



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 12
6 Weeks
5/6
Lower Intensity | Active Recovery | Absorb Last Four Weeks of Training

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: take a few minutes to review your last set of body measurements and ask yourself this question: Am I getting enough protein to repair and build new muscle? The easiest way to evaluate your protein intake is to review the measurements of your quads and your chest. If you are consuming enough high-quality protein (specifically amino acids), then your body should be “growing” as a response; growth in the muscle world means developing more muscle and burning body fat. This increase in muscle mass means that you are now stronger than before and can handle higher rates of speed without becoming tired. Another variable that will help you with your protein intake analysis is to watch the color of your morning urine. Unless you are taking a multi vitamin that contains Vitamin B, then your morning urine should be slightly yellow. However, if it is dark yellow and very pungent, then you are not getting enough protein in your daily diet. Note, what you smell is the nitrogen being released as your body cannibalizes (i.e., eats) muscle tissue for energy. Review your daily food logs and adjust your protein intake up until this situation disappears, ironically you will notice an improvement in both your strength, endurance, and recovery as well!
- **Evening Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
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.
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)**
Misc. Notes: finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.
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 you the much-needed electrolytes.
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 Set: Even Tempo for 45 Minutes in HR Z2 (no higher)
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk or whole milk (the fat satisfies appetite).
- **Evening Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
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



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes.
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)**
Misc. Notes: finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.
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 you the much-needed electrolytes.
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 Set: Even Tempo for 45 Minutes in HR Z2 (no higher)
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk or whole milk (the fat satisfies appetite).
- **Evening Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
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

Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes.
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (60 Minutes)**
Misc. Notes: finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.
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 you the much-needed electrolytes.
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 Set: Even Tempo for 45 Minutes in HR Z2 (no higher)
Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
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**
- **Evening Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
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



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes.**
- **Note: if you're resting HR is up 5 or more beats, no workout**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (80 Minutes)**
 - Misc. Notes:** finish this workout feeling that you could have ridden for another hour easily. You can't go too easy during this bike ride. It is a simply designed to warm up the tissue, leverage some body fat for fuel and then shut it down.
 - 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 you the much-needed electrolytes.
 - 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 Set: Even Tempo for 65 Minutes in HR Z2 (no higher)**
 - Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
 - 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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk or whole milk (the fat satisfies appetite).
- **Evening Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
 - 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

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 become faster by lowering your effort down thanks to the momentum you will create. Remember, ride smart not hard!
 - Post Workout Protocols**
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk or whole milk (the fat satisfies appetite).
- **2 Hour Nap After Mid-Day Meal**
 - Misc. Notes:** plan ahead and time your nap within 30 minutes after a mid-day meal. To increase the quality of your nap, consume something that normally makes you feel sleepy. This will put you to sleep quicker and have you sleeping deeply – this will allow your body to produce the much-needed hGH (the hormone that makes you lean!). Sleep deep, wake up leaner!
- **(Evening Workout) Complete Racing Solutions Bike: Even Tempo (75 Minutes)**
 - Misc. Notes:** like your other even tempo rides this week, just slightly longer.
 - 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 you the much-needed electrolytes.
 - 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 Set: Even Tempo for 60 Minutes in HR Z2 (no higher)**
 - Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2
 - 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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk or whole milk (the fat satisfies appetite).
- **Evening Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
 - Flexibility:** after your shower, grab a tennis, lacrosse or TP ball and work on your calves and quads/hips



Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #2**

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

Workout Notes: To get the most out of this workout, make sure that you allow yourself some room to pick up the pace the second half of your main intervals. Wear a HR monitor to keep you from going too hard initially - pay close attention to the indicated intensity levels. Proper hydration will be imperative for you to optimize your time - mental clarity will be important for the last interval of starts.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk or whole milk (the fat satisfies appetite).

- **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 and more complete recovery.

- **(Evening Workout) Complete Racing Solutions Bike: Even Tempo (75 Minutes)**

Misc. Notes: similar to your other even tempo rides this week, just slightly longer.

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 you the much-needed electrolytes.

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 Set: Even Tempo for 60 Minutes in HR Z2 (no higher)

Settle into a comfortable load level and leg turnover that allows you to maintain a HR intensity of Z2

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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk or whole milk (the fat satisfies appetite).

- **Evening Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

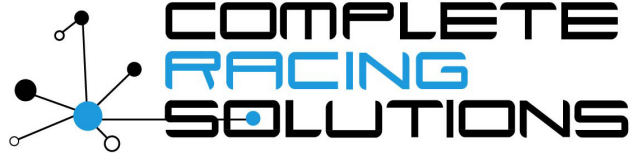
Flexibility: after your shower, grab a tennis, lacrosse or TP ball and work on your calves and quads/hips

Nutrition: 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation & free radicals



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Consistent Race Speed		Total Ride Time: 60 Minutes
	Description	
Warm Up	Focus: Gradual Warm Up	Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	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 Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Interval 6: Interval 7: Interval 8: Interval 9: Interval 10: Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Too Short To Measure
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	Too Short To Measure
Main Set #3	Set Focus: Aerobic Endurance (15 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 15 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 Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85%
Main Set #4	Set Focus: Aerobic Endurance (15 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 15 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	80-85%
Main Set #5	Set Focus: Aerobic Endurance (15 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 15 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	80-85%
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	

Complete Racing Solutions Aerobic MX Workout #2					
Workout Focus: Aerobic Enhancement / Pacing					
		Description			
Warm Up		Focus: generate blood flow into all the working muscles			
Warm Up		Set Focus: Gradual Warm Up			Intensity Less Than 40%
		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 Instructional Video - Stretching head to toe Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel			
Main Set #1		Set Focus: Reaction Time & Transitions			Intensity
Protocols:		10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight 10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel			N/A N/A
Main Set #2 Workout Protocol:		Set Focus: Aerobic Enhancement / Negative Split			Intensity
		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. At the 20 minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.			
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:
Fastest Lap Time:		Average Lap Pace:		Avg. Heart Rate:	
		Max HR:			
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel			75-80% 75-80% 90-95%
Main Set #3 Workout Protocol:		Set Focus: Aerobic Enhancement / Negative Split			Intensity
		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. At the 20 minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.			
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:
Fastest Lap Time:		Average Lap Pace:		Avg. Heart Rate:	
				Max HR:	
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel			75-80% 75-80% 90-95%
Main Set #4 Workout Protocol:		Set Focus: Aerobic Enhancement / Negative Split			Intensity
		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. At the 20 minute point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.			
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:
Fastest Lap Time:		Average Lap Pace:		Avg. Heart Rate:	
				Max HR:	
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel			75-80% 78-80% 90-95%
Main Set #5		Set Focus: Reaction Time & Transitions			Intensity
Protocols:		10 Minutes of quick starts - 2 bike lengths out of the gate; smooth and straight			N/A



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	10 Minutes of transition starts and the first turn to a fixed point out of the first turn Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	