



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

**Phase 9**  
**6 Weeks**  
**3/6**  
**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 your email notes reference, learning how to fill your lungs by breathing deeply through your diaphragm is one of the most powerful resources relevant to your ability to go “hard” and still stay within your aerobic intensity zones. The ability to train in your aerobic intensity zones teaches your body to spare glycogen (stored sugar in your liver and your muscles which is limited to 60-90 minutes of high intensity activity) and utilize stored fat (providing hours and hours of energy). During your workouts throughout the week, the blue/aerobic workouts need to be taken as seriously as your red/high intensity workouts. During the blue/aerobic workouts, keeping your intensity (monitored with your heart rate monitor) below your HR Z2 will maximize your fat burning capabilities, reduce the residual fatigue on the body and increase the number of capillary beds within the muscles (channels necessary to deliver oxygen and dissipate lactic acid).

- **Evening Protocols**

**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)

**Nutrition:** 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.

**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 duration as last week)**

**[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 [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **Evening Protocols**

**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)

**Nutrition:** 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.

**Wednesday**

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete One of the Following for your Morning Workout:**

- **Complete Racing Solutions Bike: Load Level Intervals (55 Minutes)**

**Misc. Notes:** throughout these 5-minute blocks, focus on the generation of power (not speed or pace). Focus on your belly breathing to help stay within the desired intensity levels. The principles that you are applying here is called the Overload & Familiarity Principles. By overloading the tendons, ligaments and muscles they will literally “adapt” to the load at a neuromuscular level. The outcome will be a higher level of power with less effort. By repeating the load levels over the course of **50 minutes** will result in your nerves and muscles becoming “familiar” with the workload without creating mental noise.

**Pre-Hydration/Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

**Warm up: HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 10 minutes

**Cadence:** 80-90 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc.:** stretch and hydrate before moving into your main set

**Main Set: Intensity Based Intervals: 8 x 5 Minutes**

In a seated position – push the tallest gear combination at 50-60 RPM’s while staying in **HR Z2** (no higher) for 3 minutes  
Lighten the load levels and spin easy for 2 minutes – stretch and hydrate as necessary

**Repeat the 5 Minute blocks 8 times for a total of 40 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**



- **Complete Racing Solutions Row: Fragmented Intervals (55 Minutes)**

**Misc. Notes:** please reference the workout notes from above.

**Pre-Hydration/Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

**Warm up (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3      Duration:** 10 Minutes      **Pull Rate:** less than 25      [Stretch your lower body](#)

**Main Set: Intensity Based Intervals: 8 x 5 Minutes**

**Load Level: 7      Duration:** 5 Minutes      **Pull Rate:** less than 20-25

Settle into the upper end of **HR Z2** and maintain for **3 minutes**

After 3 minutes; decrease the **load levels to 3** and pull easy for **2 minutes** – stretch and hydrate as necessary

Increase your intensity up to upper end of **HR Z3** & maintain for 5 minutes (focus on your breathing to stay within **HRZ3**)

**Cool Down (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 2      Distance:** 5 Minutes      **Pull Rate:** less than 25      **Stretch from head to toe**

- **(Immediately following your bike or row 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:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **Evening Protocols**

**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)

**Nutrition:** 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.

#### 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 duration as last week)**

[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 [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **Evening Protocols**

**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)

**Nutrition:** 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.

#### Friday

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

**Choose one of the Following for your Morning Workout:**

- **Complete Racing Solutions Bike: Even Tempo - Aerobic Enhancement (70')**

**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 think about pedaling in full circles before adjusting your gearing to an easier load level. 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](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

**Warm Up: HR Zone 1**

**Duration:** 5 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 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:** 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**

- **Complete Racing Solutions Row: Even Tempo – Aerobic Enhancement (60 Minutes)**

**Misc. Notes:** this workout is designed to enhance your aerobic capacity so pay close attention to your HR monitor to ensure that you don't elevate your intensity **above HR Z2**. Pay close attention to good form to ensure that you don't strain your back.

**Warm up-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Display: Time Load Level: 3 Duration: 5 Minutes Pull Rate: less than 25 Stretch from head to toe**

**Main Performance Block: 1 Hour (HR Zone 2)**

**Display: Time Load Level: 5 Pull Rate: 25-30 staying within HR Z2 (no higher or lower)**

**Set Notes:** with your pull rate between 25-30, settle into a consistent rhythm. Focus on good biomechanics: leading with your legs, tall upper body position and keeping the chain tight in both directions. Hydrate with [Energy Fuel](#) to maintain your blood sugar & energy levels.

**Cool Down-HR Zone 1**

**Load Level: 3 Duration: 5 minutes**

**Pull Rate: less than 25**

**Stretch from head to toe**

**Cadence: 85-90**

**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:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

## 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 duration as last week)**

[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 [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

**Post Workout Protocols**

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **2 Hour Power Nap after lunch**

**Misc. Notes:** you have put in all of the work necessary to elevate your program by 1% (and more than likely by more than 1%) so this nap is going to help your body absorb all of the volume & intensity that you have submitted it to. To optimize your nap, eat a high-quality mid-day meal (loaded with fruits and vegetables, lean protein) as quickly after your morning workout logistically possible. When you wake up, consume a high-quality smoothie with two scoops of [Energy Fuel](#) for additional electrolytes.

- **Evening Protocols**

**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)

**Nutrition:** 15 minutes before bed, take your [fish oil](#), [multi-vitamin](#) and [whey protein](#) shake for immune supporting protein.

## Sunday

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

**Choose one of the following for your Morning Workout:**

- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (60 Minutes)**

**Misc. Notes:** for this workout you will need to know your HR Z3 numbers (high and low specific number).

**Pre-Hydration/Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

**Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 5 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: 50 Minutes**

Settle into the low end of **HR Z3** and maintain for **6 minutes**

After 6 minutes increase your intensity to the high end of **HR Z3** and maintain for **4 minutes**.

After 4 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

**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**

- **Complete Racing Solutions Row: Heart Rate Blocks (60 Minutes)**

**Misc. Notes:** for this workout you will need to know your HR Z3 numbers (high and low specific number).

**Pre-Hydration/Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) or energy smoothie; carry a water bottle with you to sip on every 15 to 20 minutes to help stabilize your blood sugar levels throughout the workout.

**Warm up (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**

**Duration:** 5 Minutes

**Pull Rate:** less than 25

**[Stretch your lower body](#)**

**Main Set: Heart Rate Pacing Blocks: 50 Minutes**

Settle into the low end of **HR Z3** and maintain for **6 minutes**

After 6 minutes increase your intensity to the high end of **HR Z3** and maintain for **4 minutes**.

After 4 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

**Cool Down (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 2**

**Distance:** 5 Minutes

**Pull Rate:** less than 25

**[Stretch from head to toe](#)**

- **(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](#)

- **Evening Protocols**

**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your [calves](#) and [quads/hips](#)



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			



Cycle 4: 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 5: 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 6: 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 your Cool Down		
Cool Down		
500 Meter Sprint (Damper Setting at 3)		