



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 9
6 Weeks
4/6
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: there isn't anything more powerful than recognizing that you are training smart and providing your body the elements it needs to improve on a daily, weekly & monthly basis: speed & strength training, flexibility & trigger point soft tissue maintenance, food & hydration strategies, etc. When you accompany these elements with evaluation tools to ensure that you are maximizing your training efforts: sweat rate calculators, body analysis evaluation spreadsheet, heart rate calculators, etc., you have all the information needed to ensure that your body is in a constant mode of improvement, verses breaking down. When we discuss the fact that there is NO END to your true potential, now you understand why.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video "[Should I Train When I Am Sick](#)" – [video link](#)

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: 1 Minute Blast Challenge**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout notes: complete each exercise for 1 minute; the key is about maintaining good form for 1 minute – not how many reps you can complete. Allow 30" to 1-minute rest in between each set; stretch as needed to avoid a muscle pull. This workout will present a different kind of fatigue, so stay positive and embrace the challenge.
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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 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: Explosive Power Intervals (1 Hour)**
Misc. Notes: when it comes to creating speed, you have to pay attention to how you create it. Think about this, you can add more power in your thighs when pushing a taller gear or you can increase your leg turnover - either way, there is a strategy to creating this speed. During this workout, focus on sitting back on the seat and "pushing" in complete circles during the initial phase of each interval to generate power from your legs, hips and lower back. Focus on your breathing early to help maintain an optimal level of oxygen in your blood; your quads are the largest consumer of the body, if you add more effort with your legs, you will deplete your blood oxygen levels and you will begin to suffer.
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 you the much needed electrolytes
Warm up (HR Zone 1):
Duration: 10 minutes
Cadence: 80-85 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: dismount and [stretch your lower body](#); tight muscles in these areas will reduce the quality of work
Main Performance Block #1: 20 Minutes (HR Zone 2)
In a hard/heavy gear combination, accelerate aggressively for 20 seconds; keep your feet flat and focus on pedaling in full circles; strive for no chain slack; if available, notice your top speed obtained during the 20 second interval
Recover for 40 seconds; bring your HR down with deep breathing & get mentally focused
Repeat for 20x intervals – 20 minutes
Transition Set: 5 minutes even tempo
Set Notes: keep your gear load light and your pedal cadence above 75; focus on your breathing to ensure that you are completely recovered before starting Set #2
Main Set #2: 20 minutes of Explosive Power Intervals (Note: increase your gear load by one if possible)
Set Notes: duplicate the 20" on - 40" off protocols one gear taller than you did during set #1. Strive to obtain a higher rate of speed than you did during set #1 (if you are one gear taller, this will be relatively easy).



- **(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

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

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Thursday

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

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: 1 Minute Blast Challenge**

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

Workout notes: complete each exercise for 1 minute; the key is about maintaining good form for 1 minute – not how many reps you can complete. Allow 30" to 1-minute rest in between each set; stretch as needed to avoid a muscle pull. This workout will present a different kind of fatigue, so stay positive and embrace the challenge.

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

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

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Friday

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

- **(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 ice cold [Energy Fuel](#) to top off both your calories and provide you the much needed electrolytes

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**

- **(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

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

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Saturday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: 1 Minute Blast Challenge**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout notes: complete each exercise for 1 minute; the key is about maintaining good form for 1 minute – not how many reps you can complete. Allow 30" to 1-minute rest in between each set; stretch as needed to avoid a muscle pull. This workout will present a different kind of fatigue, so stay positive and embrace the challenge.
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: 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 5 minutes (the length of the video).
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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 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 ice cold [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: 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**
- **(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
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: at this point in the week, your body should be eager to catch a few extra hours of sleep. With this in mind, strive to set your personal schedule so that you can take a tap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child doses off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
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Combo Weight Workout: 1 Minute Blast Challenge		
Warm Up		
(15 Minutes) Trigger Point Therapy and Foam Rolling		
CYCLE ONE	Date	Date
Shoulder Press		
Instructional Video: Shoulder Press		
Weight (Heavy)		
As many reps as you can complete in 1 minute with PERFECT form		
Weight (Slightly heavier than Set 1)		
As many reps as you can complete in 1 minute with PERFECT form		
Sit Ups on Fit Ball		
Instructional Video: Abdominal Crunch on Fit Ball		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Air Squats		
Instructional Video: Air Squats		
Weight (Heavy)		
As many reps as you can complete in 1 minute with PERFECT form		
Weight (Slightly heavier than Set 1)		
As many reps as you can complete in 1 minute with PERFECT form		
CYCLE TWO	Date	Date
Front and Side Deltoids		
Instructional Video: Front & Middle Deltoids		
Weight (Light)		
As many reps as you can complete in 1 minute with PERFECT form		
Weight (Slightly heavier than Set 1)		
As many reps as you can complete in 1 minute with PERFECT form		
Pike - Push Up - Pike		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Hamstring Press on Fit Ball		
Instructional Video: Hamstring Press with Extension		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		



CYCLE THREE		Date	Date
Bicep Curls			
Instructional Video: Bicep Curls			
Weight (Heavy)			
As many reps as you can complete in 1 minute with PERFECT form			
Weight (Slightly heavier than Set 1)			
As many reps as you can complete in 1 minute with PERFECT form			
Open Abs			
Instructional Video: Open Ab Rotation			
Rep 1 (as many as you can complete in 60 seconds)			
Rep 2 (as many as you can complete in 60 seconds)			
Calf Raises			
Instructional Video: Calf Raises			
Weight (Heavy)			
As many reps as you can complete in 1 minute with PERFECT form			
Weight (Slightly heavier than Set 1)			
As many reps as you can complete in 1 minute with PERFECT form			
CYCLE FOUR		Date	Date
Tricep Kickbacks			
Instructional Video: Tricep Kickbacks			
Weight (Light)			
As many reps as you can complete in 1 minute with PERFECT form			
Weight (Slightly heavier than Set 1)			
As many reps as you can complete in 1 minute with PERFECT form			
Hip Risers			
Instructional Video: Hip Risers			
Rep 1 (as many as you can complete in 60 seconds)			
Rep 2 (as many as you can complete in 60 seconds)			
Inner Thigh			
Instructional Video: Side Skaters			
Rep 1 (as many as you can complete in 60 seconds)			
Rep 2 (as many as you can complete in 60 seconds)			



CYCLE FIVE	Date	Date
Diamond Push Up		
Instructional Video: Diamond Push Ups		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Pull Up with a Pause		
Instructional Video: Pull Up with a Pause		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Abs: Pike - Push Up - Pike on Fit Ball		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
CYCLE SIX	Date	Date
Push Up-Knee to Chest on Fit Ball		
Instructional Video: Knee to Chest on Fit Ball		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		
Stars		
Instructional Video: Stars		
Rep 1 (as many as you can complete in 60 seconds)		
Rep 2 (as many as you can complete in 60 seconds)		