



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

**Phase 5**  
**6 Weeks**  
**2/6**  
**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:** taking an honest look at your body's ability to adapt to stress is going to yield huge dividends to your training efforts. If you are sleeping deeply and for long periods of time, your body is getting adequate quality fat, protein and carbohydrates. Deep and high-quality sleep will provide your body the elements it needs to re-build muscle tissue quickly and minimize your residual muscles soreness.
- **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).  
**Psychology:** concept video "[Face your fear of failure](#)" – [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 tomorrows workouts more productive).
- **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).  
**Psychology:** concept video "[Face your fear of failure](#)" – [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) Complete Racing Solutions Row: HR Intensity Blocks (60-70 Minutes)**  
**Workout Notes:** this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

**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**      **Distance:** 2000 Meters      **Pull Rate:** 20-25      **Stretch from head to toe**

**Main Set#1: 5 x 1000 Meters: pick up the pace every 200 meters up to HR Z3 (no higher)**

**Load Level: 7**      **Pull Rate:** 25-35

**Transition Set:** 1000 Meters – HR Z2 – stretch & rehydrate as necessary

**Main Set#2: 5 x 1000 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)**

**Load Level: 7**      **Pull Rate:** 25+

**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**

**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).

- **Complete Racing Solutions Bike: Even Tempo (90 Minutes)**

Misc. Notes: for this workout you will need to know your HR Z2 numbers (high and low specific number).

**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 & hydrate before moving into your main set

**Main Performance Block (HR Zone 2): 1:15**

Set Notes: Keep your cadence between 85-95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 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

**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 10 minutes (the length of the video).

**Psychology:** concept video "[Face your fear of failure](#)" – [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 tomorrow's workouts more productive).

- **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 10 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 Racing Solutions Row: Heart Rate Intensity Blocks (55 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 visa versa).

**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:** 5 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: 7**      **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  
15 Minutes: Upper range (5 beats of your top number) of **HR Z2**



15 Minutes: Lower range (5 beats of your low number) of **HR Z3**

15 Minutes: Upper range (5 beats of your top number) of **HR Z3**

**Total of 45 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: 2**

**Duration:** 5 Minutes

**Pull Rate:** less than 25

**Stretch from head to toe**

**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).

▪ **Complete Racing Solutions Bike: Heart Rate Intervals (75 Minutes)**

**Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**; the interval doesn't begin until you get within the indicated HR zone numbers.

**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: 75 Minutes (HR Zone 3)**

**Set Notes:** the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

5 Minutes **High End of HR Z4** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

10 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary

**Repeat 4x for a total of 60 minutes of work**

**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**

**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 10 minutes (the length of the video).

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**Saturday**

▪ **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).

▪ **2 Hour Power Nap after lunch**

**Misc. Notes:** think about this nap as a short cut to the top! The extra two hours of rest and recovery will ensure that your body is getting the necessary hGH (human growth hormone) along with a time to simply relax: mentally and physically. You have earned this extra dose of sleep, so take full advantage of it.

▪ **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

**Psychology:** concept video "[Face your fear of failure](#)" – [video link](#)



## Sunday

- **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: HR Intensity Blocks (60-70 Minutes)**
  - Workout Notes:** this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.
  - 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      Distance: 2000 Meters      Pull Rate: 20-25      Stretch from head to toe**
  - Main Set#1: 5 x 1000 Meters: pick up the pace every 200 meters up to HR Z3 (no higher)**  
**Load Level: 7      Pull Rate: 25-35**
  - Transition Set:** 1000 Metes – HR Z2 – stretch & rehydrate as necessary
  - Main Set#2: 5 x 1000 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)**  
**Load Level: 7      Pull Rate: 25+**
  - 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**
  - 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).
- **Complete Racing Solutions Bike: Even Tempo (90 Minutes)**
  - Misc. Notes: for this workout you will need to know your HR Z2 numbers (high and low specific number).
  - 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      Gearing: small chain ring up front, middle rear gearing
    - Cadence: 80-85 (no higher/lower)      Misc.: stretch & hydrate before moving into your main set
  - Main Performance Block (HR Zone 2): 1:15**  
Set Notes: Keep you cadence between 85-95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 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 gets you into HR Z1
    - Cadence: 85-90      Misc.: don't dismount until your heart rate is within HR Z1
  - 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 Nap After Mid-Day Meal**
  - Misc. Notes:** make your meal complete with clean proteins, complex carbohydrates and full of fresh fruits and vegetables. By eating the entire fruit and vegetable, you will absorb fresh vitamins and minerals will keep your blood sugar levels low. Avoid any caffeine naturally or artificially so that you are able to get into REM pattern 3 during your nap (this is where the growth hormones are released). When you wake up, consume 8-10 ounces of COLD water.
- **Evening Wellness Protocols:** watch this video in a place where you have zero distractions for 10 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			
<a href="#">Full Body Stretch - Instructional Video</a>			
Cycle 1			
Marching Bridge			
<a href="#">Instructional Video - Marching Bridge</a>			
Rep Count - Right Leg			
Rep Count - Left Leg			
Rep Count - Right Leg			
Rep Count - Left Leg			
Low Back Extension off of Fit Ball			
<a href="#">Instructional Video - Low Back Extension off of Fit Ball</a>			
Reps Set #1			
Reps Set #2			
Single Leg Step Up with Weight			
<a href="#">Instructional Video - Single Leg Step Up with Weight</a>			
Weight			
Reps Set #1			
Reps Set #2			
Cycle 2			
Hanging Abdominal Knee Raises (Goal 8 Reps)			
<a href="#">Instructional Video - Hanging Abdominal Knee Raises</a>			
Reps Set #1			
Reps Set #2			
Chest Fly with Pause on Fit Ball			
<a href="#">Instructional Video - Chest Fly on Fit Ball</a>			
Weight			
Reps Set #1			
Reps Set #2			
2 Legged Box Hops - 60 seconds			
<a href="#">Instructional Video - 2 Legged Box Hops</a>			
Reps Set #1			
Reps Set #2			

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