



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

**Phase 12**  
**6 Weeks**  
**6/6**  
**Re-Evaluate Your Strength, Endurance & Lactate Tolerance**

**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 Racing Solutions (CRS) Plyometric Assessment P12 (New Spreadsheet – please review closely)**  
[Please download the Plyometric Assessment worksheet]  
**Workout notes:** notice that another level of difficulty has been added to several of the exercises.  
**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 electrolytes for proper muscle contraction.  
**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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 3 minutes (the length of the video).  
**Psychology:** concept video “Be Ready for Anything” – [video link](#)

**Tuesday**

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes.
- **Complete Racing Solutions (CRS) Bike: Even Tempo/Aerobic Enhancement (90')**  
**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (HR Z2 or less) for maximum productivity (burn fat and enhance your aerobic engine). To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2**.  
**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 2 or less**  
**Duration:** 20 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: 1 Hour (Low End of HR Zone 3: pay close attention to not fall into Z2)**  
**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 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.  
**Warm down: 10 Minutes (HR Zone 2 or less)**  
**Duration:** 10 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**  
**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



### Wednesday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes.
- **Complete Racing Solutions (CRS) Bicycle: 2 Mile Pacing Assessment**

[Please update your Coach Robb Performance Report Card with the results of this information]

**Workout Notes:** Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout.

**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.

**Main Set: 5 x 2 Mile Intervals (fastest pace you can complete 2-mile intervals x 5 times)**

<b>2 Mile Interval #1:</b>	<b>Ending HR:</b>	<b>1 Minute Rest Interval</b>
<b>2 Mile Interval #2:</b>	<b>Ending HR:</b>	<b>1 Minute Rest Interval</b>
<b>2 Mile Interval #3:</b>	<b>Ending HR:</b>	<b>1 Minute Rest Interval</b>
<b>2 Mile Interval #4:</b>	<b>Ending HR:</b>	<b>1 Minute Rest Interval</b>
<b>2 Mile Interval #5:</b>	<b>Ending HR:</b>	<b>1 Minute Rest Interval</b>

**Elapsed Time:**

**Avg. HR:**

**Ending HR:**

**Max HR:**

**Total fluids consumed:**

**Post-Testing Body Weight:**

**Cool Down:** when finished, re-hydrate and ride for a minimum of **10 minutes** – easy spin/active recovery. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes to relax any tight muscle(s) associated with the assessment. Also, consume 8-10 ounces of liquid sports drink/recovery calories & consume a complete meal within 20 minutes of this ride to replenish glycogen reserves within the muscles and the liver.

#### 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

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.

### Thursday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes.
- **Complete Racing Solutions (CRS) Row: 1000 Meter Time Trials**

[Please refer to the Complete Racing Solutions (CRS) Performance Report Card - Time Trials Spreadsheet attached to your email]

**Workout Notes:** complete 5 x 1000 meters (**Load Level on 7**) after warming up for 15 minutes (**Load Level on 5 or less**) and [stretch your lower body](#). The goal here is to be at close to maximum effort as possible for each 1000-meter interval. Document your elapsed time along with your ending heart rate at the end of each 1000-meter interval. If at any time you feel something tighten up, stop immediately and stretch; resume at an EASY effort for 10 minutes.

#### 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

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



## Friday

- **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 are able to overcome this initial level of resistance, you are in a position to maximize your productivity by doing exactly what you have scheduled based on YOUR priorities (personally and athletically).
- **(Logistics Pending) 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**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.

## Saturday

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

**[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]**

**Workout Overview:** This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

**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).
- **Power Nap – 2 Hours**

**Misc. Notes:** growth hormones are your biggest by product of napping so set yourself up to get the most out of your nap by eating a clean and dense meal prior to lying down in a cool, dark room. When you wake up, start your day off with 8-10 ounces of cold water to facilitate your re-hydration.
- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



## Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes.
- **Complete Racing Solutions (CRS) Bike: Even Tempo/Aerobic Enhancement (90')**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (HR Z2 or less) for maximum productivity (burn fat and enhance your aerobic engine). To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2**.

**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 2 or less**

**Duration:** 20 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: 1 Hour (Low End of HR Zone 3: pay close attention to not fall into Z2)**

**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 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

**Warm down: 10 Minutes (HR Zone 2 or less)**

**Duration:** 10 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 tomorrow's workouts more productive).

- **2-hour Power Nap**

**Misc. Notes:** with the residual fatigue from this week's testing, it will be helpful if you would take a cold bath for 10-15 minutes (fun I know) when you wake up; eat a large salad that is topped with high quality protein to help offset the tearing down of your muscles and associated inflammation. Schedule pending take a hot shower and then stretch passively feeling for any hot spots.

- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.

<b>Complete Racing Solutions (CRS) MX Speed Assessment</b>	<b>Workout Focus: Consistent Race Speed</b>	<b>Total Ride Time: 60 Minutes</b>	
	<b>Description</b>		
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b>		<b>Intensity</b>
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> 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 <a href="#">Energy Fuel</a>		<b>Less Than 50%</b>
<b>Main Set #1</b>	<b>Focus: Smooth start and fast five (5) laps</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High #		<b>90-95%</b>
<b>Elapsed Times:</b>	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
<b>Main Set #2</b>	<b>Focus: Smooth start and fast three (3) laps</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #		<b>90-95%</b>
<b>Elapsed Times:</b>	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
<b>Main Set #3</b>	<b>Focus: Smooth start and fast two (2) laps</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #		<b>90-95%</b>
<b>Elapsed Times:</b>	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
<b>Warm Down</b>	<b>Easy riding - nothing structured or intense; allow the HR to come down slowly</b>		<b>40%</b>
	<b>Pre-Riding Weight:</b> <b>Post-Riding Weight:</b> <b>Total Fluids Consumed:</b> <b>Loss/Gain</b>		

### Complete Racing Solutions (CRS) MX: Speed Assessment

**Workout Overview:** This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

#### 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).