



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 11
6 Weeks
2/6
Enhanced Race 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+ (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: Research supports increased salt intake – this was the title of an article written by sports dietician Bob Seebohar where he reviewed eight scientific articles published in a medical research journal in addition to consulting with a world class endurance athlete (Joanna Zeiger). Here is a recap of what he extracted from the articles:

1. Symptoms of low salt levels: dizziness, nausea, vomiting, throbbing headache, swollen hands & a bloated stomach
2. Sodium losses range from 3.0-5.5 grams per hour (depending on intensity, temperature & humidity levels)
3. Steps to offset low sodium levels:
 - a. Increase sodium intake by preloading 3 to 4 grams of sodium 12 to 24 hours before a hard workout or race
 - b. Consume between 800-1500 milligrams of sodium per hour (and follow your thirst levels) of training or racing
 - c. Consume a sports drink that contains 150-200 milligrams of sodium per hour (Note: [Energy Fuel](#) provides 160 mg per serving).

Researchers agree that high sodium diets can blunt or possibly even reverse the expected decrease in sweat sodium during heat acclimatization. The bottom line is that current research supports adding more sodium to the diet in preparation for racing in the heat, and when you add the real life experiences of world class athletes like Joanna it is hard to argue with the results!

- **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) Complete Racing Solutions Combo 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

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

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**

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



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike (65 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: 1 Hour 45 Minutes (HR Zone 2)

Set Notes: keep you 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.

Warm down (HR Zone 1):

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Cool Down: 10 Minutes (HR Zone 2 or less)

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

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

Thursday

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

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

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

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

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



Friday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Fragmented Pacing Interval Blocks (1 Hour)**

[Note: if you are riding indoors, please cut the volume in half]

Workout notes: this workout is going to require patience and a sharp mental focus; as the time transpires, your speed will increase up to an all-out sprint. Begin this workout with the mental mindset that you are going to find your point of fatigue – this is ok. As you begin to experience “fatigue”, focus on optimized pedal mechanics and deep breathing to provide your working muscles the much-needed oxygen. Stretch and hydrate as needed during each even paced cycle.

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: 10 Minutes (HR Zone 2 or less)

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

REPEAT THE FOLLOWING FOR 40 Minutes

Even Paced (5 Minutes) – HR Zone 2

With the tallest gearing that you can hold while keeping your cadence between 80-85

4-Minutess High Speed Effort (HR Zone 3); with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your HR Zone 3. Move right back into your 1 Minute acceleration block.

1 Minute Acceleration up to a sprint – from your HR Zone 3, accelerate out of the saddle up to a sprint effort until you have spun out your tallest gear combination over 1 minute. Your goal is to achieve **HR Zone 4** by the end of your acceleration.

Cool Down: 10 Minutes (HR Zone 2 or less)

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**

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
- **(Morning Workout) Complete Racing Solutions Combo 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

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

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

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 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 & 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



Sunday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Fragmented Pacing Intervals (75')**
[Note: if you are riding indoors, please cut the volume in half]

Workout notes: similar to Monday's protocols; however, instead of standing during your acceleration, remain seated. Remember to slide to the back of the seat when you begin to generate maximum power; this will protect your lower back and knees. If you feel any straining within the muscles or joints, shut down the interval immediately; stop and stretch; ride easy for 20 minutes before trying again. Err on the side of caution with these intervals.

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 for 10 minutes (HR Zone 1)

Choose a gear combination that has your legs turning over very easily; stretch your calves and lower back before starting your main set.

REPEAT THE FOLLOWING 20 MINUTE BLOCK – 3X (Total of 60 Minutes) **Even Paced (15 Minutes) – HR Zone 2**

With the tallest gearing that you can hold while keeping your cadence between 80-85

4-Minutes High Speed Effort (HR Zone 3); with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your HR Zone 3. Move right back into your 1 Minute acceleration block.

1 Minute Acceleration up to a sprint – from your HR Zone 3, accelerate out of the saddle up to a sprint effort until you have spun out your tallest gear combination over 1 minute. Your goal is to achieve **HR Zone 4** by the end of your acceleration.

Cool Down (HR Zone 1):

Duration: 5 minutes (no shorter)

Gearing: small chain ring up front, middle rear gearing

Cadence: 70-80 (no higher/lower)

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).

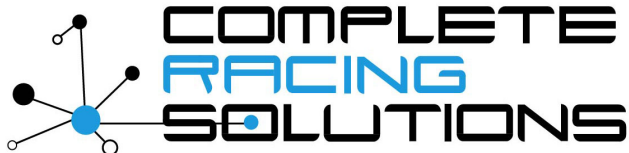
▪ **2 Hour Nap After Mid-Day Meal**

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**

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



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

CYCLE FOUR	Date	Date	Date
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
Instructional Video: Lat Pull Over-Triceps Extension			
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			
Instructional Video: Individual Chest Press on Fit Ball			
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			
Instructional Video: Incline Press on Fit Ball			
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			
Instructional Videos: Rear Deltoid			
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			
Instructional Video: Chest Fly with Deep Pause on Fit Ball			
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			
Instructional Videos: Side Skaters (Inner Thigh)			
Rep 1 (good form – land lightly)			
Rep 2 (good for – land lightly – strive to surpass Set #1)			

CYCLE SEVEN	Date	Date	Date
Abs: Knees to Chest			
Instructional Video: Hanging Knees to Chest			
Duration #1 (move slowly: this will strengthen your upper & lower abs)			
Duration #2 (move slowly; this will strengthen your upper & lower abs)			
Abs: Open Rotation			
Instructional Videos: Abs-Open Rotation			
Rep 1 ("feel" for the rotation vs. dropping your elbow)			
Rep 2 ("feel" for the rotation vs. dropping your elbow)			
Abs: Hip Risers			
Instructional Videos: Hip Risers			
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)			
15 Minutes - Bike Intervals	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			