



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 2
8 Weeks
6/8
Enhanced 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 ONE of the following workouts for your morning workout:

- **Complete Racing Solutions Bike: Heart Rate Ladder Workout (50 Minutes)**

Misc. Notes: take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 2**. Once you are finished with your warm-up, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75-85) – continue to "push the pace" until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

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 Set: Heart Rate Pyramids: 30 Minutes

Misc. Notes: Toggle between your lower and upper number in **HR Z2** for 30 minutes

Warm Down (HR Zone 1): Keep a close eye on your HR level for the final 10 minutes

Duration: 10 minutes

Cadence: 85-90

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Misc.: don't dismount until your heart rate is within HR Z1

OR

Complete Racing Solutions Row: Incremental Pacing Intervals (6500 Meters)

Misc. Notes: complete a 500-meter interval at **80-85% effort** after your warm-up; use this time as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

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

Distance: 1000 Meters

Pull Rate: less than 25

Stretch from head to toe

Baseline 500 Meter Interval: complete a 500-meter interval at 80-85% effort; 1 Minute Rest Interval

Display 500 Meters – 1 Minute Rest Interval

Load Level: 5

Pull Rate: 25 plus

Elapsed Time:

Main Set: Pacing Pyramids – Repeat all 3 x 500 x 3 Sets = 4500

Load Level: 5

Pull Rate: 25 plus

500 Meter Baseline plus 10 seconds – Rest 1 Minute

500 Meter Baseline plus 5 seconds – Rest 1 Minute

500 Meters at Baseline Pace – Rest 1 Minute

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

Distance: 1000 Meters

Pull Rate: less than 25

Stretch from head to toe

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte



Tuesday

- **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: Super Slow Challenge**

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

Workout notes: same exercise, but not that you are familiar with the range of motion – strive to really push the weight/load levels to the next level. If you are lifting the weight as outlined, you should “feel” the muscles working.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

Evening Protocols

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Wednesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete ONE of the following workouts for your morning Workout:**
- **Complete Racing Solutions Bike: Heart Rate Ladder Workout (50 Minutes)**

Misc. Notes: take your most up to date heart rate spreadsheet (take last week’s waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 2**. Once you are finished with your warm-up, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75-85) – continue to “push the pace” until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

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 Set: Heart Rate Pyramids: 30 Minutes

Misc. Notes: Toggle between your lower and upper number in **HR Z2** for 30 minutes

Warm Down (HR Zone 1): Keep a close eye on your HR level for the final 10-minutes

Duration: 10 minutes

Cadence: 85-90

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Misc.: don’t dismount until your heart rate is within HR Z1

Complete Racing Solutions Row: Fragmented Intervals

Workout notes: this workout is going to create a high level of fatigue – both mentally and physically 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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

Warm up for 10 minutes (HR Zone 1) – Longer than normal to avoid pulling a muscle or straining an attachment

Load level 3

Intensity: **HR Zone 2** or less; relaxed and with perfect form (straight back, leading with your legs, pull rate 25-30)

REPEAT THE FOLLOWING FOR 20 Minutes

Display Setting: 500-meter interval with 1-minute rest

Load Levels: 5

300 Meters: 85% Effort with straight back; leading with your legs



200 Meter Sprint (HR Zone 3+); your goal is to keep the pull chain tight the entire 100 meters; lead with your legs for maximum power production.

Stretch & hydrate as needed for optimum results

Warm down: 5 minutes

Load level 3

Intensity: **HR Zone 2** or less; relaxed and with perfect form (straight back, leading with your legs, pull rate 25-30)

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

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: Super Slow Challenge**

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

Workout notes: same exercise, but not that you are familiar with the range of motion – strive to really push the weight/load levels to the next level. If you are lifting the weight as outlined, you should “feel” the muscles working.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

▪ **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Friday

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

Misc. Notes Allow yourself to sleep in today and put an increased emphasis on quality food with large quantities. Remember, these two elements are the foundation of a healthy body that is strong and resilient. Keep in mind that the muscles that you have today is a result of what you ate over the last six months – you are literally what you ate, so plan ahead and be smart.

▪ **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes (Morning Workout) Complete Racing Solutions Bike: Distance Intervals (75 Minutes)**

Misc. Notes: the key to maximizing your productivity during this workout is to keep a close eye on your pedal mechanics and belly breathing. As we have discussed before, “feel” the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves and gluts all firing to turn the pedals to generate top wattage numbers.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

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: 80-85 (no higher/lower)

Misc.: stretch and hydrate before moving into your main set

Main Set #1: Transition Intervals (10 Minutes) – To get lactic acid shuffle activated

Misc. Notes: use the tallest gear combination that you can hold for **30 seconds**; if you blow up before **30 seconds**, then lighten the load levels slightly. The goal is complete all **30 seconds** still producing power, verses falling off the power curve.

30 Seconds at 100% effort/Max Wattage Output

60 Seconds active recovery/easy spin

IDEALLY, DON'T START THE NEXT INTERVLA UNTIL YOUR HR IS BACK INTO HR Z2 – REPEAT 5X FOR 10 MINUTES

Main Set #2: 40 minutes (HR Zone 3)

1 Mile Distance Intervals: simple protocols, cover 1 mile as fast as possible with the tallest gear combination you can push without blowing up (you need to be keeping the chain tight all the way to the end of the 1 mile interval – mentally focus to avoid going out too hard and blowing up!).

Recovery is the exact time it takes you to complete the interval.

Main Set #3: Explosive Wattage Intervals (10 Minutes)

Misc. Notes: use the tallest gear combination that you can hold for **30 seconds**; if you blow up before **30 seconds**, then lighten the load levels slightly. The goal is complete all **30 seconds** still producing power, verses falling off the power curve.

30 Seconds at 100% effort/Max Wattage Output

60 Seconds active recovery/easy spin

NO MATTER WHAT THE HR IS, BEGIN NEXT INTERVAL EVERY 2 MINUTES – REPEAT 5X FOR 10 MINUTES

Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Cadence: 85-90

Misc.: don't dismount until your heart rate is within HR Z1

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



Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Row: 5 Minute Distance Challenge (50-60 Minutes)**

Misc. Notes: pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z3 easily visible for quick reference and maximum productivity.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

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: Distance Load Level: 3 Distance: 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

Main Set: Distance Challenge

Load Level: 5 Pull Rate: 25 plus

5 Minutes – Distance Covered at the upper end of HR Z3

Rest 5 Minutes – HR Z1 (no higher for maximum productivity)

Repeat 4 Times

Distance Covered Interval #1:

Distance Covered Interval #2:

Distance Covered Interval #3:

Distance Covered Interval #4:

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

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolytes

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

Miss. Notes: research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein & fat (they only thing that satisfies your appetite).

- **Evening Protocols**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



Super Slow Challenge		
Warm Up		
Concept 2 TM Row or Spin on Bike - 15 minutes Easy (no shorter)		
CYCLE ONE	Date	Date
Single Leg Step onto Bench		
Weight (Pick up where you left off before your active recovery week)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Abdominal Crunch on Fit Ball w/Weight		
Instructional Video: Abdominal Crunch on Fit Ball		
Weight (Pick up where you left off before your active recovery week)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
As many as you can complete in 30 seconds		
CYCLE TWO	Date	Date
Single Leg - Good Mornings		
Instructional Video: Single Leg Good Mornings		
Weight (Pick up where you left off before your active recovery week)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Pike-Push Ups on Fit Ball		
Note: Hands Shoulder Width Apart-Elbows at 90 Degrees at Bottom		
Instructional Video: Pike-Push Ups on Fit Ball		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
(After Both Sets of Both Exercises) Side Skaters		
Instructional Video: Side Skaters		
As many as you can complete in 30 seconds		
Stretch & move to next exercise		

Super Slow Challenge Continued		
CYCLE THREE	Date	Date
Bicep Curls w/Dumbbells (up to 90 Degree-no higher) – Instructional Video		
Weight (Pick up where you left off before your active recovery week)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Lat Pull Over-Tricep Extension		
Instructional Video: Lat Pull Over-Tricep Extension		
Weight (Pick up where you left off before your active recovery week)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Jump Rope with Eyes Closed		
Stars Instructional Video		
As many as you can complete in 30 seconds		
CYCLE FOUR	Date	Date
Arm & Leg Extension		
Instructional Video: Arm & Leg Extension		
Weight (Pick up where you left off before your active recovery week)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Hanging Leg Lifts (Bring Your Knees to Your Chest)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
As many as you can complete in 30 seconds		



Super Slow Challenge Continued		
CYCLE FIVE	Date	Date
Single Leg Push Ups Off of Bench		
Instructional Video: Single Leg Push Ups Off of Bench		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Single Leg Shoulder Press		
Instructional Video: Single Leg Push Ups Off of Bench		
Weight (Pick up where you left off before your active recovery week)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Side Skaters		
Instructional Video: Side Skaters		
As many as you can complete in 30 seconds		
Instructional Video – Rowing		
2000 Meter Rowing	Date	Date
Warm up for 200 Meters - Low Intensity (Damper Setting 2)		
1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
1 Minute Rest Interval		
Bicycle Sprints		
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE	Date	Date
4 Minute Interval at 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
2 Minute Rest Interval		
4 Minute Interval at 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
2 Minute Rest Interval		