



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase One
6 Weeks
6/6
Active Recovery (Physically & Mentally)

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**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead
- **Complete Rest Day**
Misc. Notes: allowing yourself to sleep and not wake up with an alarm will decrease the amount of cortisol in your blood [Note: cortisol is a hormone that is released into the blood when the body is highly stressed and referred to within the human performance community as a fat magnet]. In addition to lowering your blood cortisol levels, waking up without an alarm helps you determine what your optimum amount of sleep is given how your body is responding to the volume & intensity of training that you are maintaining. Remember, it is not what you do in training that makes you stronger, but rather what you do regarding your nutrition and hydration.
- **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.

Tuesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges – 20% Less**
- **[Please use the spreadsheet and associated videos listed at the bottom of this document]**
Misc. Notes: same exercises as you have completed over the last five weeks. Reduce the amount of weight/load used by 20% - each set should feel EXTREMELY easy. Stretch in between cycles to maintain your optimum range of motion.

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
Repetitions: 6-8 Reps Max
Weight: extremely light; no struggling for either set
Speed of Lift: fast off of the bottom of each range of motion
Rest Interval: 30 seconds between exercises; 1:00 in between cycles
- **(Immediately after your Strength Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (50 Minutes)**
Misc. Notes: immediately get into an even tempo spin without going too hard; stay relaxed and focus on good pedal mechanics. Though the intensity is low; the productivity is still high when you hit both the intensity and duration levels.
Main Performance Block: 45 Minutes (HR Zone 2)
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 20 minutes (at the least). Hydrate to maintain your blood sugar levels every 20 minutes.
Cool Down (HR Zone 1):
Duration: 5 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
- **Post Workout Protocols**
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols** – please reference Monday's notes & video links.



Wednesday

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

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead

- **(Morning Workout – Before Breakfast) Complete Racing Solutions Bike: Even Tempo Bike (45 Minutes)**

Workout Notes: warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

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

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)

Stay within the upper range of **HR Zone 2 (no higher)** the entire time; strive to keep your efficiency high (optimized pedal mechanics, changing your pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up.

Cool Down (HR Zone 1):

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

- **(Immediately following your bike workout) Complete Racing Solutions Core Work**

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.

Standing Abdominal Twists: [click here for video](#)

Abdominal Pike on Fit Ball: [click here for video](#)

Abdominal Roll Out on Fit Ball: [click here for video](#)

Ab Crunch on Fit Ball: [click here for the video link](#)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

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

Thursday

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

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges – 20% Less**

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

Misc. Notes: same exercises as you have completed over the last five weeks. Reduce the amount of weight/load used by 20% - each set should feel EXTREMELY easy. Stretch in between cycles to maintain your optimum range of motion.

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

Speed of Lift: fast off of the bottom of each range of motion

Repetitions: 6-8 Reps Max

Rest Interval: 30 seconds between exercises; 1:00 in between cycles

Weight: extremely light; no struggling for either set

- **(Immediately after your Strength Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (50 Minutes)**

Misc. Notes: immediately get into an even tempo spin without going too hard; stay relaxed and focus on good pedal mechanics. Though the intensity is low; the productivity is still high when you hit both the intensity and duration levels.

Main Performance Block: 45 Minutes (HR Zone 2)

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 20 minutes (at the least). Hydrate to maintain your blood sugar levels every 20 minutes.

Cool Down (HR Zone 1):

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

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



Friday

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

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead

- **(Morning Workout – Before Breakfast) Complete Racing Solutions Bike: Even Tempo Bike (45 Minutes)**

Workout Notes: warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

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

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)

Stay within the upper range of **HR Zone 2 (no higher)** the entire time; strive to keep your efficiency high (optimized pedal mechanics, changing your pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up.

Cool Down (HR Zone 1):

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

- **(Immediately following your bike workout) Complete Racing Solutions Core Work**

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.

Standing Abdominal Twists: [click here for video](#)

Abdominal Pike on Fit Ball: [click here for video](#)

Abdominal Roll Out on Fit Ball: [click here for video](#)

Ab Crunch on Fit Ball: [click here for the video link](#)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

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

Saturday - Sunday

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

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead

- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo/Aerobic Enhancement (60 Minutes)**

Workout Notes: don't eat prior to this ride. 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 electrolytes for proper muscle contraction.

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: 45 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: 10 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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

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

Misc. Notes: snacks are a key component to the quality of your nap. Mix things up with a multi-grain bagel with some almond butter and an avocado. This will give you the quality fat and protein needed to satisfy your appetite and feed your muscles for additional muscle growth.