



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 3
6 Weeks
2/6
Enhanced Strength | 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 – 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**

Misc. Notes: if logistically possible, sleep in and don't begin your day with an alarm; instead wake up when your body is ready (Note: this may mean that you need to go to bed a little early to fit your personal schedule). Before getting out of bed, lay flat on your back and relax; focus on diaphragmic breathing and maximizing your oxygen uptake. After you become completely relaxed, I want you to get the small of your back (right above your butt) flat on your bed. If you are not able to keep your lower back flat on the bed, take some extra time and foam roll your quads, ITB and glutes. By doing this, you will improve the range of motion within your hips and legs – this will enhance your biomechanics as an athlete.

- **Evening Protocols**

Misc. Notes: when you lay down to go to sleep, your goal is to get to sleep as quickly as possible, sleep as deeply as possible and stay there as long as possible. If your brain doesn't have enough sugar to last through the night, you will wake up – not an ideal scenario when it comes to recovering from your day of training. An additional focus of getting to sleep quickly is associated with your body's production of hGH (human growth hormone). Human growth hormone is what makes you leaner and incorporates with other hormones necessary for complete recovery from the workloads associated with your training. With this being said, consume a highly dense snack or smoothie to help satisfy your brains need for sugar (from your liver) and your muscles needs for amino acids.

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: Muscular Endurance Phase 1**
[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout notes: come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

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. Note: cold fluids absorb better than warm fluids helping hydration.

Weight: choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

Speed of Lift: quick off the bottom, slow (3 count) back to your starting point

Rep Count:

Upper Body the goal is to complete **8-10 reps max**
Lower Body the goal is to complete **8-10 reps max**

Sets: 2

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.



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (40')**

Workout Notes: keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

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. Note: cold fluids absorb better than warm fluids helping hydration.

Warm Up (HR Z1)

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: 30 Minutes (HR Z2)

Set Notes: with your cadence between 80-90; 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.

Cool Down: 5 Minutes (HR Z1)

Duration: 5 minutes (no shorter)

Cadence: 80-85 (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).

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

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Rep Count:

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

Sets: 2

Post Workout Protocols

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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

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Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (40')**

Workout Notes: keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

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. Note: cold fluids absorb better than warm fluids, helping hydration.

Warm Up (HR Z1)

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: 30 Minutes (HR Z2)

Set Notes: with your cadence between 80-90; 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.

Cool Down: 5 Minutes (HR Z1)

Duration: 5 minutes (no shorter)

Cadence: 80-85 (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).

- **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.

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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 Combo Weight Workout: Muscular Endurance Phase 1**

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

Workout notes: come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

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. Note: cold fluids absorb better than warm fluids helping hydration.

Weight: choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

Speed of Lift: quick off the bottom, slow (3 count) back to your starting point

Rep Count:

- Upper Body the goal is to complete **8-10 reps max**
- Lower Body the goal is to complete **8-10 reps max**

Sets: 2

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 Power Nap after lunch**

Misc. Notes: the growth hormones released during your nap will be your biggest asset when it comes to overall physical improvement. Try to eat a complete meal prior to your nap to enhance the quality.

- **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 Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (40')**

Workout Notes: keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

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. Note: cold fluids absorb better than warm fluids helping hydration.

Warm Up (HR Z1)

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: 30 Minutes (HR Z2)

Set Notes: with your cadence between 80-90; 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.

Cool Down: 5 Minutes (HR Z1)

Duration: 5 minutes (no shorter)

Cadence: 80-85 (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 Mid-Day Meal**

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**

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.

Combo Weight Workout – Muscular Endurance Phase 1		
Warm Up	Date	Date
10 Minute Warm Up: Easy spin on the bicycle or even temp pull on the Concept 2 rower		
Lower Body Cycle: No Rest in between exercises - 1 Minute rest at the end of the complete cycle		
Walking Lunges - 20 Steps (Out and Back)		
Instructional Videos: Walking Lunges		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Single Leg - Good Mornings		
Instructional Video: Single Leg-Good Morning		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Single Leg - Calf Risers		
Instructional Video: Single Leg Calf Raises		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Side Skaters		
Instructional Video: Side Skaters		
Rep 1 (as many as you can complete in 30 seconds)		
Rep 2 (as many as you can complete in 30 seconds)		
Static Wall Squats (Goal 60 Seconds)		
Instructional Video: Static Wall Squats		
Duration #1 (Pause and stretch your quads when you are finished to alleviate a muscle pull)		
Duration #2 (Pause and stretch your quads when you are finished to alleviate a muscle pull)		

Core & Lower Back Cycle (No Rest in between exercises - 1 Minute rest at the end of the complete cycle)	Date	Date
Pike Position (Goal 60 Seconds)		
Instructional Video: Pike Position		
Duration #1 (Roll over on your back and reach up and extend your toes - stretch your core)		
Duration #2 (Roll over on your back and reach up and extend your toes - stretch your core)		
Ab Roll Out On Fit Ball		
Instructional Video: Abdominal Roll out on Fit Ball		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Abdominals On Fit Ball		
Instructional Video: Abdominal Crunch on Fit Ball		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Pike - Push Up - Pike (30 Seconds)		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 30 seconds)		
Rep 2 (as many as you can complete in 30 seconds)		
Super Man's On Belly		
Instructional Video: Superman Strength Exercise		
Rep 1 (8-10 with good form – slow movement the entire range of motion)		
Rep 2 (8-10 with good form – slow movement the entire range of motion)		

Upper Body Cycle (No Rest in between exercises)	Date	Date
Clean & Jerk/Shoulder Press On Indo Board™		
Instructional Video: Indo Board Clean and Jerk Shoulder Press		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Single Leg - Bent Over Row		
Instructional Video: Single Leg Bent Over Row		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Push Ups On Indo-Board (or on the floor with your eyes closed)		
Instructional Video: Indo Board Push Ups		
Rep 1 (as many as you can complete in 30 seconds)		
Rep 2 (as many as you can complete in 30 seconds)		
Rotator Cuff Rotation on Fit Ball		
Instructional Video: Rotator Cuff Rotation on Fit Ball		
Weight (Light)		
Rep 1 (8-10 with good form – slow movement the entire range of motion)		
Weight (Light)		
Rep 2 (8-10 with good form – slow movement the entire range of motion)		
Lat Drop-Triceps Press on Fit Ball		
Instructional Video: Lat Pull Over-Triceps Extension		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Rear Deltoid on Single Leg		
Instructional Video: Rear Deltoid on Single Leg		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		



Upper Body Cycle (No Rest in between exercises)	Date	Date
Deep Squats/Bicep Curl		
Instructional Video: Deep Squat with Curls		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Incline on Fit Ball		
Instructional Video: Incline on the fit ball		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Frankenstein's-Front/Middle Deltoids on Indo-Board (or single leg)		
Instructional Video: Frankenstein's on Indo Board		
Weight (Moderate)		
Rep 1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		
Weight (Moderate)		
Rep 2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)		

Instructional Video – Rowing		
2000 Meter Rowing		
	Date	Date
Warm up for 200 Meters - Low Intensity		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		

Bicycle Sprints		
	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
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1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		