



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

*Phase 12*  
*6 Weeks*  
*2/6*  
*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:** when it comes to health, wellness and ultimate performance, the key to success isn't focusing on perfection but rather minimizing mistakes. The key to minimizing mistakes is planning with all aspects of your life in this order: sleep, food, family, professional and then athletically. Though we discuss this often it is something that has to be implemented on a daily basis, but is met with the most resistance by those around you that want you to accommodate their schedule – I refer to this as gravitational pull because the greatest amount of resistance is when you get started (and you capture the attention of those around you that you are not conceding to their needs, wants and desires -verses your own). Once you can overcome this initial level of resistance, you are able to maximize your productivity by doing exactly what you have scheduled based on YOUR priorities (personally and athletically).
- **Evening Protocols:**  
**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 and free radicals

**Tuesday**

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Push-Pull-Sprint Intervals (Familiar Protocols – longer duration)**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]  
**Workout Notes:** your goal is to complete 40 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed, and endurance.  
**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 & to avoid unwanted cramping.  
**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 on your calves and quads/hips  
**Nutrition:** 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation and free radicals



### Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (90 Minutes)**

**Misc. Notes:** for this workout you will need to know your **HR Z2** numbers (high and low specific number).

**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 & to avoid unwanted cramping.

**Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 20 minutes (no shorter)

**Gearing:** small chain ring up front, middle rear gearing

**Cadence:** 80-85 (no higher/lower)

**Misc.:** stretch and hydrate before moving into your main set

**Main Set: 1 Mile Intervals at HR Z2 (No Higher): 60 Minutes**

1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**

½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**

**Repeat for 60 minutes**

**Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 10 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**

**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:**

**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your calves and quads/hips

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### Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solution Push-Pull-Sprint Intervals (Familiar Protocols – longer duration)**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]

**Workout Notes:** your goal is to complete 40 minutes of this push-pull-sprint routine without falling too far off of the pace and repetition count. The smaller the deviation in all three exercises, the beneficial the workout will be for your development of strength, speed and endurance.

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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 tomorrow's workouts more productive).

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## Friday

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**Misc. Notes:** for this workout you will need to know your **HR Z2** numbers (high and low specific number).

**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 & to avoid unwanted cramping.

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**Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your calves and quads/hips

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## Saturday

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**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 & to avoid unwanted cramping.

**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:** research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein & fat (they only thing that satisfies your appetite).

- **Evening Protocols:**

**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 and free radicals



## Sunday

- **Body Analysis** – please use your **Coach Robb Report Card** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solution Bike: 1 Mile Aerobic Intervals (90 Minutes)**

**Misc. Notes:** for this workout you will need to know your **HR Z2** numbers (high and low specific number).

**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 & to avoid unwanted cramping.

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**Repeat for 60 minutes**

**Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 10 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**

**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 Lunch**

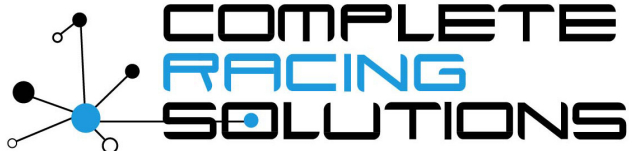
**Misc. Notes:** as you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.

- **Evening Protocols:**

**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 and free radicals

<b>Phase 12: Push-Pull-Sprint Combo Set</b>	<b>Date</b>	<b>Date</b>
Easy Row - 10 minutes		
Stretch - Head to Toe		
<a href="#">Full Body Stretch - Instructional Video</a>		
<b>Cycle 1: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 2: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 3: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		



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<b>Cycle 4: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 5: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 6: Push-Pull-Sprint</b>		
Push Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
Pull Ups		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
1000 Meter Sprint (Damper Setting at 8)		
Time to Complete 100 Meters		
<b>1 Minute Rest before beginning your Cool Down</b>		
<b>Cool Down</b>		
1000 Meter Sprint (Damper Setting at 3)		