



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 9
6 Weeks
5/6
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: when you lay down at night, please set your room temperature in the mid to low 70's. Remember that your body needs a break from heat related stress. Throughout each day, your body goes through a series of priorities: digest food, process and absorb your fluid intake and during exercise, regulate your core body temperature. This is accomplished through sweating, as you sweat, the water on your skin "pulls" the heat from within the working muscles to the surface to rid itself of heat. When you lay down at night and you have something pressing against your skin (bed below, sheets above), this retains your heat and your core body temperature rises. With this in mind, sleep has to be a release from the heat so a cold (and dark) room is an ideal environment to recover from a full day of training. Additionally, going to bed with a high-quality snack in your stomach will feed your brain while you sleep and satisfy the hunger mechanism in your brain. This reduces the overall stress on the body which allows the body to become more relaxed and absorb the sleep you are providing it. This results in a more rested and resilient mind and body.

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 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
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: 1 Minute Blast Challenge (Last Week of these Exercise Protocols)**

[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:** 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
- **Mental Protocols:** watch this video in a place where you have zero distractions.
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
- **(Afternoon 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**; the interval doesn't begin until you get within the indicated HR zone numbers.

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

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 (HR Zone 3)

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

Interval Duration:

15 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 3x 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**

- **Complete Racing Solutions Row: Fragmented Intervals (75 Minutes)**

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

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 Video: [Stretch your lower body](#)

Main Performance Block: 45 Minutes (HR Zone 3)

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

Load Level: 7

Interval Duration:

15 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 3x for a total of 60 minutes of work

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](#)

Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout: 1 Minute Blast Challenge (Last Week of these Exercise Protocols)**

[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.

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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

- **Mental Protocols:** watch this video in a place where you have zero distractions.

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
- **(Choose one of the Following for your Evening Workout Complete Racing Solutions Hill Accelerations (1 Hour))**
Misc. Notes: this workout is all about power! In rolling hills, you will stay seated during the first half of the hill and then transition to a standing position this will load the legs up and provide all the muscles the opportunity to share in the work load.

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

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: 40 minutes (HR Zone 2 and 3)

Set Notes: on the flats (HR Z2), maintain a cadence level between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; as you begin your climb (HR Z3), change your gear by one when your cadence falls below 70, strive to get the cadence levels back up to 80-90 with good pedal mechanics (to avoid pulling a muscle or



tendon). Once you get to the half-way point of the hill, transition to standing and maintain a smooth pedal stroke up and over the crest of the hill.

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: Accelerations (1 Hour)**

Misc. Notes: for this workout you will need to know your HR Z2 & Z3 numbers.

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): 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: 3 minutes "on" – 2 minutes "off" (50 Minutes Total)

Load Level: 7

From a near stop, accelerate aggressively over the course of 1 minute and then maintain your pull rate achieved by the end of the 1 minute acceleration for 2 minutes. Be careful NOT to go out too hard too early over the first minute; you want to generate power and then strive to maintain the power output over the next two minutes.

Rest interval is 2 minutes (complete recovery)

Repeat 10x for a total of 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 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:** 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

- **Mental Protocols:** watch this video in a place where you have zero distractions.

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 Combo Weight Workout: 1 Minute Blast Challenge (Last Week of these Exercise Protocols)**

[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.

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

- **Mental Protocols:** watch this video in a place where you have zero distractions.

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**

- **(Choose one of the following for your 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**; the interval doesn't begin until you get within the indicated HR zone numbers.

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

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 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**

▪ **Complete Racing Solutions Row: Fragmented HR Intervals (60 Minutes)**

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

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

Video: [Stretch your lower body](#)

Main Performance Block: 45 Minutes (HR Zone 3)

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

Load Level: 7

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 3x for a total of 45 minutes of work

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](#)

1 Minute 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
Triceps Kickbacks			
Instructional Video: Triceps 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)		