



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 3
6 Weeks
3/6
Enhanced Strength | Speed | 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 – burns stored sugar as a primary fuel source)**

Monday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **Complete Rest Day**
Misc. Notes: use any extra time that you have in your day to improve your range of motion within your hips, knees and shoulder joints; the better your range of motion the better your strength & endurance will be throughout all of your workouts. To help you improve your range of motion, please implement this [foam roller sequence](#). The foam roller will “break up” any adhesions that begin to form between the various layers of tissue: top layer: skin, next layer down: adipose, next layer down: fascia, next layer down: muscle. Due to dehydration, the fascia can become “stuck” to the muscles below causing a limited range of motion within the muscle tissue. The foam roller and trigger point ball will keep this situation from arising just by applying consistent therapy on regular basis; I like to view foam rolling, trigger point therapy and stretching as pre-hab verses rehab!
- **Evening Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your calves and quads/hips
Nutrition: 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation & free radicals

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout notes: come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).
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.
Weight: choose a weight that you can complete 10 reps with good form; maintain the same weight for second set
Speed of Lift: quick off the bottom, slow (3 count) back to your starting point
Rep Count:
Upper Body the goal is to complete **8-10 reps max**
Lower Body the goal is to complete **8-10 reps max**
Sets: 2
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:** please reference Monday's notes



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Pacing Intervals (70 Minutes)**

Workout notes: to maximize your productivity for this workout, you will need to have your bike computer set to speed & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain optimum power output).

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: 15 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

REPEAT THE FOLLOWING FOR 50 Minutes (Up to HR Z3 – no higher)

5 Minute Pacing Block

Each minute you will *increase your speed by 1 mph*. For example: Minute 1-15 mph, Minute 2-16 mph, etc. Adjust your gearing so that your cadence stays within 75-85 but still hit your goal pace of each minute after being established by interval #1(hold yourself accountable here).

5 Minute Recovery Block

5 minutes of easy spinning; you can't spin too easy here.

Misc. Notes: Hydrate with Energy Fuel every 10 minutes to maintain your blood sugar levels

Cool Down (HR Zone 1):

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

- **Evening Protocols:** please reference Monday's notes

Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**
[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout notes: come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

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.

Weight: choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

Speed of Lift: quick off the bottom, slow (3 count) back to your starting point

Rep Count:

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

Sets: 2

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:** please reference Monday's notes



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo/ Aerobic Enhancement (70 Minutes)**

Workout Notes: the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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: 55 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 5 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:** please reference Monday's notes

Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**
[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout notes: come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

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.

Weight: choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

Speed of Lift: quick off the bottom, slow (3 count) back to your starting point

Rep Count:
Upper Body the goal is to complete **8-10 reps max**
Lower Body the goal is to complete **8-10 reps max**

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

Misc. Notes: chronic dehydration is an easy fix: focus on consuming fruits and vegetables on a regular basis. Fruits and vegetables are loaded with natural electrolytes (sodium, potassium, calcium, magnesium) and contain a high level of water. Additionally, consuming them on a regular basis will not only provide you electrolytes and water, but they will also provide you antioxidants that will offset the negative side effects of free radicals (produced during high intensity training). By viewing fruits and vegetables as a performance enhancer will no doubt increase your consumption!
- **Evening Protocols:** please reference Monday's notes



Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (90 Minutes)**
 - Workout Notes:** 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 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: 1:15 Hour (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 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 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 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).
- **2 Hour Nap After Lunch**
 - Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.
- **Evening Protocols:** please reference Monday's notes

Combo Weight Workout – Muscular Endurance Phase 1		
Warm Up	Date	Date
10 Minute Warm Up: Easy spin on the bicycle or even temp pull on the Concept 2 rower		
Lower Body Cycle: No Rest in between exercises - 1 Minute rest at the end of the complete cycle		
Walking Lunges - 20 Steps (Out and Back)		
Instructional Videos: Walking Lunges		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Single Leg - Good Mornings		
Instructional Video: Single Leg-Good Morning		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Single Leg - Calf Risers		
Instructional Video: Single Leg Calf Raises		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Side Skaters		
Instructional Video: Side Skaters		
Rep 1 (as many as you can complete in 30 seconds)		
Rep 2 (as many as you can complete in 30 seconds)		
Static Wall Squats (Goal 60 Seconds)		
Instructional Video: Static Wall Squats		
Duration #1 (Pause and stretch your quads when you are finished to alleviate a muscle pull)		
Duration #2 (Pause and stretch your quads when you are finished to alleviate a muscle pull)		

Core & Lower Back Cycle (No Rest in between exercises - 1 Minute rest at the end of the complete cycle)	Date	Date
Pike Position (Goal 60 Seconds)		
Instructional Video: Pike Position		
Duration #1 (Roll over on your back and reach up and extend your toes - stretch your core)		
Duration #2 (Roll over on your back and reach up and extend your toes - stretch your core)		
Ab Roll Out On Fit Ball		
Instructional Video: Abdominal Roll out on Fit Ball		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Abdominals On Fit Ball		
Instructional Video: Abdominal Crunch on Fit Ball		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Pike - Push Up - Pike (30 Seconds)		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 30 seconds)		
Rep 2 (as many as you can complete in 30 seconds)		
Super Man's On Belly		
Instructional Video: Superman Strength Exercise		
Rep 1 (8-10 with good form – slow movement the entire range of motion)		
Rep 2 (8-10 with good form – slow movement the entire range of motion)		

Upper Body Cycle (No Rest in between exercises)	Date	Date
Clean & Jerk/Shoulder Press On Indo Board™		
Instructional Video: Indo Board Clean and Jerk Shoulder Press		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Single Leg - Bent Over Row		
Instructional Video: Single Leg Bent Over Row		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Push Ups On Indo-Board (or on the floor with your eyes closed)		
Instructional Video: Indo Board Push Ups		
Rep 1 (as many as you can complete in 30 seconds)		
Rep 2 (as many as you can complete in 30 seconds)		
Rotator Cuff Rotation on Fit Ball		
Instructional Video: Rotator Cuff Rotation on Fit Ball		
Weight (Light)		
Rep 1 (8-10 with good form – slow movement the entire range of motion)		
Weight (Light)		
Rep 2 (8-10 with good form – slow movement the entire range of motion)		
Lat Drop-Triceps Press on Fit Ball		
Instructional Video: Lat Pull Over-Triceps Extension		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Rear Deltoid on Single Leg		
Instructional Video: Rear Deltoid on Single Leg		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		

Upper Body Cycle (No Rest in between exercises)	Date	Date
Deep Squats/Bicep Curl		
Instructional Video: Deep Squat with Curls		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Incline on Fit Ball		
Instructional Video: Incline on the fit ball		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Frankenstein's-Front/Middle Deltoids on Indo-Board (or single leg)		
Instructional Video: Frankenstein's on Indo Board		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		



Complete one of the following after your strength workout*

Instructional Video – Rowing		
2000 Meter Rowing		Date
Warm up for 200 Meters - Low Intensity		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		

Bicycle Sprints		Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		