



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

**Phase 5**  
**6 Weeks**  
**1/6**  
**Re-Evaluate Your Strength, Endurance & Lactate Tolerance**

**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 Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Racing Solutions Plyometric Assessment P5**  
[Please download the attached spreadsheet found at the bottom of the page]  
**Workout notes:** please review each exercise & watch the associated video link to ensure that you are executing the assessment correctly. Strive to complete at a location you can easily duplicate for future assessments and comparisons.  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the entire assessment. Note: cold fluids quicker than warm fluids keeping your properly hydrated.  
**Bicycle: Warm up: HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning  
**Duration:** 10 minutes      **Gearing:** small chain ring up front, middle rear gearing  
**Cadence:** 80-90 (no higher/lower)      **Misc.:** stretch and hydrate before moving into your main set  
**Post Workout Protocols**
  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **Evening Wellness Protocols**  
**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts  
**Nutrition:** 15 minutes before bed, take your evening supplements with your whey protein smoothie

**Tuesday**

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Racing Solutions Row: 1000 Meter Time Trials**  
[Please download the Complete Racing Solutions Performance Report Card - Time Trials Spreadsheet found at the bottom of the page]  
**Workout Notes:** complete 5 x 1000 meters (**Load Level on 5**) after warming up and [stretch your lower body](#). The goal here is to be at close to maximum effort as possible for each 500-meter interval. Document your elapsed time along with your ending heart rate at the end of each 500-meter interval. If at any time you feel something tighten up, stop immediately and stretch; resume at an EASY effort for 10 minutes.  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the entire assessment. Note: cold fluids quicker than warm fluids keeping your properly hydrated.  
**Warm Up | Cool Down: HR Z1:** 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**  
**Post Workout Protocols**
  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **Evening Protocols** – please reference Monday's notes and links.

**Wednesday**

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes (Prior to breakfast) Complete One (1) of the following workouts:
- **Complete Racing Solutions Row: HR Intensity Blocks (40 Minutes)**  
**Misc. Notes:** for maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels" like increases your familiarity of the intensity and associated speed. This awareness also provides you feedback regarding how long you can maintain the various intensity levels (keep in mind the inverse relationship of volume & intensity – the higher the intensity, the lower the duration you can maintain and vice versa).



**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the entire assessment. Note: cold fluids quicker than warm fluids keeping your properly hydrated.

**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 from head to toe**

**Main Set#1:** Have your HR Zones written down and easily visible during this workout to eliminate you missing your intensity levels

**Load Level: 5**      **Pull Rate:** 25-35

Settle into each HR Zone as quickly as possible and then settle into the effort level with perfect form and deep breathing

20 Minutes: at the low end of HR Z2

5 Minutes: at the high end of HR Z2

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

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

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue

▪ **Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (45 Minutes)**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (**HR Z2 or less**) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR: this is free money on race day!

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the entire assessment. Note: cold fluids quicker than warm fluids keeping your properly hydrated.

**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: 30 minutes (HR Zone 2)**

**Set Notes:** with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

**Warm down: 5 Minutes (HR Zone 1)**

**Duration:** 5 minutes (no shorter)

**Cadence:** 70-80 (no higher/lower)

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

**Misc. Notes:** stretch your lower back, calves and quads prior to dismounting

▪ **(Afternoon Workout) Complete Racing Solutions MX: Aerobic Workout #1**

**[Please refer to the spreadsheet at the bottom of this document]**

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the entire assessment. Note: cold fluids quicker than warm fluids keeping your properly hydrated.

**Workout Notes:** during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you have to implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue

▪ **Evening Protocols** – please reference Monday's notes and links.

**Thursday**

▪ **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**

▪ **Complete Racing Solutions Bicycle: 10 Mile Pacing Assessment**

**[Please update your Coach Robb Performance Report Card with the results of this information]**

**Workout Notes:** Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the entire assessment. Note: cold fluids quicker than warm fluids keeping your properly hydrated.

**Pre-Testing Body Weight:**



**Warm Up:** 10 minutes even spin; stretch your [low back, quads and hamstrings](#) as necessary to eliminate any tightness in any and all muscle groups

**Transition Set: 10 minutes as follows:**

**2 minutes:** 100 plus cadence (move around on the seat and toggle between aero and non-aero)

**3 minutes:** < 80 cadence; active recovery with relevant stretching

**Test Block #1 - 10 Mile Field Test (5 Miles Out & Back)**

During this five-mile block, keep your cadence in the **80-85 range** and your effort level under control. Once you begin your time trial, be aggressive – work on maintaining perfect form to get the max power out of your legs (use all of your muscle groups – not just your quads). Remember to capture your elapsed time at the 5-mile mark!

**Elapsed Time:**

**Ending HR:**

**Total fluids consumed:**

**Avg. HR:**

**Max HR:**

**Post-Testing Body Weight:**

**Cool Down:** when finished, re-hydrate and ride for a minimum of **10 minutes** – easy spin/active recovery. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes to relax any tight muscle(s) associated with the assessment. Also, consume 8-10 ounces of liquid sports drink/recovery calories & consume a complete meal within 20 minutes of this ride to replenish glycogen reserves within the muscles and the liver.

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue

- **Evening Protocols** – please reference Monday's notes and links.

#### Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Rest Day**

**Misc. Notes:** as you move to the next level of performance, you will recognize that your improvement is in direct correlation of the effort you put into your daily details: hydration, nutrition, flexibility, mentally focused on your goals and training objectives, etc. The extra bonus to experience is that you have a databank of experiences that you can make judgment calls about your training efforts. Keep in mind that more isn't always better. If you are digging deep during a blue/aerobic workout, then you know that you haven't completely recovered (aka – absorbed) from your workload of one to two days prior. This isn't an indicator that you are not capable, instead, it is a great indicator that your food quantity and sleep quantity isn't enough to support your workloads. If after looking at your personal schedule and you find that you can't pick up an extra two to three hours of sleep per week, we need to re-evaluate your training volume and frequency (please let me know so that I can adjust your schedule accordingly).

- **(Schedule Pending) 2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

- **Evening Wellness Protocols** – please reference Monday's notes and links.

#### Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Assessment**

**[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]**

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the entire assessment. Note: cold fluids quicker than warm fluids keeping your properly hydrated.

**Workout Overview:** This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue

- **Nap – 2 Hours**

**Misc. Notes:** growth hormones are your biggest by product of napping so set yourself up to get the most out of your nap by eating a clean and dense meal prior to lying down in a cool, dark room. When you wake up, start your day off with 8-10 ounces of cold water to facilitate your re-hydration.

- **Evening Wellness Protocols** – please reference Monday's notes and links.



## Sunday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Racing Solutions Push-Pull-Sprint Speed Assessment P5**

[Please download the Complete Racing Solutions Push-Pull-Sprint P5 Spreadsheet found at the bottom of the page]

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the entire assessment. Note: cold fluids quicker than warm fluids keeping your properly hydrated.

**Workout Overview:** The key to this workout is to PACE yourself; if you go anaerobic early, you will have no choice but to slow down. With this in mind, begin this assessment with a strategy – get stronger as the time transpires (exactly how you should be racing – this is the key to avoiding the late moto fatigue). Document, in 1 minute, how many push-ups & pulls ups you can complete along with your elapsed time for each interval; take as much rest as you need in between sets. The shorter the rest interval, the more you can complete; however, the quicker you will fatigue – this is where the assessment gets interesting: Learning how fast you can go and how long you can maintain. This should sound familiar!

**Row: Warm Up-HR Z1:** 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**

### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **2-hour Power Nap/Recovery Protocols**

**Misc. Notes:** with the residual fatigue from this week's testing, it will be helpful if you would take a cold bath for 10-15 minutes (fun I know) when you wake up; eat a large salad that is topped with high quality protein to help offset the tearing down of your muscles and associated inflammation. Schedule pending take a hot shower and then stretch passively feeling for any hot spots.
- **Evening Wellness Protocols** – please reference Monday's notes & links.



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Maintaining Aerobic Intensity Through Entire Duration		
	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a>	Less Than 40%
	Concept 2™ Rower - 10 minutes: low intensity pulling	
	<a href="#">Instructional Video on how to stretch - head to toe</a>	
	Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	
Main Set #1	Set Focus: Moving the bike with your core	Intensity
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips	Very Relaxed
	5 Starts - look ahead and move the bike with your thighs	
	5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Muscular Endurance	Intensity
Protocols:	Note: these protocols are based on lap time of approximately 2 minute - adjust to fit your track	80-85%
	** Don't allow your pace to fall off by more than 2 seconds throughout the moto.	
	30 Minute Moto - Even Paced (Beginning to End)	
	Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	
Elapsed Times:	Fastest Lap Time: Avg HR#: Max HR#:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Muscular Endurance	Intensity
	** Strive to maintain the same pace as Set #2	80-85%
	30 Minute Moto - Even Paced (Beginning to End)	
	Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	
Elapsed Times:	Fastest Lap Time: Avg HR#: Max HR#:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Muscular Endurance	Intensity
	20 Minute Moto - Negative Split 2nd Half of Moto	80-85%
	Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	
Elapsed Times:	Fastest Lap Time: Avg HR#: Max HR#:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Body Balance	Intensity
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips	Very Relaxed
	5 Starts - look ahead and move the bike with your thighs	
	5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	

<b>Complete Racing Solutions MX Speed Assessment</b>		
<b>Workout Focus: Consistent Race Speed</b>		<b>Total Ride Time: 60 Minutes</b>
	<b>Description</b>	
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b>	<b>Intensity</b>
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	<b>Less Than 50%</b>
<b>Main Set #1</b>	<b>Focus: Smooth start and fast five (5) laps</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps	<b>90-95%</b>
<b>Elapsed Times:</b>	Moto Specific Heart Rate Zone - Low # High #	
	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
<b>Elapsed Times:</b>	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
<b>Main Set #2</b>	<b>Focus: Smooth start and fast three (3) laps</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #1	<b>90-95%</b>
<b>Elapsed Times:</b>	Moto Specific Heart Rate Zone - Low # High #	
	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate	
<b>Elapsed Times:</b>	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate	
<b>Main Set #3</b>	<b>Focus: Smooth start and fast two (2) laps</b>	<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #2	<b>90-95%</b>
<b>Elapsed Times:</b>	Moto Specific Heart Rate Zone - Low # High #	
	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:	
	Rest For 3 Minutes - Stretch from head to toe / Re-hydrate	
<b>Elapsed Times:</b>	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:	
<b>Warm Down</b>	Easy riding - nothing structured or intense; allow the HR to come down slowly	<b>40%</b>
	Pre-Riding Weight: Post-Riding Weight:	
	Total Fluids Consumed: Loss/Gain	

### Complete Racing Solutions MX: Speed Assessment

**Workout Overview:** This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

#### Post Workout Protocols

- Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue