



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

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

- **(Afternoon 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 smoothly, 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 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 a 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!

- **(Evening 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).

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

Sunday

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

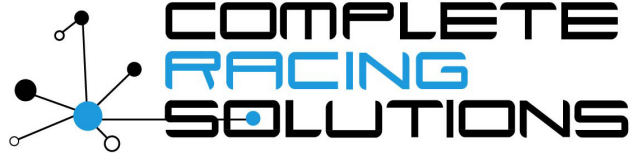
Misc. Notes: pay close attention to your protein intake; proteins (specifically amino acids) are designed to rebuild the muscles that you have torn down during training. No matter how hard you go, you should not be tender any longer than 2 days, if you are struggling with soreness or overall fatigue 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.

- **Post Evening Shower Protocols** – please reference Monday's notes & links.



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	Too Short To Measure
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:	
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
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 to 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	80-85%
Performance Recap:	Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
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 easily 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



	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) Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	40%
	Beginning Weight: Ending Weight: Loss Gain (Loss):	