



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 3
6 Weeks
1/6
Re-Evaluate Your 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 Racing Solutions Plyometric Assessment (** Note: Slight Adjustments to the Exercises **)**
[Please download the Plyometric Assessment spreadsheet]
Workout notes: though the work|rest ratios are the same (how many repetitions you can complete within 30 seconds for three sets) the exercises themselves have been slightly tweaked for added difficulty. Please review each exercise to ensure that you have the necessary equipment to keep you moving from exercise to exercise.
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.
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**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed

Tuesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Racing Solutions Row: 500 Meter Time Trials (** Note: Number of Intervals Increases from 5 to 10 **)**
[Please refer to the spreadsheet at the bottom of this document for your testing protocols]
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.
Workout Notes: complete **10 x 500 meters** with 1:00 rest (Load Level on 5) after warming up for 10 minutes (Load Level on 3 or less) and then stretching from head to toe. The goal here is to be at close to maximum effort as possible for each 500-meter interval. Document your elapsed time along with your ending maximum heart rate at the end of each 500-meter interval. If at any time you feel something tighten up, stop immediately and stretch; resume at an EASY effort for 10 minutes.
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**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Wednesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
Complete One (1) of the following for your morning workouts:
- **Complete Racing Solutions Row: HR Intensity Blocks (30 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 vice versa).

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.

Warm up (Very Easy): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Duration: 10 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: 5 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
Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)
Five Minutes: at an effort that has you breathing harder, but still able to sing or talk
Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)

Cool Down (Very Easy): 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
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Complete Racing Solutions Bike: HR Intensity Blocks (45 Minutes)**

Workout Notes: 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 cold [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)

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: 5 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 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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Thursday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
Complete One (1) of the following for your morning workout – ideally what you didn't complete yesterday
- **Complete Racing Solutions Row: HR Intensity Blocks (30 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 vice versa).

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.

Warm up (Very Easy): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Duration: 10 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: 5 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

Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)

Five Minutes: at an effort that has you breathing harder, but still able to sing or talk

Five Minutes: at a moderate effort (you should be able to sing or talk without any problem)

Cool Down (Very Easy): 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
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (45 Minutes)**

Workout Notes: 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 cold [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)

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: 5 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 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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Friday

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

Misc. Notes: to complement your dedication to your workouts, go out of your way to avoid simple sugars and white starchy foods (white potatoes, spaghetti, bread, boxed cereals, chips, etc.) and replace them complex carbohydrates in the form of fruits and vegetables. Though we discuss this frequently, think about your fruits and vegetables as the key to fresh antioxidants to offset the negative side effects of aerobic exercise. Free radicals are released during respiration – the longer and harder you train, the greater the number of free radicals is produced. Free radicals harm the health of the cells resulting in disease, premature aging and declines in athletic performance. So, the next time you sit down to a plate of brightly colored fruits and vegetables, keep in mind that you are offsetting the negative side effects of free radicals and improving your healthy and ultimately performance from the inside out.

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

Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Racing Solutions Bicycle: 10 Mile Time Trial - Pacing Assessment**

[Please update your **Coach Robb Performance Report Card** with the results of this information]

Workout Notes: Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout.

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.

Pre-Testing Body Weight:

Warm Up (Very Easy): 10 minutes even spin; stretch your [low back, quads and hamstrings](#) as necessary to eliminate any tightness in any and all muscle groups

Transition Set: 10 minutes as follows (Bring the HR up for Testing Block)

2 minutes: 100 plus cadence (move around on the seat and toggle between aero and non-aero)

3 minutes: < 80 cadence; active recovery with relevant stretching

Test Block #1 - 10 Mile Field Test

During a five-mile block (out and back ideally), keep your cadence in the **80-85 range** and your effort level under control. Once you begin your time trial, be aggressive – work on maintaining perfect form to get the max power out of your legs (use all of your muscle groups – not just your quads).

Elapsed Time:

Ending HR:

Total fluids consumed:

Avg. HR:

Max HR:

Post-Testing Body Weight:

Cool Down: when finished, re-hydrate and ride for a minimum of **10 minutes** – easy spin/active recovery. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes to relax any tight muscle(s) associated with the assessment. Also, consume 8-10 ounces of liquid sports drink/recovery calories & consume a complete meal within 20 minutes of this ride to replenish glycogen reserves within the muscles and the liver.

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**

Misc. Notes: growth hormones are your biggest by product of napping so set yourself up to get the most out of your nap by eating a clean and dense meal prior to lying down in a cool, dark room. When you wake up, start your day off with 8-10 ounces of cold water to facilitate your re-hydration.

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Sunday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Racing Solutions MX: Speed and Maximum Heart Rate Assessment**

[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]

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.

Workout Overview: This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

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**
Misc. Notes: with the residual fatigue from this week's testing, it will be helpful if you would take a cold bath for 10-15 minutes (fun I know) when you wake up; eat a large salad that is topped with high quality protein to help offset the tearing down of your muscles and associated inflammation. Schedule pending take a hot shower and then stretch passively feeling for any hot spots.
 - **Evening Protocols**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw and nose closed



Complete Racing Solutions MX Speed Assessment	Workout Focus: Consistent Race Speed		Total Ride Time: 60 Minutes	
	Description			
Warm Up	Set Focus: Gradual Warm Up			Intensity
	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	Focus: Smooth start and fast five (5) laps			Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps			90-95%
	Moto Specific Heart Rate Zone - Low # High #			
Elapsed Times:	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR:			
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate			
Elapsed Times:	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR:			
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate			
Main Set #2	Focus: Smooth start and fast three (3) laps			Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #1			95-100%
	Moto Specific Heart Rate Zone - Low # High #			
Elapsed Times:	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR:			
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate			
Elapsed Times:	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR:			
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate			
Main Set #3	Focus: Smooth start and fast two (2) laps			Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #2			95-100%
	Moto Specific Heart Rate Zone - Low # High #			
Elapsed Times:	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR:			
	Rest For 3 Minutes - Stretch from head to toe / Re-hydrate			
Elapsed Times:	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR:			
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly			Less Than 40%
	Pre-Riding Weight: Post-Riding Weight:			
	Total Fluids Consumed: Loss/Gain			

Complete Racing Solutions MX: Speed Assessment

Workout Overview: This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

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).