



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 5
6 Weeks
3/6
Race Specific Speed, Strength 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 Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Rest Day**
Misc. Notes: pay close attention to your quality carb (raw/fresh fruits and vegetables) throughout the day. Your intake of quality carbs will ensure that your stored liver sugar (which feeds your brain) and muscle sugar (which fuels your movement) levels are topped off for optimum energy which results in better training quality and the elevation of your strength, endurance and speed. Strive to consume fruits and vegetables at every snack and main meal; in addition to topping off your stored sugar levels, it will also provide your body the necessary vitamins and minerals necessary to support your immune system (and minimizing your down time).
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video)
Psychology: concept video "**Difference between Anabolic or Catabolic**" – [video link](#)

Tuesday

Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
(Morning Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are familiar with a longer duration.

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 electrolytes for proper muscle contractions.

Sets: 2

Duration: 40 Seconds (unless otherwise noted)

Speed of Lift: consistent through entire range of motion

Rest Interval: none in between exercises; 1:00 in between cycles

Post Workout Protocols

- **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video)
Psychology: concept video "**Difference between Anabolic or Catabolic**" – [video link](#)

Wednesday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Complete One of the Following-Morning Workout) Complete Racing Solutions Row: Explosive Power Intervals (40-50 Min)**

Workout notes: this workout is going to create a high level of lactic acid and challenge you both mentally so come to this workout well hydrated, fed and rested (ideally complete this workout in the morning before beginning your day if logistically possible).

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 electrolytes for proper muscle contractions.

Warm Up: HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Duration: 2000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

REPEAT THE FOLLOWING FOR 30 Minutes

Load Levels: 5

100 Meters: 100% Sprint from a near dead stop

With good form and deep breathing – sprint for **100 Meters**

400 Meter Active Recovery (HR Zone 2 or less); with optimized pull mechanics, reduce your pull rate; at the end of 400 meters, move right back into your 100-meter sprint. **Stretch & hydrate as needed for optimum results**

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Duration: 2000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

- **Complete Racing Solutions Bike: Explosive Power Intervals (45 Minutes)**
Workout notes: this workout is going to create a high level of lactic acid and challenge you both mentally so come to this workout well hydrated, fed and rested (ideally complete this workout in the morning before beginning your day if logistically possible).



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 electrolytes for proper muscle contractions.

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

REPEAT THE FOLLOWING FOR 30 Minutes

30 Seconds: 100% Sprint from a near dead stop

90 Seconds: (HR Zone 2 or less):

Cadence: 60-75 focusing on optimized pedal mechanics **Gearing:** the easier the better

Misc. Notes: Hydrate to maintain your blood sugar levels every 10 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

▪ **(Immediately following your Power Intervals) Complete Racing Solutions Core 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.

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

Hanging Leg Lifts: [click here for video](#)

Push Ups & Knee to Chest: [click here for video](#)

Pike-Side to Side Steps: [click here for the video link](#)

Post Workout Protocols

▪ **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)

▪ **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window & replace depleted muscle sugar (making tomorrows workouts more productive).

▪ **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video)

Psychology: concept video "[Difference between Anabolic or Catabolic](#)" – [video link](#)

Thursday

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

▪ **(Morning Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance**

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

Workout Notes: these exercises are familiar with a longer duration.

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 electrolytes for proper muscle contractions.

Sets: 2

Duration: 40 Seconds (unless otherwise noted)

Speed of Lift: consistent through entire range of motion

Rest Interval: none in between exercises; 1:00 in between cycles

Post Workout Protocols

▪ **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)

▪ **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

▪ **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video)

Psychology: concept video "[Difference between Anabolic or Catabolic](#)" – [video link](#)

Friday

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

Complete one of the following before breakfast:

▪ **(Morning Workout) Complete Racing Solutions Bike: Even Tempo/ Aerobic Enhancement (60 Minutes)**

Workout Notes: the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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 electrolytes for proper muscle contractions.

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: 45 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

Post Workout Protocols

- **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar.

Complete Racing Solutions Row: Even Tempo/ Aerobic Enhancement (60 Minutes)

Misc. Notes: the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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 electrolytes for proper muscle contractions.

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:** 10 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

Main Set: 45 Minutes within HR Z2 (no higher or lower): Form is more important than pace to avoid injury
Display: Time **Load Level:** 5 **Duration:** 45 Minutes **Pull Rate:** 25-30 **Hydrate:** every 10 minutes

Cool Down-HR Zone 1: 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

Post Workout Protocols

- **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar.

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 Workout #1**
[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: to maximize your productivity, during Set #2 pay close attention to your heart rate levels. The intervals shouldn't begin until you're within your 90-95% heart rate zones. During Set's #3 and #4, you should feel that you could drop the hammer at any time, if your heart rate is too high, you will not be able to complete the 20-minute pacing blocks feeling like you are in control.

Post Workout Protocols

- **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Best Whey Protein](#) 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.

- **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video)
Psychology: concept video "[Difference between Anabolic or Catabolic](#)" – [video link](#)

Sunday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: 2 x 30 minute aerobic blocks are going to teach your body to burn stored body fat as a primary fuel source. If you allow your HR to get too high, you will "teach" your body to burn stored sugar and NOT fat. To say that your HR monitor is the key component to nailing the focus of this workout would be an understatement. Maintain your blood sugar levels throughout the workout to maximize your productivity (implantation of your skills and drills along with improve your brain's ability to handle race

Post Workout Protocols

- **Flexibility:** complete an entire stretch routine for your hips, hamstrings, quads and calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **2 Hour Nap After Mid-Day Meal**

Misc. Notes: if possible, schedule this nap so that you are laying down within 15 minutes of finishing your post run meal; keep the room as dark and as cool as possible; before laying down consume 6-8 ounces of [Energy Fuel](#) to provide your body a dose of much



needed electrolytes (lost through sweat); the replenishment of these electrolytes will improve your results within tomorrow workload.

- **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video)
Psychology: concept video "[Difference between Anabolic or Catabolic](#)" – [video link](#)



Complete Racing Solutions Combo Weight Workout – Muscular Endurance		Date	Date
Easy Row or Spin on Bike - 10 minutes			
Stretch - Head to Toe			
Full Body Stretch - Instructional Video			
Cycle 1			
Marching Bridge			
Instructional Video - Marching Bridge			
Rep Count - Right Leg			
Rep Count - Left Leg			
Rep Count - Right Leg			
Rep Count - Left Leg			
Low Back Extension off of Fit Ball			
Instructional Video - Low Back Extension off of Fit Ball			
Reps Set #1			
Reps Set #2			
Single Leg Step Up with Weight			
Instructional Video - Single Leg Step Up with Weight			
Weight			
Reps Set #1			
Reps Set #2			
Cycle 2			
Hanging Abdominal Knee Raises (Goal 8 Reps)			
Instructional Video - Hanging Abdominal Knee Raises			
Reps Set #1			
Reps Set #2			
Chest Fly with Pause on Fit Ball			
Instructional Video - Chest Fly on Fit Ball			
Weight			
Reps Set #1			
Reps Set #2			
2 Legged Box Hops - 60 seconds			
Instructional Video - 2 Legged Box Hops			
Reps Set #1			
Reps Set #2			



Cycle 3		
Flat Bench Press on Fit Ball		
Instructional Video - Flat Bench Press on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
Hamstring Press with Extension on Fit Ball		
Instructional Video - Hamstring Press with Extension on Fit Ball		
Reps Set #1		
Reps Set #2		
Push Up - Knee to Shoulder		
Instructional Video - Push Up-Knee to Shoulder		
Reps Set #1		
Reps Set #2		
Biceps - 14's		
Instructional Video - Bicep 14's		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 4		
Abdominal Criss Cross		
Instructional Video - Abdominal Criss Cross		
Reps Set #1		
Reps Set #2		
Single Leg Push Ups		
Instructional Video - Single Leg Push Ups		
Reps Set #1		
Reps Set #2		
Abdominal Open Rotation		
Instructional Video - Abdominal Open Rotation		
Reps Set #1		
Reps Set #2		
Abdominal - Hip Risers		
Instructional Video - Abdominal Hip Risers		
Rep Count Right		
Rep Count Left		
Rep Count Right		
Rep Count Left		



Complete Racing Solutions MX Speed Workout #1					
Workout Focus: Opening Speed				Total Ride Time: 60 Minutes	
	Description				
Warm Up	Set Focus: Gradual Warm Up				Intensity
	Instructional Video on how to set up the Concept 2 Rower 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 Energy Fuel				Less Than 50%
Main Set #1	Set Focus: Pre-Race Routine				Intensity
Workout Protocol:	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel				Too Short To Evaluate
Main Set #2	Set Focus: Opening Lap Speed				Intensity
Workout Protocol:	This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity. Moto Specific Heart Rate Zone - Low # High # 5 Minutes (no more or less) - Stretch and hydrate as necessary				
Rest Interval Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%
Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%
Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%
Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%
Performance Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%
Recap:	Fastest Lap Time:	Average Lap Pace:	Average Heart Rate:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel				
Main Set #3	Set Focus: Hold Consistent Times At An Aerobic Effort				Intensity
Workout Protocol:	Hold your pace for 20 minutes Pay close attention to your heart rate; by staying at 80-85% will “teach” your body to burn fat and spare stored sugar. Moto Specific Heart Rate Zone - Low # High #				
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	80-85%
Performance				Lap 10 Time:	
Recap:	Fastest Lap Time:	Average Lap Pace:	Average Heart Rate:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel				
Main Set #4	Set Focus: Hold Consistent Times At An Aerobic Effort				Intensity
Workout Protocol:	Hold your pace for 20 minutes With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate. Moto Specific Heart Rate Zone - Low # High #				
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	80-85%
Performance				Lap 10 Time:	
Recap:	Fastest Lap Time:	Average Lap Pace:	Average Heart Rate:		
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down				< 40%
	Pre-Riding Weight: Total Fluids Consumed:		Post-Riding Weight: Loss/Gain		



Complete Racing Solutions Aerobic MX Workout #1		Workout Focus: Aerobic Enhancement Hours			Total Duration: 2	
	Description					
Warm Up	Set Focus: generate blood flow into all the working muscles				Intensity	
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower				Less Than < 40%	
	Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe					
Main Set #1	Set Focus: Reaction Time & First Turn Aggression				Intensity	
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.				N/A	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #2	Set Focus: Aerobic Enhancement / Internal Pacing				Intensity	
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes.					
	Note: first fifteen minutes take the optimum lines and maintain optimum momentum last fifteen minutes take the non-optimum lines & focus on belly breathing Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	85-90%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	85-90%
	Fastest Lap Time:	Average Lap Pace:	Avg Heart Rate:	Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #3	Set Focus: Reaction Time & First Turn Aggression				Intensity	
Workout Protocol:	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.				N/A	
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #4	Focus: Aerobic Enhancement / Internal Pacing				Intensity	
Workout Protocol:	Same notes as Set #2 - 30 minute straight moto with consistent lap times 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:	85-90%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	85-90%
	Fastest Lap Time:	Average Lap Pace:	Avg Heart Rate:	Max HR:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #5	Set Focus: Sprint Speed				Intensity	
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	2 Lap Elapsed Time Int #1:		2 Lap Elapsed Time Int #2:		95-100%	
Elapsed Times:	2 Lap Elapsed Time Int.#3:		2 Lap Elapsed Time Int #4:		95-100%	
	Fastest Lap Time:	Average Lap Pace:	Avg Heart Rate:	Max HR:		
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)				< 40%	
	Pre-Riding Weight: Total Fluids Consumed:		Post-Riding Weight: Loss/Gain			