#)

**Ab Criss Cross:** [click here for video](#)

**Open Abdominals:** [click here for video](#)

**Ab & Hip Risers:** [click here for video](#)

**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 6 minutes (the length of the video).  
**Psychology:** concept video – please reference Monday's video link.

**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 (same protocols – slightly longer duration)**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]

**Workout Notes:** your goal is to complete 35 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 ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

**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 6 minutes (the length of the video).  
**Psychology:** concept video – please reference Monday's 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: Heart Rate Intervals (90 Minutes)**

**Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

**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: 75 Minutes (HR Zone 3)**

**Set Notes:** the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

10 Minutes **High End of HR Z3** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

5 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary

**Repeat 5x for a total of 75 minutes of work**

**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**

- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**

**Workout notes:** complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**¾ Sit Up:** [click here for video](#)

**Ab Criss Cross:** [click here for video](#)

**Open Abdominals:** [click here for video](#)

**Ab & Hip Risers:** [click here for video](#)

**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 6 minutes (the length of the video).  
**Psychology:** concept video – please reference Monday's 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 (same protocols – slightly longer duration)**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]  
**Workout Notes:** your goal is to complete 35 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 ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.  
**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 tomorrow's workouts more productive).
- **2 Hour Power Nap after lunch**  
**Misc. Notes:** the growth hormones released during your nap will be your biggest asset when it comes to overall physical improvement. Try to eat a complete meal prior to your nap to enhance the quality.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 6 minutes (the length of the video).  
**Psychology:** concept video – please reference Monday's video link.

## Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Heart Rate Intervals (75 Minutes)**  
**Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.  
**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 (60 Minutes):**  
**Set Notes:** the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.  
**Interval Duration:**  
5 Minutes **High End of HR Z4** – be aggressive but in total control  
10 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary  
**Repeat 4x for a total of 60 minutes of work**  
**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**
- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**  
**Workout notes:** complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.  
**¾ Sit Up:** [click here for video](#)  
**Open Abdominals:** [click here for video](#)  
**Ab Criss Cross:** [click here for video](#)  
**Ab & Hip Risers:** [click here for video](#)  
**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 tomorrow's 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 6 minutes (the length of the video).  
**Psychology:** concept video – please reference Monday's video link.



| Phase 9: Push-Pull-Sprint Combo Set                           | Date | Date |
|---------------------------------------------------------------|------|------|
| Easy Row - 10 minutes                                         |      |      |
| Stretch - Head to Toe                                         |      |      |
| <a href="#">Full Body Stretch - Instructional Video</a>       |      |      |
| Cycle 1: Push-Pull-Sprint                                     |      |      |
| Push Ups                                                      |      |      |
| # of Reps (Completed in 35 Seconds – 25 Second Rest Interval) |      |      |
| Pull Ups                                                      |      |      |
| # of Reps (Completed in 35 Seconds – 25 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 35 Seconds – 25 Second Rest Interval) |      |      |
| Pull Ups                                                      |      |      |
| # of Reps (Completed in 35 Seconds – 25 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 35 Seconds – 25 Second Rest Interval) |      |      |
| Pull Ups                                                      |      |      |
| # of Reps (Completed in 35 Seconds – 25 Second Rest Interval) |      |      |
| 500 Meter Sprint (Damper Setting at 8)                        |      |      |
| Time to Complete 500 Meters                                   |      |      |
| 1 Minute Rest before beginning the next cycle                 |      |      |



|                                                                      |  |  |
|----------------------------------------------------------------------|--|--|
| <b>Cycle 4: Push-Pull-Sprint</b>                                     |  |  |
| <b>Push Ups</b>                                                      |  |  |
| <b># of Reps (Completed in 35 Seconds – 25 Second Rest Interval)</b> |  |  |
| <b>Pull Ups</b>                                                      |  |  |
| <b># of Reps (Completed in 35 Seconds – 25 Second Rest Interval)</b> |  |  |
| <b>500 Meter Sprint (Damper Setting at 8)</b>                        |  |  |
| <b>Time to Complete 500 Meters</b>                                   |  |  |
| <b>1 Minute Rest before beginning the next cycle</b>                 |  |  |
| <b>Cycle 5: Push-Pull-Sprint</b>                                     |  |  |
| <b>Push Ups</b>                                                      |  |  |
| <b># of Reps (Completed in 35 Seconds – 25 Second Rest Interval)</b> |  |  |
| <b>Pull Ups</b>                                                      |  |  |
| <b># of Reps (Completed in 35 Seconds – 25 Second Rest Interval)</b> |  |  |
| <b>500 Meter Sprint (Damper Setting at 8)</b>                        |  |  |
| <b>Time to Complete 500 Meters</b>                                   |  |  |
| <b>1 Minute Rest before beginning the next cycle</b>                 |  |  |
| <b>Cycle 6: Push-Pull-Sprint</b>                                     |  |  |
| <b>Push Ups</b>                                                      |  |  |
| <b># of Reps (Completed in 35 Seconds – 25 Second Rest Interval)</b> |  |  |
| <b>Pull Ups</b>                                                      |  |  |
| <b># of Reps (Completed in 35 Seconds – 25 Second Rest Interval)</b> |  |  |
| <b>500 Meter Sprint (Damper Setting at 8)</b>                        |  |  |
| <b>Time to Complete 500 Meters</b>                                   |  |  |
| <b>1 Minute Rest before beginning your Cool Down</b>                 |  |  |
| <b>Cool Down</b>                                                     |  |  |
| <b>500 Meter Sprint (Damper Setting at 3)</b>                        |  |  |