



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).
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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: 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 Even Tempo Bike (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: HR 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 MX Speed Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: this workout will yield high results if you pay close attention to your heart rate during the first 15 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

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
- **(Morning Workout) Complete Racing Solutions MX Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: don't let the intensity levels throw you off, if you maintain 80-85% for 90 minutes, you will find that you have plenty of energy for the last set. Make a mental decision to NOT increase your effort (based on your heart rate) even though you will be comfortable enough to do so. Keep in mind that this workout needs to be completed within your aerobic intensity zones to ensure that you are ready for your high intensity workouts during the rest of the week.
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).
Psychology: concept video "[Face your fear of failure](#)" – [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: Aerobic Enhancement & Speed	Total Duration: 90 Minutes	
	Description		Intensity
Warm Up	Set Focus: Gradual Warm Up		
	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: Perfect Execution of Pre-Race Routine and Starts		Intensity
Workout Protocol:	Complete 10 starts with your emphasis being on transitioning from over the gate to shifting up and pulling back on the bars for a deeper hook up of the rear wheel.		
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:		Too Short
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:		To Evaluate
Performance 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 #2	Set Focus: Aerobic Enhancement		Intensity
Workout Protocol:	Your goal is to stay aerobic (based on your actual heart rate) for the first 10 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 5 minutes		
Performance Recap:	Moto Specific Heart Rate Zone - Low # High # 15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:		80-85%
Performance Recap:	5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		90-95%
Main Set #3	Set Focus: Aerobic Enhancement		Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing		
Performance Recap:	Moto Specific Heart Rate Zone - Low # High # 15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:		80-85%
Performance Recap:	5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		90-95%
Main Set #4	Set Focus: Aerobic Enhancement		Intensity
Workout Protocol:	Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing		
Performance Recap:	Moto Specific Heart Rate Zone - Low # High # 15 Minutes Aerobic: Fastest Lap Time: Average Lap Time: Avg. HR:		80-85%
Performance Recap:	5 Minutes at Sprint Effort: Fastest Lap Time: Average Lap Time: Avg. HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		90-95%
	Pre-Riding Weight: Post-Riding Weight:		
	Total Fluids Consumed: Loss/Gain		

Complete Racing Solutions MX Speed Workout #1

Workout Notes: this workout will yield high results if you pay close attention to your heart rate during the first 15 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more in control you are during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Holding Aerobic Pace as Duration Increases		Workout Duration: 90 Minutes
	Description	
	Focus: Gradual Warm Up	
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	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #1	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
	Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Pre-Riding Weight: Post-Riding Weight:	
	Total Fluids Consumed: Loss/Gain	