



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

**Phase 3**  
**6 Weeks**  
**6/6**  
**Mental and Physical Recovery**

**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 #1 of 3**

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

- **Evening Protocols**

**Nutrition:** consume 8 ounces of 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.**
- **(Morning Workout) BMX or MTB | Dirt Jumping Free Ride (1 Hour Maximum)**

**Misc. Notes:** nothing structured; however, focus on one thing: momentum on the backside of jumps; acceleration from lip to lip, etc. Fun factor high – productivity higher! Remember to hydrate every 20-30 minutes for the entire time you are out there.

**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).

- **(Afternoon Workout) Complete Racing Solutions MX: Free Ride (1 Hour Maximum Total 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.

**Workout Notes:** break your riding up into 15-minute sessions with 15 minutes rest; maintain a HR of Z2 or less for your entire time on the track (not easy to do if you are ripping around in typical moto fashion).

Refrain from “training”, simply go ride your motorcycle – have fun railing turns or jumping. Stretch with dynamic movements prior to getting back on the bike.

**Post Workout Protocols**

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

- **Evening 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.**
- **Complete Rest Day #2 of 3**  
**Misc. Notes:** most of our biggest frustrations are a result of letting the little things get by us; for example, when we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later: dishes in the sink, beds not made, etc. You jump in the car in a rush to “make up time” and as a result we end up using more gas, wearing our tires out faster and increase our risk of getting a ticket (for either speeding or running a red light) – which only increases the cost of our insurance. Ironically, all these aggravations could have been alleviated if we had got up on time; however, this still isn’t the actual issue. The reason why you went to bed late, which made you too tired to get up on time. The point here, is step back two or three steps with each frustration that you are dealing with to maximize your complete potential.
- **Evening Protocols**  
**Nutrition:** consume 8 ounces of 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.**
- **(Morning Workout) BMX or MTB | Dirt Jumping Free Ride (1 Hour Maximum)**  
**Misc. Notes:** nothing structured; however, focus on one thing: momentum on the backside of jumps; acceleration from lip to lip, etc. Fun factor high – productivity higher! Remember to hydrate every 20-30 minutes for the entire time you are out there.  
**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).
- **(Afternoon Workout) Complete Racing Solutions MX: Free Ride (1 Hour Maximum Total 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.  
  
**Workout Notes:** break your riding up into 15-minute sessions with 15 minutes rest; maintain a HR of Z2 or less for your entire time on the track (not easy to do if you are ripping around in typical moto fashion).  
  
Refrain from “training”, simply go ride your motorcycle – have fun railing turns or jumping. Stretch with dynamic movements prior to getting back on the bike.  
**Post Workout Protocols**
  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening 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 #3 of 3**  
**Misc. Notes:** Allow yourself to sleep in today and put an increased emphasis on quality food with large quantities. Remember, these two elements are the foundation of a healthy body that is strong and resilient. Keep in mind that the muscles that you have today is a result of what you ate over the last six months – you are literally what you ate, so plan ahead and be smart.
- **Evening 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 & Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.  
**Complete One of the Following for your Morning Workout:**

- **BMX or MTB | Dirt Jumping Free Ride (1 Hour Maximum)**

**Misc. Notes:** nothing structured; however, focus on one thing: momentum on the backside of jumps; acceleration from lip to lip, etc. Fun factor high – productivity higher! Remember to hydrate every 20-30 minutes for the entire time you are out there.

### 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 MX: Free Ride (1 Hour Maximum Total 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.

**Workout Notes:** break your riding up into 15-minute sessions with 15 minutes rest; maintain a HR of 22 or less for your entire time on the track (not easy to do if you are ripping around in typical moto fashion).

Refrain from "training", simply go ride your motorcycle – have fun railing turns or jumping. Stretch with dynamic movements prior to getting back on the bike.

### Post Workout Protocols

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

- **2 Hour Power Nap after lunch**

**Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

- **Evening Protocols**

**Nutrition:** consume 8 ounces of 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.