



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

**Phase 5**  
**6 Weeks**  
**5/6**  
**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:** no matter how much strength and endurance you develop, neither of these are an attribute to your performance without having optimum range of motion. Keep in mind that a muscle that has optimum range of motion will produce higher levels of power and have less internal resistance - which results in enhanced endurance. Here is [a link to videos](#) to help improve your range of motion and reduce your risk of injury.
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the length of the video).  
**Psychology:** concept video “[Why I Yawn](#)” – [video link](#)

**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 – 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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**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
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols**  
**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)  
**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

**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: Threshold Pacing Intervals (75 Minutes)**  
**Workout notes:** as you come to this workout, mentally focus on the fact that you are going to get up to threshold effort and then settle in. The first couple of intervals will be difficult due to the fact that your muscles are “adapting” to the load levels and production of lactic acid. With each interval, you will experience your body adapting and realize that there is a constant challenge between the brain and the muscles – your mental game is the key to your ultimate potential.  
**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 electrolytes for proper muscle contraction.  
**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**  
**6 Minutes at HR Z3** (no higher or lower) – get into **HR Z3** quickly and then settle into a good tempo; focus on your breathing and mentally focus on why you are actually working out – improved strength and endurance.  
**4 Minutes at HR Z2** (no higher) – complete recovery; re-hydrate as necessary to maintain 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 (75 Minutes)**  
**Workout notes:** as you come to this workout, mentally focus on the fact that you are going to get up to threshold effort and then settle in. The first couple of intervals will be difficult due to the fact that your muscles are “adapting” to the load levels and



production of lactic acid. With each interval, you will experience your body adapting and realize that there is a constant challenge between the brain and the muscles – your mental game is the key to your ultimate potential.

**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 electrolytes for proper muscle contraction.

**Warm up (HR Zone 1):**

**Duration:** 20 minutes (no shorter)

**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**

**6 Minutes Pacing Block** at HR Z3 – get into **HR Z3** as quickly as possible; adjust your gearing so that your cadence stays within 75-85 and move around on the seat to distribute the workload to all of the muscles in your legs.

**4 Minute Recovery Block** - easy spinning while in HR Z2 or less (no higher); you can't spin too easy here; complete recovery; re-hydrate as necessary to maintain 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 (Note: increased duration)**

**Workout notes:** complete each of the following exercises for 40 seconds; your rest interval is 20 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
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

▪ **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

**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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**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
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

▪ **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.

**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](#)  
**Push Ups & Knee to Chest:** [click here for video](#)  
**Hanging Leg Lifts:** [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



- **Nutrition:** immediately consume [Recovery Fuel](#) 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 2:15 (the length of the video).  
**Psychology:** concept video "[Why I Yawn](#)" – [video link](#)

#### Saturday

- **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: Threshold Pacing Intervals (75 Minutes)**  
**Workout notes:** as you come to this workout, mentally focus on the fact that you are going to get up to threshold effort and then settle in. The first couple of intervals will be difficult due to the fact that your muscles are "adapting" to the load levels and production of lactic acid. With each interval, you will experience your body adapting and realize that there is a constant challenge between the brain and the muscles – your mental game is the key to your ultimate potential.  
**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 electrolytes for proper muscle contraction.  
**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**  
**6 Minutes at HR Z3** (no higher or lower) – get into **HR Z3** quickly and then settle into a good tempo; focus on your breathing and mentally focus on why you are actually working out – improved strength and endurance.  
**4 Minutes at HR Z2** (no higher) – complete recovery; re-hydrate as necessary to maintain 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 (75 Minutes)**  
**Workout notes:** as you come to this workout, mentally focus on the fact that you are going to get up to threshold effort and then settle in. The first couple of intervals will be difficult due to the fact that your muscles are "adapting" to the load levels and production of lactic acid. With each interval, you will experience your body adapting and realize that there is a constant challenge between the brain and the muscles – your mental game is the key to your ultimate potential.  
**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 electrolytes for proper muscle contraction.  
**Warm up (HR Zone 1):**  
**Duration:** 20 minutes (no shorter)      **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  
**REPEAT THE FOLLOWING FOR 50 Minutes**  
**6 Minutes Pacing Block** at HR Z3 – get into **HR Z3** as quickly as possible; adjust your gearing so that your cadence stays within 75-85 and move around on the seat to distribute the workload to all of the muscles in your legs.  
**4 Minute Recovery Block** - easy spinning while in HR Z2 or less (no higher); you can't spin too easy here; complete recovery; re-hydrate as necessary to maintain blood sugar levels.  
**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
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Power Nap after lunch**  
**Misc. Notes:** as you lay down, implement your [Diaphragmatic Breathing drills](#). The ability to tap into this skill when you are working at a high intensity will result in more oxygen moving into the working muscles, lower overall heart rate and improved endurance. Though this skill seems basic, it yields huge performance results.
- **Evening Protocols**  
**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)  
**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.



## Sunday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**(Morning Workout) Complete Racing Solutions Row: Even Tempo (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 diaphragmatic 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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**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 Z1 – stretch & rehydrate as necessary

**Main Set#2: 5 x 1000 meters: HR Z2 (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**
- **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 [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**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 and 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      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
- **(Immediately following your Aerobic Work) Complete Racing Solutions Core Work (Note: increased duration)**

**Workout notes:** complete each of the following exercises for 40 seconds; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**Post Workout Protocols**

  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).
- **(Post Nap Soft Tissue Work) Contrast Therapy**

**Misc. Notes:** about an hour before you head to bed, take a cold bath/shower. Soak your legs for 10 minutes – no stretching, and then go into a hot bath/shower for 10 minutes. Repeat the 10 cold/hot again. After your second contrast session, stretch passively for 15 minutes while consuming 8 to 10 ounces of cold water (drink it slowly) and then head directly to bed. Once you are laying down and relaxed, implement your [Diaphragmatic Breathing](#) drill until you fall asleep.
- **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)  
**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack/meal.



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			

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