



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
6 Weeks
6/6
Active Recovery: Lower Volume & Intensity (Recover Mentally & Physically)

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**
 - **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.
 - **Diaphragmic 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.
- **Active Recovery Protocols: Post Shower/Pre-Bed Protocols**
 - Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
 - Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)
 - Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.

Tuesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Racing Solutions Bike: Fragmented Intervals (30' Total)**
 - Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead
 - 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 you the much-needed electrolytes
 - Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning
 - 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 (Upper End of HR Z2)**
 - Repeat the following for the next 30 minutes**
 - 2 Minutes:** initially out of the saddle for 30" and then into a seated position for 1:30 holding the tallest gear combination than you can maintain a 50-60 range-capture the highest speed achieved during the 1:30 interval. Maintain a smooth pedal stroke for the entire interval.
 - At the end of the interval, go into a very easy gear combination and maintain for **3 Minutes.**
 - Repeat the 2 minute "on" / 3 minute "off" until 20 minutes has transpired (please don't surpass)**
 - Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**
 - Duration:** 5 minutes
 - Cadence:** 85-90
 - Gearing:** the easiest combination that allows for 85-90 cadence & HR Z1
 - 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).
 - **Active Recovery Protocols: Post Shower/Pre-Bed Protocols**
 - Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
 - Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)
 - Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.



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

Complete One (1) of the Following Workouts:

- **Complete Racing Solutions Row: Negative Split Pacing Blocks (6,000 Meters)**

Misc. Notes: this workout is going to hold you accountable both mentally and physically. Have your monitor set to 500 meter/1:00 minute rest interval. Adjust the load levels as indicated to avoid pulling a muscle or straining your lower back. Breathe in on the coil in and exhale on your leg extension. Hydrate with Energy Fuel and stretch as necessary to maintain consistent results.

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 you the much-needed electrolytes

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:** 1000 meters **Pull Rate:** less than 30 **Stretch from head to toe**

Main Set#1: adjust the damper setting to five (5) **Pull Rate:** 25-35

Complete 500 meters at 70-75% - capture your elapsed time: this is your Baseline Number

Complete 4000 meters in Descending Blocks

Intervals #1 & #2 – maintain the same pace as your Baseline number

Intervals #3 & #4 – hold a pace that is 2 seconds faster than your baseline number

Intervals #5 & #6 – maintain the same pace as your Baseline number

Intervals #7 & #8 – hold a pace that is 2 seconds faster than your baseline number

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:** 500 Meters **Pull Rate:** less than 30 **Stretch from head to toe**

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).

- **Complete Racing Solutions Bike: Fragmented Intervals (30' Total)**

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 you the much-needed electrolytes

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: 20 minutes (Upper End of HR Z2)

Repeat the following for the next 30 minutes

2 Minutes: initially out of the saddle for 30" and then into a seated position for 1:30 holding the tallest gear combination than you can maintain a 50-60 range-capture the highest speed achieved during the 1:30 interval. Maintain a smooth pedal stroke for the entire interval.

At the end of the interval, go into a very easy gear combination and maintain for **3 Minutes**.

Repeat the 2 minute "on" / 3 minute "off" until 20 minutes has transpired (please don't surpass)

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 allows for 85-90 cadence & 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).

- **Active Recovery Protocols: Post Shower/Pre-Bed Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep.



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
- **Complete Racing Solutions Bike: Fragmented Intervals (30' Total)**

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 you the much-needed electrolytes

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: 20 minutes (Upper End of HR Z2)

Repeat the following for the next 30 minutes

2 Minutes: initially out of the saddle for 30" and then into a seated position for 1:30 holding the tallest gear combination than you can maintain a 50-60 range-capture the highest speed achieved during the 1:30 interval. Maintain a smooth pedal stroke for the entire interval.

At the end of the interval, go into a very easy gear combination and maintain for **3 Minutes**.

Repeat the 2 minute "on" / 3 minute "off" until 20 minutes has transpired (please don't surpass)

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 allows for 85-90 cadence & 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).

- **Active Recovery Protocols: Post Shower/Pre-Bed Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep.

Friday

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

Mental Notes: the benefits of a rest day are larger than your hard workout days; this is because your body doesn't get any stronger or improve regarding your endurance during training. Your body improves physically when you feed it high quality, high quantity food and allow for adequate rest (7-8 hours of evening sleep and if logistically possible, 1-2-hour naps during the day). When your body sleeps deeply, for a long period of time and uninterrupted, your body releases the much-needed human growth hormone (HGH) naturally and you wake up leaner, stronger and have an improved immune system. Please embrace your rest day as if it was one of your harder workout days; your body will appreciate it.

- **Active Recovery Protocols: Post Shower/Pre-Bed Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep.



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 Row: Negative Split Pacing Blocks (6,000 Meters)**
Misc. Notes: this workout is going to hold you accountable both mentally and physically. Have your monitor set to 500 meter/1:00 minute rest interval. Adjust the load levels as indicated to avoid pulling a muscle or straining your lower back. Breathe in on the coil in and exhale on your leg extension. Hydrate with Energy Fuel and stretch as necessary to maintain consistent results.
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 you the much-needed electrolytes
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: 1000 meters Pull Rate: less than 30 Stretch from head to toe
Main Set#1: adjust the damper setting to five (5) **Pull Rate: 25-35**
Complete 500 meters at 70-75% - capture your elapsed time: this is your Baseline Number
Complete 4000 meters in Descending Blocks
Intervals #1 & #2 – maintain the same pace as your Baseline number
Intervals #3 & #4 – hold a pace that is 2 seconds faster than your baseline number
Intervals #5 & #6 – maintain the same pace as your Baseline number
Intervals #7 & #8 – hold a pace that is 2 seconds faster than your baseline number
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: 500 Meters Pull Rate: less than 30 Stretch from head to toe
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 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!
- **Active Recovery Protocols: Post Shower/Pre-Bed Protocols**
Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)
Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep.



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
Please complete One (1) of the following based on your track availability – Note: seat time is always preferred
- **Complete Racing Solutions Row: Distance Intervals**
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 you the much-needed electrolytes
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: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 3x
Load Level: 5 Pull Rate: 30+
Transition Set: 1000 Meters @ HR Z2 – stretch & rehydrate as necessary
Main Set#2: 6 x 500 meters: HR Z2 (no higher) - 500 meter/ Active Recovery: HR Z1 (no higher)
Load Level: 5 Pull Rate: 30+
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: 500 Meters Pull Rate: less than 25 Stretch from head to toe
- **Complete Racing Solutions Bike: Fragmented Intervals (:50 Total)**
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 Performance Block #1: 10 Minutes (Lower End of HR Z1)
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.
Performance Block #2: 20 minutes (High End of HR Zone 2)
Repeat the following for the next 30 minutes
2 Minutes: initially out of the saddle for 30" and then into a seated position for 1:30 holding the tallest gear combination than you can maintain a 50-60 range-capture the highest speed achieved during the 1:30 interval. Maintain a smooth pedal stroke for the entire interval.
 At the end of the interval, go into a very easy gear combination and maintain for **3 Minutes (Low End of HR Z2)**
Repeat the 2 minute "on" / 3 minute "off" until 20 minutes has transpired (please don't surpass)
Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes
Duration: 10 minutes **Gearing:** the easiest combination that allows for 85-90 cadence & HR Z1
Cadence: 85-90 **Misc.:** don't dismount until your heart rate is within HR Z1
- **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!
- **Active Recovery Protocols: Post Shower/Pre-Bed Protocols**
Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)
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