



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 12
6 Weeks
3/6
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: as the load levels and speed levels increase, you will be placing more demands on your muscles. The result will be residual soreness and a sense of heaviness. With this in mind, please pay close attention to your lean protein intake. The amino acids in your protein sources are the key re-building blocks of your muscles. If you notice that you are still sore two days or more after an intense workout, then you need more protein (specifically amino acids). Another clear indicator of inadequate protein intake is a reduction in the smell and color of your urine. Though we have discussed this before, it is the best personal indicator of what is going on within your muscles as you strive to improve your overall health and ultimately your performance.
- **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.
- **(Afternoon 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 more 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.
- **(Evening Workout) Complete Racing Solutions Bike: Timed Intervals (90 Minutes)**
 - Misc. Notes:** Once you are finished with your warm-up, your goal is to settle into your HR Z3 (no higher or lower) and complete a 3 minute "interval". Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your HR Z3. During your 3-minute rest interval, spin easy and allow your HR to get back into HR Z1.
 - 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)
 - 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 Set: Heart Rate Pyramids: 10 x 7 Minutes**
 - Settle into HR Z3 and maintain for 3 minutes
 - Recover by spinning easy for 3 minutes in HR Z1 (no higher for optimum recovery)
 - Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**
 - Duration:** 10 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:**
 - 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

Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes.
- **(Afternoon 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.
 - 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



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes.**
- **(Morning Workout) Complete Racing Solution Bike: Power Interval Workout (80 Minutes)**

Misc. Notes: the key to maximizing your productivity during this workout is to keep a close eye on your intensity levels (no higher than HR Z3); your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves and gluts all firing to turn the pedals.

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: 15 minutes

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 Performance Block #1: 60 minutes (HR Zone 3)

3 minutes seated- event tempo with your cadence above 90 & within HR Z3 focus on deep belly breathing to ride as fast as possible without tripping above HR Z3. Hydrate and stretch as necessary to maintain optimum power output.

2-Minute-Tall Gear-Out of the saddle interval

Big chain ring up front, hardest gear in the back stand up & focus on keeping yourself from “bottoming out” at the bottom of the pedal stroke (pull back prior to hitting bottom dead center).

REPEAT THIS 5 MINUTE BLOCK 8 TIMES FOR A TOTAL OF 40 MINUTES

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 allows for 85-90 cadence & HR Z1

Cadence: 85-90

Misc.: don't dismount until your heart rate is within HR Z1

- **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

Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes.**
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: this is one of my favorite workout blocks, staying aerobic for the entire duration and seeing how “fast” you can ride while staying within your 80-85% effort levels. Think about this, everyone can go faster by pushing the effort, but how many riders can go faster than everyone else while staying aerobic? When you teach yourself how to do this, you leave yourself some room to drop the hammer when/if necessary (create a gap on someone, pick the bike up and crank it if you fall, etc.). This is a great workout to teach yourself patience and intelligence about going fast and being able to sustain it.

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: 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.

- **(Optional Evening 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



Sunday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes.**
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: this workout adheres to the inverse principle between volume & intensity: when your volume is up (i.e. 15 minutes), your intensity levels will be reduced (80-85%) and when you take the volume down (i.e. 5 minutes), your intensity will be increased (90-95%). This type of workout will help “teach” your body how and when to adjust intensity levels for optimum performance results: faster and more consistent lap times. Additionally, this workout is going to teach your energy systems and brain to increase the speed at the end of the race verses slowing down – a difficult habit to break!

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

Phase 12: Push-Pull-Sprint Combo Set	Date	Date
Easy Row - 10 minutes		
Stretch - Head to Toe		
Full Body Stretch - Instructional Video		
Cycle 1: Push-Pull-Sprint		
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		
1 Minute Rest before beginning the next cycle		
Cycle 2: Push-Pull-Sprint		
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		
1 Minute Rest before beginning the next cycle		
Cycle 3: Push-Pull-Sprint		
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		
1 Minute Rest before beginning the next cycle		

Cycle 4: Push-Pull-Sprint		
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		
1 Minute Rest before beginning the next cycle		
Cycle 5: Push-Pull-Sprint		
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		
1 Minute Rest before beginning the next cycle		
Cycle 6: Push-Pull-Sprint		
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		
1 Minute Rest before beginning your Cool Down		
Cool Down		
1000 Meter Sprint (Damper Setting at 3)		

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Aerobic Enhancement & Speed					Total Duration: 60 Minutes		
		Description							Intensity
Warm Up		Set Focus: Gradual Warm Up							
		Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel							Less Than 50%
Main Set #1		Set Focus: Perfect Execution of Pre-Race Routine and Starts							Intensity
Workout Protocol:		Complete 10 starts with your emphasis being on transitioning from over the gate to shifting up and pulling back on the bars for a deeper hook up of the rear wheel.							Too Short To Evaluate
Elapsed Times:		Interval 1:	Interval 2:	Interval 3:	Interval 4:	Interval 5:			
Elapsed Times:		Interval 6:	Interval 7:	Interval 8:	Interval 9:	Interval 10:			
Performance Recap:		Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:			
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel							
Main Set #2		Set Focus: Aerobic Enhancement							Intensity
Workout Protocol:		Your goal is to stay aerobic (based on your actual heart rate) for the first 10 minutes and then pick up the pace by choice into your sprint effort (based on heart rate) for 5 minutes Moto Specific Heart Rate Zone - Low # High #							
Performance Recap:		15 Minutes Aerobic:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	80-85%
Performance Recap:		5 Minutes at Sprint Effort:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	90-95%
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel							
Main Set #3		Set Focus: Aerobic Enhancement							Intensity
Workout Protocol:		Your goal is to match (or be slightly faster) than Set #2; make this happen with smooth lines and deep breathing Moto Specific Heart Rate Zone - Low # High #							
Performance Recap:		15 Minutes Aerobic:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	80-85%
Performance Recap:		5 Minutes at Sprint Effort:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	90-95%
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel							
Main Set #4		Set Focus: Aerobic Enhancement							Intensity
Workout Protocol:		Your goal is to match (or be slightly faster) than Set #3; make this happen with smooth lines and deep breathing Moto Specific Heart Rate Zone - Low # High #							
Performance Recap:		15 Minutes Aerobic:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	80-85%
Performance Recap:		5 Minutes at Sprint Effort:		Fastest Lap Time:		Average Lap Time:		Avg. HR:	90-95%
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel							
		Pre-Riding Weight:			Post-Riding Weight:				
		Total Fluids Consumed:			Loss/Gain				

• **Complete Racing Solutions MX Speed Workout #1**

Workout Notes: this workout adheres to the inverse principle between volume & intensity: when your volume is up (i.e. 15 minutes), your intensity levels will be reduced (80-85%) and when you take the volume down (i.e. 5 minutes), your intensity will be increased (90-95%). This type of workout will help “teach” your body how and when to adjust intensity levels for optimum performance results: faster and more consistent lap times. Additionally, this workout is going to teach your energy systems and brain to increase the speed at the end of the race verses slowing down – a difficult habit to break!



Complete Racing Solutions Aerobic MX Workout #1						
Workout Focus: Holding Aerobic Pace as Duration Increases				Workout Duration: 90 Minutes		
	Description					
	Focus: Gradual Warm Up					
Warm Up	Set Focus: generate blood flow into all the working muscles					Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower					Less Than 40%
	Concept 2™ Rower - 10 minutes: low intensity pulling					
	Instructional Video on how to stretch - head to toe					
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #1	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)					Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	80-85%
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:					
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #2	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)					Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	80-85%
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:					
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #3	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)					Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 20 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	80-85%
	Fastest Lap Time: Slowest Lap Time: Average Lap Pace:					
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)					40%
	Pre-Riding Weight:		Post-Riding Weight:			
	Total Fluids Consumed:		Loss/Gain			