



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 2
6 Weeks
5/8
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**
[Please download the Plyometric spreadsheet]
Workout notes: the goal is to determine how many repetitions you can complete within 30 seconds. You will complete 3 sets of each exercise with 30 seconds rest in between exercises; 1-minute rest before moving to the next exercise listed.
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 you the much-needed electrolytes
Post Workout Protocols
 - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed

Tuesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
Complete Racing Solutions Row: 500 Meter Time Trials
[Please refer to the spreadsheet at the bottom of this document for your testing protocols]
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 you the much-needed electrolytes
Workout Notes: complete 5 x 500 meters with 1:00 rest (Load Level on 5) after warming up for 10 minutes (Load Level on 3 or less) and then stretching from head to toe. 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 maximum 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.
Post Workout Protocols
 - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



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

Warm up (Very Easy): 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

Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)

Five Minutes: at an effort that has you breathing harder, but still able to sing or talk

Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)

Cool Down (Very Easy): Focus on a straight back and 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)

- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Complete Racing Solutions Bike: HR Intensity Blocks (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 [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.: 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

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)

- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)



Thursday

- **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 – ideally what you didn't complete yesterday**
- **Complete Racing Solutions Row: HR Intensity Blocks (30 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
 - Warm up (Very Easy):** 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
 - Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)
 - Five Minutes: at an effort that has you breathing harder, but still able to sing or talk
 - Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)
 - Cool Down (Very Easy):** Focus on a straight back and 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & 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 [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.: 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
 - Post Workout Protocols**
 - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols**
 - Nutrition:** consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
 - Foam Roller & Trigger Point Therapy:** soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
 - Diaphragmatic Breathing:** [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Friday

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

Misc. Notes: when it comes to performing at an optimum level, it is the elimination of mistakes that will result in optimum results not throwing more effort into your attempt. Simple performance elements like avoiding over or under hydration, consistent & deep sleep, following a race strategy on race day, etc.; all lead to specific performance results. With this in mind, pay attention to the variables outlined on your Body Analysis spreadsheet – they are the elements that you have the most control over and they yield huge dividends on race day.

Post Workout Protocols

 - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose

closed

Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **Complete Racing Solutions Bicycle: 10 Mile Time Trial - 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

Pre-Testing Body Weight:

Warm Up (Very Easy): 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 (Bring the HR up for Testing Block)

 - 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

During a five-mile block (out and back ideally), 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).

Elapsed Time:	Avg. HR:
Ending HR:	Max HR:
Total fluids consumed:	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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Power 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 Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose

closed



Sunday

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

Complete One (1) of the following for your morning workout:

- **Complete Racing Solutions Row: HR Intensity Blocks (30 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

Warm up (Very Easy): 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

Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)

Five Minutes: at an effort that has you breathing harder, but still able to sing or talk

Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)

Cool Down (Very Easy): Focus on a straight back and 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & 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 [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.: 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

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **2-hour Power Nap/Recovery Protocols**

Misc. Notes: just like your notes for your evening sleep, strive to consume a nutrient dense smoothie prior to lying down; the high-quality nutrients will enhance your immunity, muscles and various vascular systems. The beauty of high-quality fruits and vegetables is that they are nutrient rich, calorically low but fill your belly up and provide stable blood sugar levels for up to three hours after you consume.

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed