



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

**Phase 4**  
**6 Weeks**  
**3/6**  
**Race Specific Speed & 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+ (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**
- **Complete Rest Day**  
**Misc. Notes:** to maximize your productivity during the week, review your personal goals and objectives. Then take a look at how you have your week outlined to ensure that you can implement your objectives to move one step closer to achieving your goals. Though this may sound fundamental, as athletes we tend to get busy “getting it all in” but lose focus of why we are completing a specific workout or foam roller session. One area that consistently frustrates athletes is the area of food & associated energy levels. When you are eating fresh fruit, vegetables, and lean protein, you begin to realize that these food items don’t contain an abundance of calories. Because of this situation, it is imperative that all of your food is prepped and readily available throughout the day to literally fuel your next workout and provide the necessary recovery calories to rebuild muscle and replenish depleted sugar storages in your liver and muscles.
- **Evening Protocols**  
**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x  
**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.  
**Shin Stripping:** in addition to your [Foam Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

**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: Timed Challenges P4 (40” on – 20” off)**  
**[Please reference the spreadsheet at the bottom of the schedule]**  
**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.  
  
**Workout notes:** each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.  
  
**Weight:** for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds  
  
**Rest Interval: 1:00 in between cycles/stretch & hydrate in between sets as needed**  
**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**  
**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x  
**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.  
**Shin Stripping:** in addition to your [Foam Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



## Wednesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**Choose one (1) of the following for your Morning workout:**

- **Complete Racing Solutions Row: HR Pacing Blocks (40 Minutes)**

**Misc. Notes:** this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/ pulling a muscle.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces **COLD Energy Fuel** to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

**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 30      Stretch from head to toe**

**Main Set: HR Pacing Blocks (30 minutes total)**

**Load Level: 5      Pull Rate: 25 plus**

5 Minutes at the high end of HR Z2

5 Minutes at low end of HR Z3

2 minutes at the high end of HR Z3

Recover 3 Minutes – dismount and stretch as necessary; rehydrate with Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

**Repeat the 15 Minute Block**

**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**

- **Complete Racing Solutions Bike: Fragmented Pacing Workout (40 Minutes)**

**Workout notes:** this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/or pulling a muscle.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces **COLD Energy Fuel** to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

**Warm Up: HR Zone 1**

**Duration:** 5 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 Set: HR Pacing Blocks (30 minutes total)**

**Load Level: 5      Pull Rate: 25 plus**

5 Minutes at high end of HR Z2 (adjust your gearing & cadence to settle into this intensity range)

5 Minutes at low end of HR Z3 (maintain your cadence, but push a taller gear combination)

2 minutes at high end of HR Z3 (maintain your cadence, but push a taller gear – stand and accelerate if necessary)

Recover 3 Minutes – dismount and stretch as necessary; rehydrate with Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

**Repeat the 15 Minute Block**

**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 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 tomorrow's workouts more productive).

- **Evening Protocols**

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

**Shin Stripping:** in addition to your [Foam Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



#### 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: Timed Challenges P4 (40" on – 20" off)**

**[Please reference the spreadsheet at the bottom of the schedule]**

**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.

**Workout notes:** each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

**Weight:** for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

**Rest Interval: 1:00 in between cycles/stretch & hydrate in between sets as needed**

#### 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

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

**Shin Stripping:** in addition to your [Foam Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

#### Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes **Complete One (1) of the following for both your Morning Workout:**

#### ▪ **Complete Racing Solutions Bike: Even Tempo (30 Minutes)**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (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**.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

**Warm Up: HR Zone 1 (no higher ideally)**

**Duration:** 5 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 Set: 20 Minutes (High end of HR Zone 2: pay close attention to not fall into Z3)**

**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.

**Warm down: 5 Minutes (HR Zone 1 – no higher ideally)**

**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 prior to dismounting

#### ▪ **Complete Racing Solutions Row: Even Tempo (8000 Meters)**

**Misc. Notes:** keep your effort within HR Z2 the entire time for maximize results and optimized recovery

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

**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: Even Tempo**

**Load Level: 5    Pull Rate: 25 plus**

6000 Meter at middle of HR Z2

**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**



**(Immediately after your row or bike workout) Core & Lower Back Work (10 Minutes)**

**Workout notes:** complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.

**Ab Crunch on Fit Ball – pause for 5 seconds:** [click here](#) for instructional video

**Pike Position with eyes closed:** [click here](#) for instructional video

**Plyometric pushups:** [click here](#) for instructional video

**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**

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

**Shin Stripping:** in addition to your [Foam Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

**Saturday**

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**Choose one (1) of the following for your Morning Workout:**

- **Complete Racing Solutions Row: HR Pacing Blocks (35 Minutes)**

**Misc. Notes:** this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/or pulling a muscle.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

**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: 10 Minutes      Pull Rate: less than 30      Stretch from head to toe**

**Main Set: HR Pacing Blocks**

**Load Level: 5      Pull Rate: 25 plus**

10 Minutes at low end of HR Z3

5 Minutes at the high end of HR Z3

5 minutes at low end of HR Z4

**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**

- **Complete Racing Solutions Bike: Fragmented Pacing Workout (35 Minutes)**

**Workout notes:** this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/ or pulling a muscle.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).

**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 Set: HR Pacing Blocks**

**Load Level: 5      Pull Rate: 25 plus**

10 Minutes at low end of HR Z3 (adjust your gearing & cadence to settle into this intensity range)

5 Minutes at high end of HR Z3 (maintain your cadence, but push a taller gear combination)

5 minutes at low end of HR Z4 (maintain your cadence, but push a taller gear – stand and accelerate if necessary)

Recover 5 Minutes – dismount and stretch as necessary; rehydrate with Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

**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 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 Post Ride Meal

**Misc. Notes:** the benefit to 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!

#### ▪ Evening Protocols

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

**Shin Stripping:** in addition to your [Foam Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

### Sunday

- **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: Timed Challenges P4 (40" on – 20" off)**

**[Please reference the spreadsheet at the bottom of the schedule]**

**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.

**Workout notes:** each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

**Weight:** for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

**Rest Interval: 1:00 in between cycles/stretch & hydrate in between sets as needed**

#### 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

**Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

**Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

**Shin Stripping:** in addition to your [Foam Roller & TP Therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

<b>Timed Challenge Phase 4</b>		
<b>Warm Up</b>		
<b>Concept 2™ Row or Spin on Bike - 10 minutes Easy</b>		
<b>CYCLE ONE</b>	<b>Date</b>	<b>Date</b>
<b>Pike - Push Up - Pike</b>		
<a href="#">Instructional Video: Pike-Push Up-Pike</a>		
<b>Rep 1 (as many as you can complete in 40 seconds-20 second rest)</b>		
<b>Rep 2 (as many as you can complete in 40 seconds-20 second rest)</b>		
<b>Isolated Leg &amp; Frankenstein's on Bench</b>		
<a href="#">Instructional Video: Isolated Leg on Bench</a>		
<b>Weight (Heavy but manageable)</b>		
<b>Rep 1 (As many reps as you can do in 40 seconds-hold good form)</b>		
<b>Weight (Slightly heavier than Set 1)</b>		
<b>Rep 2 (As many reps as you can do in 40 seconds-hold good form)</b>		
<b>CYCLE TWO</b>		
<b>Air Squats</b>	<b>Date</b>	<b>Date</b>
<a href="#">Instructional Video: Air Squats</a>		
<b>Weight (Heavy but manageable)</b>		
<b>Rep 1 (As many reps as you can do in 40 seconds-hold good form)</b>		
<b>Weight (Slightly heavier than Set 1)</b>		
<b>Rep 2 (As many reps as you can do in 40 seconds-hold good form)</b>		
<b>Hamstring Press-Extension on Fit Ball</b>		
<a href="#">Instructional Video: Hamstring Press with Extension</a>		
<b>Rep 1 (as many as you can complete in 40 seconds-20 second rest)</b>		
<b>Rep 2 (as many as you can complete in 40 seconds-20 second rest)</b>		
<b>CYCLE THREE</b>		
<b>Stars-30 Seconds as Fast as Possible</b>	<b>Date</b>	<b>Date</b>
<a href="#">Stars Instructional Video</a>		
<b>Rep 1 (as many as you can complete in 40 seconds-20 second rest)</b>		
<b>Rep 2 (as many as you can complete in 40 seconds-20 second rest)</b>		
<b>Military Spiders Off Bench</b>		
<a href="#">Instructional Video: Military Spiders Off Bench</a>		
<b>Rep 1 (as many as you can complete in 40 seconds-20 second rest)</b>		
<b>Rep 2 (as many as you can complete in 40 seconds-20 second rest)</b>		



Timed Challenge Phase 4 Continued		
CYCLE FOUR	Date	Date
Dips Off of Bench		
<a href="#">Instructional Videos: Triceps Dips off of the bench</a>		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 40 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 40 seconds-hold good form)		
Bicep Curls Up to 90 Degrees		
<a href="#">Bicep Curls - Up to 90 Degrees</a>		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 30 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 30 seconds-hold good form)		
CYCLE FIVE	Date	Date
Side Skaters		
<a href="#">Instructional Video: Side Skaters</a>		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
Abdominal Crunch on Fit Ball		
<a href="#">Instructional Video: Abdominal Crunch on Fit Ball</a>		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		

(Time Pending) Distance Intervals: Indoor Bike or Rower	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		