



7 Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
6 Weeks
5/6
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 Report Card to log this information for evaluation purposes
- **Complete Rest Day**
Mental 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 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 in every area of life.
- **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 on 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 Report Card 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 tomorrow's workouts more productive).
- **(If You Did NOT Lift This Morning - Afternoon Workout) Complete Racing Solutions Bike: Intensity Intervals (30 Minutes)**
Workout Notes: to maximize the productivity of this workout, have Energy Fuel available every 10-15 minutes. When you begin your fast intervals, refrain from becoming “scared” of riding fast – instead focus on how efficient you are pedaling when you pick up the pace. Watch for energy robbing elements: choppy pedal mechanics, shoulders bobbing, looking down at your legs (versus looking ahead 20 yards).
Warm Up:

Duration: 5 minutes	Intensity Level: HR Z1 for 2 miles – Z2 for 3 miles
Cadence: 80 or less	Gearing: small up front – middle back (low load levels)

Main Set #1 (20 Minutes)

3 Minutes at **HR Z3 (no taller)** – tallest gear combination you can maintain 85-90 cadence ranges
2 Minutes at **HR Z2** – easy spinning; you can't go too easy during this block.
Repeat 4 times.

Cool Down:

Duration: 5 minutes	Intensity Level: HR Z2 for 2 miles – Z1 for 3 miles
Cadence: 80 or less	Gearing: small up front – middle back (low load levels)



Wednesday

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

- **Complete Racing Solutions Row: HR Intensity Blocks (30-40 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 [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: 5 Distance: 1000 Meters Pull Rate: 20-25 Stretch from head to toe.

Main Set: 1000 Meters-picking up the pace every 200 meters from HRZ 2 up to HR Z3 (no higher): Repeat 5x

Load Level: 7 Pull Rate: 25-35

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: 5 Duration: 500 Meters Pull Rate: less than 25 Stretch from head to toe.

- **Complete Racing Solutions Bike: Intensity Distance Intervals (30-40 Minutes)**

Workout Notes: this workout is going to generate high levels of lactic acid towards at the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

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:

Duration: 10 Minutes

Cadence: 80 or less

Intensity Level: **HR Z1**

Gearing: small up front – middle back (low load levels)

Main Set #1 (8 Miles)

1 Mile at **HR Z2** – tallest gear combination you can maintain 85-90 cadence range

1 Mile at **HR Z4** – tallest gear combination you can maintain 90 plus cadence

No Rest in between intervals - Repeat 4 times.

Cool Down:

Duration: 10 Minutes

Cadence: 80 or less

Intensity Level: **HR Z1**

Gearing: small up front – middle back (low load levels)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **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 on 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 Report Card 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).

- **(If You Did NOT Lift This Morning - Afternoon Workout) Complete Racing Solutions Bike: Aerobic Intervals (30 Minutes)**

Workout Notes: the intensity is low; however, the benefits are enormous – aerobic function.

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:

Duration: 5 miles
Cadence: 80 or less

Intensity Level: **HR Z1** for 2 miles – **Z2** for 3 miles
Gearing: small up front – middle back (low load levels)

Main Set #1 (20 Minutes)

3 Minutes at the High End of **HR Z2** – tallest gear combination you can maintain 85-90 cadence ranges but HR Z2
2 Minutes at the Low End of **HR Z2** – tallest gear combination you can maintain 90 plus cadence but bottom of HR Z2
Repeat 4 times.

Cool Down:

Duration: 5 miles
Cadence: 80 or less

Intensity Level: **HR Z2** for 2 miles – **Z1** for 3 miles
Gearing: small up front – middle back (low load levels)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.
- **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 on 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 Report Card to log this information for evaluation purposes**
Choose One (1) of the following for your morning workout:
- **Complete Racing Solutions Row: HR Intensity Intervals (30-35 Minutes)**

Misc. Notes: this workout is going to generate high levels of lactic acid towards at the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

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: 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:** 20-25 **Stretch from head to toe**

Main Set#1: Load Level: 7 Pull Rate: 25-35
250 Meters at hard intensity (stay with HR Z3)
250 Meters at an easy effort (within HR Z2)
Repeat 6x

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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.
- **Complete Racing Solutions Bike: Power Interval Workout (30 Minutes)**

Misc. 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 pedal in full circles for maximum power output and optimized endurance.

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:

Duration: 5 Minutes	Intensity Level: HR Z1
Cadence: 80 or less	Gearing: small up front – middle back (low load levels)

Main Set: 20 Minutes

3 Minutes at high end of HR Z3 – tallest gear combination you can maintain 85-90 cadence ranges
2 Minutes at HR Z2 – tallest gear combination you can maintain 90 plus cadence
Repeat 4 times

Cool Down:

Duration: 5 Minutes	Intensity Level: HR Z1
Cadence: 80 or less	Gearing: small up front – middle back (low load levels)

Post Workout Protocols

 - **Flexibility:** follow this lower leg trigger point series – [CLICK HERE](#)
 - **Nutrition:** consume a post recovery smoothie with two scoops of [Recovery Fuel](#) to replace lost electrolyte
- **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 on 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 Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Speed Blocks (30 Minutes)**

Workout Notes: mentally focus on improving your aerobic base with fragmented effort levels; at no time do you want your HR to rise above **HR Z3**. If you find it difficult to keep your HR low, then lighten your gear combinations and focus on optimizing your pedal mechanics.

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: 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

Performance Block #1: 20 minutes

3 Minutes in the tallest gear combo you can optimize while staying within **HR Z3** (no higher)

2 Minutes easy spin (**HR Z2** or lower); you can't go too easy here.

Repeat 4X.

Cool 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 [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

2 Hour Nap After Lunch

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 on 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.

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 Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (60" on – 30" 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 60 seconds of one exercise (unless noted otherwise), rest for 30 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 10-12 reps comfortably within the 60 seconds (this will reduce your risk of injury); during the second set, bump the weight up slightly so that you are working hard at the end of the 30 seconds

Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 in between cycles

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Recovery Fuel](#) mixed with almond milk.

- **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 on 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.

Timed Challenge Phase 4		
Warm Up		
Concept 2™ Row or Spin on Bike - 10 minutes Easy		
CYCLE ONE	Date	Date
Pike - Push Up - Pike		
Instructional Video: Pike-Push Up-Pike		
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)		
Isolated Leg & Frankenstein's on Bench		
Instructional Video: Isolated Leg on Bench		
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)		
CYCLE TWO	Date	Date
Air Squats		
Instructional Video: Air Squats		
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)		
Hamstring Press-Extension on Fit Ball		
Instructional Video: Hamstring Press with Extension		
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)		
CYCLE THREE	Date	Date
Stars-30 Seconds as Fast as Possible		
Stars Instructional Video		
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)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
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)		

Timed Challenge Phase 4 Continued		
CYCLE FOUR	Date	Date
Dips Off of Bench		
Instructional Videos: Triceps Dips off of the bench		
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		
Bicep Curls - Up to 90 Degrees		
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		
Instructional Video: Side Skaters		
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		
Instructional Video: Abdominal Crunch on Fit Ball		
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		