



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 13
6 Weeks
1/6
Race Specific Speed, Strength and Endurance

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: let your focus for today be to optimize your range of motion throughout your entire body. This includes maintaining your hydration levels (half of your body weight in ounces of water); consistent consumption of fruits and vegetables (loaded with natural electrolytes and water) and spending 15-20 minutes of [foam rolling, isolated stretching and dynamic stretches](#). By improving your range of motion (i.e., reducing the amount of restriction within the muscles) will improve both your strength & endurance from the inside out.
- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Face your fear of Failure](#)" – [video link](#)

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are familiar with a longer duration.
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.

Sets: 2
Duration: 40 Seconds (unless otherwise noted)
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).
- **(Evening Workout) Complete Racing Solutions (CRS) Bike: Even Tempo with some Pick Ups (1 Hour)**
Workout Notes: warm up slowly and settle into your **HR Zone 2** (no higher). 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: 20 minutes (necessary duration to avoid pulling a tendon, ligament or muscle)
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
REPEAT THE FOLLOWING FOR 30 Minutes (10 x 3 minutes)
2.5 Minutes Even Paced (Low End of HR Zone 2)
With the tallest gearing that you can hold while keeping your cadence between 80-85; move around on the seat as necessary to keep from overloading any particular muscle group
30" Explosive Spin out with optimized pedal mechanics – as your butt bounces focus on circles – note gear combo
Move right back into your 2.5 Minute/**HR Low End of HR Zone 2** block (active recovery).
Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5-minutes.
Duration: 10 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
- **Evening Protocols**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes

Complete One of the Following for your Morning Workout:

- **Complete Racing Solutions Row: HR Intensity Blocks (60-70 Minutes)**

Workout Notes: this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized 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.

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:** 2000 Meters **Pull Rate:** 20-25 **Stretch from head to toe**

Main Set#1: 5 x 1000 Meters: pick up the pace every 200 meters up to HR Z3 (no higher)

Load Level: 7 **Pull Rate:** 25-35

Transition Set: 1000 Metes – HR Z2 – stretch & rehydrate as necessary

Main Set#2: 5 x 1000 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)

Load Level: 7 **Pull Rate:** 25+

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:** 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

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).

- **Complete Racing Solutions Even Tempo Bike (90 Minutes)**

Misc. Notes: for this workout you will need to know your HR Z2 numbers (high and low specific number).

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.

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 (HR Zone 2): 1:15

Set Notes: Keep you 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

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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout**

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

Workout Notes: these exercises are familiar with a longer duration.

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.

Sets: 2

Duration: 40 Seconds (unless otherwise noted)

Speed of Lift: consistent through entire range of motion

Rest Interval: none in between exercises; 1:00 in between cycles

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 Workout) Complete Racing Solutions Bike: Fragmented Sprint Blocks (1 Hour)**

[Note: if you are riding indoors, please cut the volume in half]

Workout notes: this workout is going to require patience and a sharp mental focus; as the time transpires, your speed will increase up to an all-out sprint. Begin this workout with the mental mindset that you are going to find your point of fatigue – this is ok. As you begin to experience “fatigue”, focus on optimized pedal mechanics and deep breathing to provide your working muscles the much-needed oxygen. Stretch and hydrate as needed during each even paced cycle.

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.

Warm Up: 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

REPEAT THE FOLLOWING FOR 40 Minutes

Even Paced (5 Minutes) – HR Zone 2

With the tallest gearing that you can hold while keeping your cadence between 80-85

4-Minute-High Speed Effort (HR Zone 3); with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your HR Zone 3. Move right back into your 1 Minute acceleration block.

1 Minute Acceleration up to a sprint – from your HR Zone 3, accelerate out of the saddle up to a sprint effort until you have spun out your tallest gear combination over 1 minute. Your goal is to achieve **HR Zone 5** by the end of your acceleration.

Cool 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 [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
Complete One (1) of the following for your morning workout:

- **Complete Racing Solutions Row: Heart Rate Intensity Blocks (55 Minutes)**

Misc. Notes: for maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level “feels” like increases your familiarity of the intensity and associated speed. This awareness also provides you feedback regarding how long you can maintain the various intensity levels (keep in mind the inverse relationship of volume & intensity – the higher the intensity, the lower the duration you can maintain and visa versa).

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.

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 Duration: 5 Minutes Pull Rate: less than 25 Stretch from head to toe

Main Set#1: Have your HR Zones written down and easily visible during this workout to eliminate you missing your intensity levels
Load Level: 7 Pull Rate: 25-35

Settle into each HR Zone as quickly as possible and then settle into the effort level with perfect form and deep breathing

15 Minutes: Upper range (5 beats of your top number) of **HR Z2**

15 Minutes: Lower range (5 beats of your low number) of **HR Z3**

15 Minutes: Upper range (5 beats of your top number) of **HR Z3**

Total of 45 minutes

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: 2 Duration: 5 Minutes Pull Rate: less than 25 Stretch from head to toe

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).

- **Complete Racing Solutions Bike: Heart Rate Intervals (75 Minutes)**

Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**; the interval doesn’t begin until you get within the indicated HR zone numbers.

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.

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: 75 Minutes (HR Zone 3)

Set Notes: the interval doesn’t begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration:

5 Minutes **High End of HR Z4** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level)

10 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary

Repeat 4x for a total of 60 minutes of work

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**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



Saturday

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

- **(Morning Workout) Complete Racing Solutions 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 on the easy side (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** – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

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.

Warm Up: HR Zone 1

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 Performance Block: 60 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 10 minutes stand up and stretch your hamstrings, quads, calves and lower back. Hydrate with [Energy Fuel](#), [Complete Red](#) & [Purples](#) to maintain your blood sugar & energy levels.

Warm down: 10 Minutes (HR Zone 1)

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).

- **2 Hour Power Nap after lunch**

Misc. Notes: think about this nap as a short cut to the top! The extra two hours of rest and recovery will ensure that your body is getting the necessary hGH (human growth hormone) along with a time to simply relax: mentally and physically. You have earned this extra dose of sleep, so take full advantage of it.

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

Psychology: concept video "[Face your fear of Failure](#)" – [video link](#)



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/Aerobic Enhancement (90')**

Workout Notes: keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (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** – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

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.

Warm Up: HR Zone 1

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 Performance Block: 60 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 10 minutes stand up and stretch your hamstrings, quads, calves and lower back. Hydrate with [Energy Fuel](#), [Complete Red](#) & [Purples](#) to maintain your blood sugar & energy levels.

Warm down: 10 Minutes (HR Zone 1)

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).

- **2 Hour Nap After Mid-Day Meal**

Misc. Notes: snacks are a key component to the quality of your nap. Mix things up with a multi-grain bagel with some almond butter and an avocado. This will give you the quality fat and protein needed to satisfy your appetite and feed your muscles for additional muscle growth.

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Complete Racing Solutions Combo Weight Workout	Date	Date
Easy Row or Spin on Bike - 10 minutes		
Stretch - Head to Toe		
Full Body Stretch - Instructional Video		
Cycle 1		
Marching Bridge		
Instructional Video - Marching Bridge		
Rep Count - Right Leg		
Rep Count - Left Leg		
Rep Count - Right Leg		
Rep Count - Left Leg		
Low Back Extension off of Fit Ball		
Instructional Video - Low Back Extension off of Fit Ball		
Reps Set #1		
Reps Set #2		
Single Leg Step Up with Weight		
Instructional Video - Single Leg Step Up with Weight		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 2		
Hanging Abdominal Knee Raises (Goal 8 Reps)		
Instructional Video - Hanging Abdominal Knee Raises		
Reps Set #1		
Reps Set #2		
Chest Fly with Pause on Fit Ball		
Instructional Video - Chest Fly on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
2 Legged Box Hops - 60 seconds		
Instructional Video - 2 Legged Box Hops		
Reps Set #1		
Reps Set #2		

Cycle 3		
Flat Bench Press on Fit Ball		
Instructional Video - Flat Bench Press on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
Hamstring Press with Extension on Fit Ball		
Instructional Video - Hamstring Press with Extension on Fit Ball		
Reps Set #1		
Reps Set #2		
Push Up - Knee to Shoulder		
Instructional Video - Push Up-Knee to Shoulder		
Reps Set #1		
Reps Set #2		
Biceps - 14's		
Instructional Video - Bicep 14's		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 4		
Abdominal Criss Cross		
Instructional Video - Abdominal Criss Cross		
Reps Set #1		
Reps Set #2		
Single Leg Push Ups		
Instructional Video - Single Leg Push Ups		
Reps Set #1		
Reps Set #2		
Abdominal Open Rotation		
Instructional Video - Abdominal Open Rotation		
Reps Set #1		
Reps Set #2		
Abdominal - Hip Risers		
Instructional Video - Abdominal Hip Risers		
Rep Count Right		
Rep Count Left		
Rep Count Right		
Rep Count Left		