



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 5
6 Weeks
4/6
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: though we have discussed this a lot in the past, dedicate some extra attention to your sweat rate this week. Keep in mind that a sweat rate above 2% can decrease your power and strength significantly. It doesn't make sense to spend so much time developing your strength only to have it eroded by dehydration. Watch the color of your urine throughout the day – it should be relatively clear. If your urine is slightly discolored and you haven't consumed a B Vitamin, then you need to bump up both your hydration intake (half of your body weight in ounces of water) and your amino acid intake (your body is breaking down muscle tissue hence the discoloration of your urine if you are well hydrated).
- **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 "[What is Contrast Therapy](#)" – [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 (Note: 1 Minute in duration)
[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 help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

Sets: 2

Duration: 60 Seconds (unless otherwise noted)

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).

Speed of Lift: consistent through entire range of motion

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

- **Evening 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 Body Analysis Spreadsheet to log this information for evaluation purposes**
(Complete One of the Following) Complete Racing Solutions Row: Pacing Intervals (70 Minutes)
Workout notes: to maximize your productivity for this workout, you will need to have your display set to pace & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain good form & optimum power output).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

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: 3000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

REPEAT THE FOLLOWING FOR 50 Minutes

Load Levels: 5

REPEAT THE FOLLOWING FOR 50 Minutes

Each minute you will **increase your pull rate and/or you pace by 5-10 seconds**. For example: Minute 1-2:00 pace, Minute 2-1:55 pace, etc.

Hit your goal pace of each minute after being established by interval #1(hold yourself accountable here).

5 Minute Recovery Block

5 minutes of easy pulling; you can't pull too easy here.

Misc. Notes: Hydrate with Energy Fuel every 10 minutes to maintain your blood sugar levels

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: 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**



- **Complete Racing Solutions Bike: Pacing Intervals (70 Minutes)**

Workout notes: to maximize your productivity for this workout, you will need to have your bike computer set to speed & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain optimum power output).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

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

REPEAT THE FOLLOWING FOR 50 Minutes

5 Minute Pacing Block (NO Higher than HR Z3)

Each minute you will *increase your speed by 1 mph*. For example: Minute 1-15 mph, Minute 2-16 mph, etc.

Adjust your gearing so that your cadence stays within 75-85 but still hit your goal pace of each minute after being established by interval #1(hold yourself accountable here).

5 Minute Recovery Block (NO Higher than HR Z2)

5 minutes of easy spinning; you can't spin too easy here.

Misc. Notes: Hydrate with Energy Fuel every 10 minutes to maintain your blood sugar 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 Pacing 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 and replace depleted muscle sugar (making tomorrows workouts more productive).

- **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 "[What is Contrast Therapy](#)" – [video link](#)

Thursday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance (Note: 1 minute in duration)**
[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 help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

Sets: 2

Duration: 60 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 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 Body Analysis Spreadsheet to log this information for evaluation purposes (Complete Which Ever Workout You Didn't complete on Wednesday)**
- **Complete Racing Solutions Row: Pacing Intervals (70 Minutes) or Complete Racing Solutions Bike: Pacing Intervals (70 Minutes)**
- **(Immediately following your Pacing 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 and replace depleted muscle sugar (making tomorrows workouts more productive).

- **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 “[What is Contrast Therapy](#)” – [video link](#)

Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Afternoon Workout) Complete Racing Solutions Combo Weight Workout – Muscular Endurance (Note: 1 minute in duration)**
[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 help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

Sets: 2

Duration: 60 Seconds (unless otherwise noted)

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).

- **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 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 Body Analysis Spreadsheet** to log this information for evaluation purposes
(Morning Workout) Complete Racing Solutions Bike: Even Tempo/ Aerobic Enhancement (70 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 help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

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: 55 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 5 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 & calves – [CLICK HERE](#)
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Complete Racing Solutions Row: Incremental Pacing Intervals (70 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 help stabilize your blood sugar levels throughout the workout. Remember, cooler fluids absorb quicker than warmer fluids.

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: 55 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 (making tomorrows 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.

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 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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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		