



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

*Phase 12*  
*6 Weeks*  
*4/6*  
*Race Specific Speed and Endurance and Durability*

**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:** 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: 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.
- **(Evening Workout) Complete Racing Solutions Push-Pull-Sprint Intervals (40 Seconds)**  
[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 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: 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 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):

**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):

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

#### 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.
- **(Evening Workout) Complete Racing Solution Push-Pull-Sprint Intervals (40 Seconds)**

[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.

- **(Evening 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 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**

**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 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



## Saturday

- **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 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).
- **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 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 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.
  - 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 tomorrows 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:**
  - 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>		
<b>Push Ups</b>		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
<b>Pull Ups</b>		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
<b>1000 Meter Sprint (Damper Setting at 8)</b>		
Time to Complete 100 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 2: Push-Pull-Sprint</b>		
<b>Push Ups</b>		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
<b>Pull Ups</b>		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
<b>1000 Meter Sprint (Damper Setting at 8)</b>		
Time to Complete 100 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		
<b>Cycle 3: Push-Pull-Sprint</b>		
<b>Push Ups</b>		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
<b>Pull Ups</b>		
# of Reps (Completed in 30 Seconds – 40 Second Rest Interval)		
<b>1000 Meter Sprint (Damper Setting at 8)</b>		
Time to Complete 100 Meters		
<b>1 Minute Rest before beginning the next cycle</b>		

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)		