



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 2
6 Weeks
2/6
Enhanced Endurance, Strength & 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+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)*

Monday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes. Choose one of the following for your morning workout:

- **Complete Racing Solutions Row: Incremental Pacing Intervals (5500 Meters)**

Misc. Notes: complete a 500-meter interval at 90-95% effort after your warm-up; use this time as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

Baseline 500 Meter Interval: complete a 500-meter interval at 90-95% effort; 1 Minute Rest Interval

Display 500 Meters – 1 Minute Rest Interval

Load Level: 5 Pull Rate: 25 plus Elapsed Time:

Main Set: Pacing Pyramids

Load Level: 5 Pull Rate: 25 plus

500 Meter Baseline plus 10 seconds – Rest 1 Minute

500 Meter Baseline plus 5 seconds – Rest 1 Minute

500 Meters at Baseline Pace – Rest 1 Minute

Repeat 2 Times – Strive to hold goal pace for all three intervals; hold yourself accountable here!

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

- **Complete Racing Solutions Bike: Pacing Intervals (30 Minutes)**

Misc. Notes: take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 3**. Once you are finished with your warmup, 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 2-minute rest interval, spin easy and allow your HR to get back into HR Z1.

Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 10 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 Set: Heart Rate Pyramids: 3 x 5 Minutes

Settle into **HR Z3** and maintain for 3minutes

Recover by spinning easy for 2 minutes in **HR Z1** (no higher for optimum recovery)

Warm 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: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.



Tuesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout notes: utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.

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. Note: cold fluids absorb better than warm fluids helping hydration.

Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

Wednesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.
- **Choose one of the following for your morning workout:**

- **Complete Racing Solutions Row: Incremental Pacing Intervals (6000 Meters)**

Misc. Notes: pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z2 and Z3 easily visible for quick reference and maximum productivity.

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. Note: cold fluids absorb better than warm fluids, helping hydration.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Display: Distance Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe

Main Set: Pacing Pyramids

Load Level: 5 Pull Rate: 25 plus

1000 Meter at low end of HR Z2 (no rest right into the next 1000 meters)

1000 Meter at high end of HR Z2 (no rest right into the next 1000 meters)

1000 Meter at low end of HR Z3 (no rest right into the next 1000 meters)

1000 Meter at high end of HR Z3 (no rest right into your cool down)

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe

- **Complete Racing Solutions Bike: Heart Rate Pyramid Workout (30 Minutes)**

Misc. Notes: you will need your HR numbers for Zone 3 and Zone 4. During your main set you will begin at your low end of HR Z3 and every 3 minutes you will increase your intensity/effort by 5 beats and then hold for 3 minutes; continue going up the pyramid until you hit the upper range of HR Z3 (no higher). After you reach the high end of HR Z3, then walk back down the pyramid 5 beats at a time for 3-minute durations (the exact opposite you did walking up the pyramid).

WARNING: IF YOU PUSH TOO HARD TOO SOON, YOU WILL NOT BE ABLE TO COME BACK DOWN THE PYRAMID CORRECTLY.

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. Note: cold fluids absorb better than warm fluids helping hydration.

Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 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 Set: Heart Rate Pyramids: 20 Minutes

Notes: beginning at the lower end of HR Z3 hold for 3 minutes; then bump up your intensity to the high end of HR Z3 & hold for 2 minutes.

Recover for 5 minutes – HR Z2 (no higher for maximum productivity)

Repeat – 20 minutes total



Warm 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 allows for 85-90 cadence & HR Z1

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

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

Thursday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.**

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout notes: utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.

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. Note: cold fluids absorb better than warm fluids helping hydration.

Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.**

- **Complete Rest Day**

Misc. Notes Take a few extra minutes each day this week and stretch your hips, quads and hamstrings. To facilitate your stretching efforts, roll each muscle group with a foam roller. The foam roller will create vasodilation of the blood vessels within the muscle tissue which will bring fresh oxygen plus any specialized cells such as leucocytes – white blood cells that kill any germs in your system; this avoids any downtime associated with an energy robbing virus. There are five different types of leukocytes, but they are all produced and derived from a multi-potent cell in the bone marrow known as hematopoietic stem cell. Also, by evaluating your resting heart rate every morning, you can identify when your body is under attack from a virus (this will be represented in the form of an elevated heart rate and an unusual drop in body weight).

▪ **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.



Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Bike: 1 Mile Sprint Intervals**

Workout Notes: to maximize your productivity, err on the side of easy for the 1-mile seated interval (HR Z2 should feel very comfortable). This will allow you the gap of maximum effort and speed for the 1-mile interval. During the interval, focus on optimized pedal mechanics to activate and engage all the muscles that are available to facilitate riding fast (quads, gluts, calves, inner thighs, hips, lower back, core, etc.).

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. Note: cold fluids absorb better than warm fluids, helping hydration.

Warm up (HR Zone 1)

Duration: 2 miles

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Stretches: dismount & [stretch your lower body](#)

Main Performance Block: 10 Miles

1-mile (seated) HR Zone 2: with your cadence between 70-80 & the tallest gearing combination that you push while staying within HR Zone 2, cover 1 mile as efficiently as possible.

1-mile (seated) No HR Limitations: capture the elapsed time it takes you to complete 1 mile interval as fast as you can; after you complete 1 mile, reduce the load levels and spin easy for 1 mile (1:1 Work to Rest Ratio).

REPEAT 5X FOR A TOTAL OF 10 MILES

Elapsed Time Interval #1:

Elapsed Time Interval #2:

Elapsed Time Interval #3

Elapsed Time Interval #4:

Ending HR:

Ending HR:

Ending HR:

Ending HR:

Warm down (HR Zone 2 or less)

Duration: 2 Miles (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

- **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 with the building blocks necessary to repair your muscles.

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.



Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Row: 5 Minute Distance Challenge (40 Minutes)**

Misc. Notes: pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z2 easily visible for quick reference and maximum productivity.

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. Note: cold fluids absorb better than warm fluids, helping hydration.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Display: Distance Load Level: 3 Duration: 5 Minutes Pull Rate: less than 25 Stretch from head to toe

Main Set: Distance Challenge

Load Level: 5 Pull Rate: 25 plus

5 Minutes – Distance Covered at the upper end of HR Z2

Rest 5 Minutes – HR Z1 (no higher for maximum productivity)

Repeat 3 Times

Distance Covered Interval #1:

Distance Covered Interval #2:

Distance Covered Interval #3:

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 Duration: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ 2 Hour Nap After Mid-Day Meal

Miss. 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 deeply as possible, consume a lunch that contains high levels of high-quality protein & fat (the only thing that satisfies your appetite).

▪ Evening Protocols

Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

Super Slow Challenge		
Warm Up		
Concept 2™ Row or Spin on Bike - 15 minutes Easy (no shorter)		
CYCLE ONE	Date	Date
Single Leg Step onto Bench		
Weight (Moderate)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Abdominal Crunch on Fit Ball w/Weight		
<u>Instructional Video: Abdominal Crunch on Fit Ball</u>		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Military Spiders Off Bench		
<u>Instructional Video: Military Spiders Off Bench</u>		
As many as you can complete in 30 seconds		
CYCLE TWO	Date	Date
Single Leg - Good Mornings		
<u>Instructional Video: Single Leg Good Mornings</u>		
Weight (Moderate)		
Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)		
Pike-Push Ups on Fit Ball		
Note: Hands Shoulder Width Apart-Elbows at 90 Degrees at Bottom		
<u>Instructional Video: Pike-Push Ups on Fit Ball</u>		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
(After Both Sets of Both Exercises) Side Skaters		
<u>Instructional Video: Side Skaters</u>		
As many as you can complete in 30 seconds		
Stretch & move to next exercise		



Super Slow Challenge Continued		
CYCLE THREE	Date	Date
Bicep Curls w/Dumbbells (up to 90 Degree-no higher) – Instructional Video		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Lat Pull Over-Triceps Extension		
Instructional Video: Lat Pull Over-Triceps Extension		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Jump Rope with Eyes Closed		
Stars Instructional Video		
As many as you can complete in 30 seconds		
CYCLE FOUR	Date	Date
Arm & Leg Extension		
Instructional Video: Arm & Leg Extension		
Weight (Light)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Hanging Leg Lifts (Bring Your Knees to Your Chest)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
As many as you can complete in 30 seconds		

Super Slow Challenge Continued		
CYCLE FIVE	Date	Date
Single Leg Push Ups Off of Bench		
Instructional Video: Single Leg Push Ups Off of Bench		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Single Leg Shoulder Press		
Instructional Video: Single Leg Push Ups Off of Bench		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
Side Skaters		
Instructional Video: Side Skaters		
As many as you can complete in 30 seconds		
Instructional Video – Rowing		
2000 Meter Rowing	Date	Date
Warm up for 200 Meters - Low Intensity (Damper Setting 2)		
1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
1 Minute Rest Interval		
Bicycle Sprints		
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE	Date	Date
4 Minute Interval at 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
2 Minute Rest Interval		
4 Minute Interval at 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
25 Pushups with your eyes closed		
2 Minute Rest Interval		