



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

*Phase 11*  
*6 Weeks*  
*5/6*  
*Race Specific Speed 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 or above (Builds your strength & speed – burns fat 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:** If possible, sleep in and begin your day with a dense breakfast consisting of fresh fruits and clean proteins (a vegetable omelet would be ideal) and 20 ounces of filtered, cold fluids (for maximum absorption). Keep a close eye on your food & fluid intake; the leaner you are the more sensitive you are to blood sugar levels. By utilizing your Coach Robb Food & Performance Log and evaluating the quality of your workout & post workout soreness will provide you immediate feedback regarding your quality and quantity of food you are taking in daily. When you begin to realize that each meal and snack is designed to “fuel” your next workout, you will begin to focus on how much you eat along with the quality and then evaluate if what you consumed improved or detracted from your performance. This constant evaluation will help you develop your nutritional profile as it relates to your health and ultimately your performance.
- **Evening Protocols**  
**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts  
**Nutrition:** 15 minutes before bed, take your evening supplements with your whey protein smoothie

**Tuesday**

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Functional Strength Weight Workout**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]  
**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and 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.  
**Speed of Lift:** **Explode off the bottom**      **Repetitions:** 6-8 Reps (both upper & lower body)  
**Sets:** 2 (unless it is a timed duration)      **Rest Interval:** none in between exercises; 1 minute in between cycles  
**Post Workout Protocols**
  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols:** please reference Monday's notes & video links



## Wednesday

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

**Workout notes:** to maximize your productivity for this workout, you will need to have your display set to pace & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain good form & 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:** 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**

Each minute you will *increase your pull rate and/or you pace by 5-10 seconds*. For example: Minute 1-2:00 pace, Minute 2-1:55 pace, etc.

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 pulling; you can't pull too easy here.

**Misc. Notes:** Hydrate with Energy Fuel every 10 minutes to maintain your 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**

- **(Evening Workout) Complete Racing Solutions (CRS) 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**

**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):** 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 (CRS) 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](#)



#### Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Functional Strength Weight Workout**

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

**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and 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.

**Speed of Lift:** **Explode off the bottom**

**Sets:** 2 (unless it is a timed duration)

**Repetitions:** 6-8 Reps (both upper & lower body)

**Rest Interval:** none in between exercises; 1 minute in between cycles

#### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols:** please reference Monday's notes & video links

#### Friday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Evening Workout) Complete Racing Solutions (CRS) 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

- **Complete Racing Solutions (CRS) Row: Incremental Pacing Intervals (70 Minutes)**

**Misc. 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:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Display:** Time

**Load Level:** 3

**Duration:** 10 Minutes

**Pull Rate:** less than 25

**Stretch from head to toe**

**Main Set: 55 Minutes within HR Z2 (no higher or lower):** Form is more important than pace to avoid injury

**Display:** Time

**Load Level:** 5

**Duration:** 45 Minutes

**Pull Rate:** 25-30

**Hydrate:** every 10 minutes

**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:** 5 Minutes

**Pull Rate:** less than 25

#### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols**
  - Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts
  - Nutrition:** 15 minutes before bed, take your evening supplements with your whey protein smoothie



## Saturday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Afternoon Workout) Functional Strength Weight Workout**

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

**Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and 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.

**Speed of Lift:** **Explode off the bottom**

**Sets:** 2 (unless it is a timed duration)

**Repetitions:** 6-8 Reps (both upper & lower body)

**Rest Interval:** none in between exercises; 1 minute in between cycles

### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

### 2 Hour Power Nap after lunch

**Misc. Notes:** prior to your nap, consume a meal that is high in MCT's (medium chain triglycerides) - extra virgin olive oil, avocados, raw coconut, raw nuts and cold water fish (salmon). This quality fat will be used to recharge your body from the inside out while satisfying your appetite so that you can sleep soundly for 2-3 hours. When you wake up, consume 8-10 ounces of cold water and 2 scoops of Energy Fuel.

- **Evening Protocols**

**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts

**Nutrition:** 15 minutes before bed, take your evening supplements with your whey protein smoothie

## Sunday

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

**Complete One of the Following for your Morning Workout:**

- **Complete Racing Solutions (CRS) Row: Pacing Intervals (70 Minutes)**

**Workout notes:** to maximize your productivity for this workout, you will need to have your display set to pace & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain good form & 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:** 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**

Each minute you will *increase your pull rate and/or you pace by 5-10 seconds*. For example: Minute 1-2:00 pace, Minute 2-1:55 pace, etc.

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 pulling; you can't pull too easy here.

**Misc. Notes:** Hydrate with Energy Fuel every 10 minutes to maintain your 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**

- **(Evening Workout) Complete Racing Solutions (CRS) 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**

**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):** 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 Pacing Intervals) Complete Racing Solutions (CRS) 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](#)

**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](#)

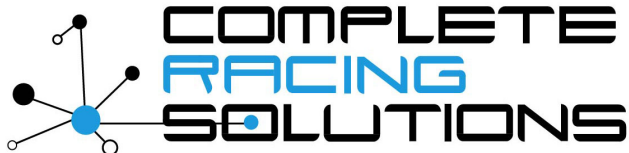
▪ **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** pay close attention to your protein intake; protein (specifically amino acids) are designed to rebuild the muscles that you have torn down during training. No matter how hard you go, you should not be tender any longer than 2 days, if you are struggling with soreness or overall fatigue levels, bump up your protein and brown bread intake. The B-Vitamins will improve the absorption of your protein for a quicker and more complete recovery.

▪ **Evening Protocols**

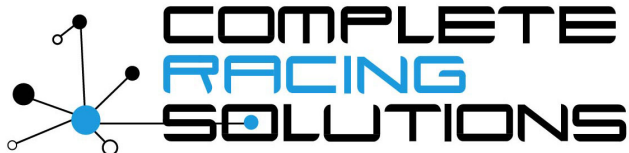
**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & gluts

**Nutrition:** 15 minutes before bed, take your evening supplements with your whey protein smoothie



THE SCIENCE OF PERFORMANCE

<b>Phase 11 -Functional Strength Sets</b>			
<b>Warm Up</b>			
<b>Concept 2 <sup>TM</sup> Rower or Spin on Bike - 10 minutes Easy</b>			
<b>CYCLE ONE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Pike - Push Up - Pike (40 Seconds)</b>			
<a href="#">Instructional Video: Pike-Push Up-Pike</a>			
<b>Rep 1 (as many as you can complete in 40 seconds)</b>			
<b>Rep 2 (as many as you can complete in 40 seconds)</b>			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
<a href="#">Instructional Video: Isolated Leg on Bench</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (As many reps as you can do in 40 seconds-hold good form)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (As many reps as you can do in 40 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>CYCLE TWO</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Air Squats</b>			
<a href="#">Instructional Video: Air Squats (no weight)</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (As many reps as you can do in 40 seconds-hold good form)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (As many reps as you can do in 40 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>Hamstring Press-Extension on Fit Ball</b>			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
<b>Rep 1 (as many as you can complete in 40 seconds)</b>			
<b>Rep 2 (As many reps as you can do in 40 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>CYCLE THREE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Overhead Extension-Triceps Press (Not Fast-Good Form)</b>			
<a href="#">Instructional Videos: Overhead Extension-Triceps Press</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Rep 1 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Rep 2 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Step Up &amp; Calf Raises (no weight)</b>			
<a href="#">Instructional Video: Step up &amp; Calf Raise</a>			
<b>Rep 1 (as many as you can complete in 40 seconds)</b>			
<b>Rep 2 (as many as you can complete in 40 seconds)</b>			



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CYCLE FOUR	Date	Date	Date
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Individual Chest Press on Fit Ball			
<a href="#">Instructional Video: Individual Chest Press on Fit Ball</a>			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
CYCLE FIVE	Date	Date	Date
Incline Press on Fit Ball			
<a href="#">Instructional Video: Incline Press on Fit Ball</a>			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Rear Deltoid			
<a href="#">Instructional Videos: Rear Deltoid</a>			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
CYCLE SIX	Date	Date	Date
Chest Fly with Deep Pause on Fit Ball			
<a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Side Skaters			
<a href="#">Instructional Videos: Side Skaters (Inner Thigh)</a>			
Rep 1 (good form – land lightly)			
Rep 2 (good for – land lightly – strive to surpass Set #1)			



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CYCLE SEVEN	Date	Date	Date
<b>Abs: Knees to Chest</b>			
<a href="#">Instructional Video: Hanging Knees to Chest</a>			
Duration #1 (move slowly; this will strengthen your upper & lower abs)			
Duration #2 (move slowly; this will strengthen your upper & lower abs)			
<b>Abs: Open Rotation</b>			
<a href="#">Instructional Videos: Abs-Open Rotation</a>			
Rep 1 ("feel" for the rotation vs. dropping your elbow)			
Rep 2 ("feel" for the rotation vs. dropping your elbow)			
<b>Abs: Hip Risers</b>			
<a href="#">Instructional Videos: Hip Risers</a>			
Rep 1 (literally drop your hips and then rise them back up)			
Rep 2 (pause briefly at the top & then slowly drop your hips back down)			
<b>15 Minutes - Bike Intervals</b>	Date	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)			
Note: increase the load levels to MODERATE			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			