



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

**Phase 13**  
**6 Weeks**  
**6/6**  
**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**  
**Mental Notes:** take 10 minutes and complete these two things (5 minutes each): Diaphragmatic Breathing & Pressing your lower back to the floor. Repeat throughout the day as often as your schedule permits.  
**Diaphragmatic Breathing:** learning how to control your breathing and change your style of breathing: either through your chest or your belly. Belly breathing – activating the diaphragm muscle, is more effective in delivering oxygen to your working muscles.  
**Pressing your Lower Back:** to release the tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), you need to foam roll your quads and then isolate and stretch the quadriceps.
- **Evening Protocols**  
**Flexibility:** after your shower, implement 15 minutes of foam rolling/trigger point therapy and stretching exercises  
**Nutrition:** consuming a high-quality smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality and making you leaner.

**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- Aerobic Enhancement (90 Minutes)**  
**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: this is free money on race day!  
**Pre-Hydration & Nutrition:** 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) with 1 scoop of Complete Red & Purples for added vitamins & minerals to fuel your workout effort.  
**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 minutes (HR Zone 2)**  
**Set Notes:** with your cadence between 75-85; the 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 and 1 scoop of Complete Red & Purples to maintain your blood sugar & energy levels.  
**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 before 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).
- **Evening Protocols** – please reference Monday's notes and links.



### 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: HR Blocks (65 Minutes)**  
**Misc. Notes:** For this workout, you will need to know your **HR Z2 numbers** (high and low specific numbers).  
**Pre-Hydration & Nutrition:** 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) with 1 scoop of Complete Red & Purples for added vitamins & minerals to fuel your workout effort.  
**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 Pacing Blocks: 50 Minutes**  
Settle into the low end of **HR Z2** and maintain for **7 minutes**  
After 7 minutes increase your intensity to the high end of **HR Z2** and maintain for **7 minutes**.  
After 3 minutes, lower your effort back to the lower end of **HR Z2** – **Repeat for 50 minutes**.  
**Cool 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 gets you into **HR Z1**  
**Cadence:** 85-90 **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 tomorrow's workouts more productive).
- **Evening Protocols** – please reference Monday's notes and links.

### 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- Aerobic Enhancement (90 Minutes)**  
**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: this is free money on race day!  
**Pre-Hydration & Nutrition:** 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) with 1 scoop of Complete Red & Purples for added vitamins & minerals to fuel your workout effort.  
**Warm Up: HR Zone 1**  
**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 Performance Block: 1:15 minutes (HR Zone 2)**  
**Set Notes:** with your cadence between 75-85; the 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 and 1 scoop of Complete Red & Purples to maintain your blood sugar & energy levels.  
**Warm down: 5 Minutes (HR Zone 1)**  
**Duration:** 5 minutes (no shorter) **Gearing:** small chain ring up front, middle rear gearing  
**Cadence:** 70-80 (no higher/lower) **Misc.:** Notes: stretch your lower back, calves, and quads before 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).



## 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- Aerobic Enhancement (90 Minutes)**

**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: this is free money on race day!

**Pre-Hydration & Nutrition:** 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) with 1 scoop of Complete Red & Purples for added vitamins & minerals to fuel your workout effort.

### **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 minutes (HR Zone 2)**

**Set Notes:** with your cadence between 75-85; the 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](#) and 1 scoop of Complete Red & Purples to maintain your blood sugar & energy levels.

### **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 before 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).

- **Evening Protocols** – please reference Monday's notes and links.

## Saturday - Sunday

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

- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (90 Minutes)**

**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: this is free money on race day!

**Pre-Hydration & Nutrition:** 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) with 1 scoop of Complete Red & Purples for added vitamins & minerals to fuel your workout effort.

### **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 minutes (HR Zone 2)**

**Set Notes:** with your cadence between 75-85; the 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: 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 before 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 Nap After Mid-Day Meal**

**Misc. Notes:** the benefit of nap is the release of hGH (human growth hormone); with this in mind, eat a post-ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver, if it runs out of sugar, you will be woken up! an 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!