



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 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):

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 MX: Aerobic Workout #1**

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

Workout Notes: the emphasis for this workout is to lower your overall effort (based exclusively on your heart rate) and learn how to ride smooth, yet efficiently fast. It doesn't take a lot for you to "push the pace"; however, it will take patience and mental focus to find a comfortable speed with a lower overall heart rate. By following the indicated intensity levels, you will learn that you can actually become faster by lowering your effort down thanks to the momentum you will create. Remember, stay focused and Ride Smart Not Hard!

Post Workout Protocols

- **Flexibility:** after your shower, utilize ice therapy to any active trigger point areas – [click here](#) to learn how to make.
- **Nutrition:** after consuming your pre-bed snack, consume your evening supplements for maximum absorption.
- **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 anti-oxidants 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!
- **(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 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



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: pay extra attention to your heart rate for the first 15 minutes of each block - HR Z2 or less. At the 15-minute mark, bump up the pace slightly (into HR Z3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).

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).

- **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.

- **(Afternoon 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

- **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/Burn Fat	Total Ride Time: 2 Hours
	Description			
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	Intensity Less Than 50%		
Main Set #1	Set Focus: Teach your body to burn more stored fat (20 Minutes) Workout Protocol: Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15 minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. 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% Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: 80-85% Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: 85-90% Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity		
Main Set #2	Set Focus: Teach your body to burn more stored fat (20 Minutes) Workout Protocol: Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15 minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. 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% Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: 80-85% Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: 85-90% Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity		
Main Set #3	Set Focus: Teach your body to burn more stored fat (20 Minutes) Workout Protocol: Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15 minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. 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% Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: 80-85% Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: 85-90% Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity		
Main Set #4	Set Focus: Teach your body to burn more stored fat (20 Minutes) Workout Protocol: Set your HR monitor so that you ensure you stay within HR Z2 or less for the first 15 minutes; at the 15 minute mark, bump up your intensity into HR Z3 for 5 min. while staying as smooth as possible. 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% Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: 80-85% Elapsed Times: Lap 16 Time: Lap 17 Time: Lap 18 Time: Lap 19 Time: Lap 20 Time: 85-90% Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity		
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down	< 40%		

Complete Racing Solutions MX Speed Workout #1

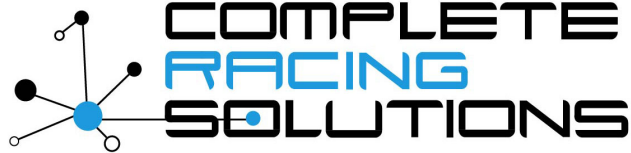
Workout Notes: pay extra attention to your heart rate for the first 15 minutes of each block - HR Z2 or less. At the 15 minute mark, bump up the pace slightly (into HR Z3) by driving your entry speed along with a smooth and early throttle on your exits. Remember, the smoother you ride, the lower your heart rate (resulting in more burned fat and the conservation of stored sugar in your liver and muscles).

Post Workout Protocols

- Flexibility:** head to toe [foam rolling exercises](#) for optimum recovery
- Nutrition:** immediately consume 8-10 ounces of [Premium Muscle Builder](#) to replace depleted muscle sugar and repair muscle tissue



<div> <div>Complete Racing Solutions Aerobic MX Workout #1</div> <div> <div>Workout Focus: Consistent Race Speed Minutes</div> <div>Total Ride Time: 60</div> </div> </div>		
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	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 40%
Main Set #1	Set Focus: Consistency Challenge with your start and first turn	Intensity
Workout Protocol:	Complete 10 starts - through the first turn and down the entire first straight (be aggressive!) Keep a close eye on your body position - attack, looking up and using your legs/core combination Take your time from the start to the end of the first straight away	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	N/A
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:	N/A
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Body Balance - Timing of faster cornering	Intensity
Workout Protocol:	Drive down a straight and challenge yourself on the positioning of your body along with the use of the clutch, brake and throttle. Take the time to "learn" the timing of this to shave 1/2 second per lap. As you drive closer into the corner, simply increase the speed that you approach the corner. Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A N/A
Main Set #3	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes Moto Specific Heart Rate Zone - Low # High # Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	75-80%
Main Set #5	Set Focus: Aerobic Endurance (30 Minute Moto)	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 30 minutes Don't take lap times, instead change up your lines every lap: one fast, one non-optimized. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number	75-80%



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	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: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain