



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 tomorrow's 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 tomorrow's 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 your 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 tomorrow's 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 tomorrow's 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 your 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 One (1) of the following for your morning workout**
- **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!

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Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
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- **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 Blue (1) of the following for your morning workout

- **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).

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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)**

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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