



THE SCIENCE OF PERFORMANCE

Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 2
8 Weeks
8/8
Active Recovery (Absorb the last three weeks of testing and 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+ (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**

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep, and eat instead

Choose one of the following for your morning workout:

- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (35 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: 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 Pacing Blocks: 25 Minutes

Settle into the low end of **HR Z2** and maintain for **8-minutes**

After 3 minutes increase your intensity to the high end of **HR Z2** and maintain for **3 minutes**.

After 2 minutes, lower your effort back to the lower end of **HR Z2**

Repeat for 25 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**

- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (35 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 Z1): 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 your lower body](#)

Main Set: Heart Rate Pacing Blocks: 25 Minutes

Settle into the low end of **HR Z2** and maintain for **8 minutes**

After 3 minutes increase your intensity to the high end of **HR Z2** and maintain for **3 minutes**.

After 2 minutes, lower your effort back to the lower end of **HR Z2**

Repeat for 25 minutes.

Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2

Distance: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery

- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **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

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



Tuesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge (20% less weight)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout notes: same exercises as you have been doing for the last three weeks with **20% less weight**. You should finish your weight workout feeling fresh (the entire idea about an active recovery week).
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 Repetitions: 6 minimum/8 maximum (both upper and lower body)
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **(Afternoon Workout) Complete Racing Solutions MX Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
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.
Workout Notes: don't let the intensity levels throw you off, if you maintain 80% for 90 minutes, you will find that you have plenty of energy for the last set. Make a mental decision to NOT increase your effort (based on your heart rate) even though you will be comfortable enough to do so. Keep in mind that this workout needs to be completed within your aerobic intensity zones to ensure that you are ready for your high intensity workouts during the rest of the week.
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed

Wednesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep, and eat instead
Choose one of the following for your morning workout:
- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (35 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: 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 Pacing Blocks: 25 Minutes
Settle into the low end of **HR Z2** and maintain for **8-minutes**
After 3 minutes increase your intensity to the high end of **HR Z2** and maintain for **3 minutes**.
After 2 minutes, lower your effort back to the lower end of **HR Z2**
Repeat for 25 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**
- **Complete Racing Solutions Row: Heart Rate Pacing Blocks (35 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 Z1): 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 your lower body](#)



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Main Set: Heart Rate Pacing Blocks: 25 Minutes

Settle into the low end of **HR Z2** and maintain for **8 minutes**

After 3 minutes increase your intensity to the high end of **HR Z2** and maintain for **3 minutes**.

After 2 minutes, lower your effort back to the lower end of **HR Z2**

Repeat for **25 minutes**.

Cool Down (HR Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2 **Distance:** 5 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ 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

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

Thursday

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

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge (20% less weight)**

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

Workout notes: same exercises as you have been doing for the last three weeks with **20% less weight**. You should finish your weight workout feeling fresh (the entire idea about an active recovery week).

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

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **(Afternoon Workout) Complete Racing Solutions MX Aerobic Workout #1 (same as Tuesday intentionally)**

[Please refer to the spreadsheet at the bottom of this document]

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.

Workout Notes: don't let the intensity levels throw you off, if you maintain 80% for 90 minutes, you will find that you have plenty of energy for the last set. Make a mental decision to NOT increase your effort (based on your heart rate) even though you will be comfortable enough to do so. Keep in mind that this workout needs to be completed within your aerobic intensity zones to ensure that you are ready for your high intensity workouts during the rest of the week.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ 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

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

Friday

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

- **Complete Rest Day**

Misc. Notes: most of our biggest frustrations are a result of letting the little things get by us; for example, when we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later: dishes in the sink, beds not made, etc. You jump in the car in a rush to "make up time" and as a result we end up using more gas, wearing our tires out faster and increase our risk of getting a ticket (for either speeding or running a red light) – which only increases the cost of our insurance. Ironically, all of these aggravations could have been alleviated if we had got up on time; however, this still isn't the actual issue. The reason why you went to bed late, which made you too tired to get up on time. The point here, is step back two or three steps with each frustration that you are dealing with to maximize your complete potential.

- **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



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

Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead
- **Complete Racing Solutions MX: Low Intensity – Flow Workout (2 Hours Total)**
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.
Workout Notes: break your riding up into 15-minute sessions with 15 minutes rest; maintain a **HR of Z3** or less for your entire time on the track. Refrain from "training", simply go ride your motorcycle – have fun railing turns or jumping. Stretch with dynamic movements prior to getting back on the bike.
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Lunch**
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 the building blocks necessary to repair your muscles.
- **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
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed

Sunday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead
- **Complete Racing Solutions MX: Low Intensity – Flow Workout (2 Hours Total)**
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.
Workout Notes: break your riding up into 15-minute sessions with 15 minutes rest; maintain a **HR of Z3** or less for your entire time on the track. Refrain from "training", simply go ride your motorcycle – have fun railing turns or jumping. Stretch with dynamic movements prior to getting back on the bike.
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Lunch**
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 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
Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



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Super Slow Challenge – Lower Load Levels		
Warm Up		
Concept 2™ Row or Spin on Bike - 15 minutes Easy (no shorter)		
CYCLE ONE		
	Date	Date
Single Leg Step onto Bench		
Weight (Reduce the amount by 20% than last week)		
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		
Instructional Video: Abdominal Crunch on Fit Ball		
Weight (Reduce the amount by 20% than last week)		
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		
Instructional Video: Military Spiders Off Bench		
As many as you can complete in 30 seconds		
CYCLE TWO		
	Date	Date
Single Leg - Good Mornings		
Instructional Video: Single Leg Good Mornings		
Weight (Reduce the amount by 20% than last week)		
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		
Instructional Video: Pike-Push Ups on Fit Ball		
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		
Instructional Video: Side Skaters		
As many as you can complete in 30 seconds		
Stretch & move to next exercise		



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Super Slow Challenge Continued			
CYCLE THREE		Date	Date
Bicep Curls w/Dumbbells (up to 90 Degree-no higher) – Instructional Video			
Weight (Reduce the amount by 20% than last week)			
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 (Reduce the amount by 20% than last week)			
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 (Reduce the amount by 20% than last week)			
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)			
Instructional Video: Arm & Leg Extension			
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			



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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 (Reduce the amount by 20% than last week)		
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		
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		
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		

