



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase One
6 Weeks
1/6
Assess: Strength, Endurance & Lactate Tolerance

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 Racing Solutions Plyometric Assessment**
[Please download the attached spreadsheet]
Workout notes: the goal is to determine how many repetitions you can complete within 30 seconds. You will complete 3 sets of each exercise with 30 seconds rest in between exercises; 1-minute rest before moving to the next exercise listed.
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.
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**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

Tuesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Racing Solutions Row: 5 x 100 Meter Time Trials**
[Please refer to the spreadsheet at the bottom of this document for your testing protocols]
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.
Workout Notes: complete 5 x 100 meters with 1:00 rest (Load Level on 5) after warming up for 10 minutes (Load Level on 3 or less) and then stretching from head to toe. The goal here is to be at close to maximum effort as possible for each 100-meter interval. Document your elapsed time along with your ending maximum heart rate at the end of each 100-meter interval. If at any time you feel something tighten up, stop immediately and stretch; resume at an EASY effort for 10 minutes.
**** Update your Performance Report Card for Evaluation ****
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**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
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Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



Wednesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (1 hour) – BMX | MTB | Road Bike**
Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine.
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: 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 Performance Block: 40 minutes (HR Zone 2)
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: 10 Minutes (HR Zone 1)
Duration: 10 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: 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**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed

Thursday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (1 hour) – BMX | MTB | Road Bike**
Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine.
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: 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 Performance Block: 40 minutes (HR Zone 2)
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Duration: 10 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: 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**
Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels
Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)
Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



Friday

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

Misc. Notes: to complement your dedication to your workouts, go out of your way to avoid simple sugars and white starchy foods (white potatoes, spaghetti, bread, boxed cereals, chips, etc.) and replace them complex carbohydrates in the form of fruits and vegetables. Though we discuss this frequently, think about your [fruits and vegetables](#) as the key to fresh antioxidants to offset the negative side effects of aerobic exercise. Free radicals are released during respiration – the longer and harder you train, the greater the amount of free radicals is produced. Free radicals harm the health of the cells resulting in disease, premature aging and declines in athletic performance. So the next time you sit down to a plate of brightly colored fruits and vegetables, keep in mind that you are offsetting the negative side effects of [free radicals](#) and improving your healthy and ultimately performance from the inside out.

- **Evening Protocols** – please reference Monday's notes and video links

Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Complete Racing Solutions Bicycle: 8 x ¼ Mile (400 Meters) Intervals

[Please update your Coach Robb Performance Report Card with the results of this information]

Workout Notes: Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout.

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.

Pre-Testing Body Weight:

Warm Up (Very Easy): 10 minutes even spin; stretch your [low back, quads and hamstrings](#) as necessary to eliminate any tightness in any and all muscle groups

Test Block #1: 8 x ¼ Mile (400 Meter) Intervals

Complete eight intervals as fast as you can – document your elapsed time for each interval | 1 Minute Rest Between Intervals

**** Update your Performance Report Card for Evaluation ****

Cool Down: when finished, re-hydrate and ride for a minimum of **10 minutes** – easy spin/active recovery. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes to relax any tight muscle(s) associated with the assessment.

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).

- **Power Nap – 2 Hours**

Misc. Notes: growth hormones are your biggest by product of napping so set yourself up to get the most out of your nap by eating a clean and dense meal prior to lying down in a cool, dark room. When you wake up, start your day off with 8-10 ounces of cold water to facilitate your re-hydration.

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen your diaphragm (your breathing muscle), breath through a straw & nose closed



Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Racing Solutions MX: Speed and Maximum Heart Rate Assessment**

[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]

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.

Workout Overview: This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

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 Power Nap/Recovery Protocols**

Misc. Notes: with the residual fatigue from this week's testing, it will be helpful if you would take a cold bath for 10-15 minutes (fun I know) when you wake up; eat a large salad that is topped with high quality protein to help offset the tearing down of your muscles and associated inflammation. Schedule pending take a hot shower and then stretch passively feeling for any hot spots.

- **Evening Protocols**

Nutrition: consume 8 ounces of [Energy Fuel](#) to top off your electrolytes and hydration levels

Foam Roller & Trigger Point Therapy: soften the muscle and connective tissue with the [foam roller & then apply TP therapy](#)

Diaphragmatic Breathing: [click here](#) to strengthen you diaphragm (your breathing muscle), breath through a straw & nose closed



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Maintaining Aerobic Intensity Through Entire Duration		
	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Concept 2™ Rower - 10 minutes: low intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Moving the bike with your core	Intensity Very Relaxed
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Muscular Endurance	Intensity
Protocols:	Note: these protocols are based on lap time of approximately 1 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Avg HR#: Max HR#:	
	Rest For 15 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Muscular Endurance	Intensity
	** Strive to maintain the same pace as Set #2 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%
Elapsed Times:	Fastest Lap Time: Avg HR#: Max HR#:	
	Rest For 15 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Muscular Endurance	Intensity
	10 Minute Moto - Negative Split 2nd Half of Moto Moto Specific Heart Rate Zone - Low # High #	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	80-85%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%
Elapsed Times:	Fastest Lap Time: Avg HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Body Balance	Intensity Very Relaxed
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over	



Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	

Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Muscular Endurance / Mental Focus / Internal Pacing									
	Description										
Warm Up	Set Focus: Gradual Warm Up										Intensity
Protocols:	Easy Riding - very low intensity; keep a close eye on your HR throughout Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel										40%
Main Set #1	Set Focus: Moving the bike with your core										Intensity
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink										Relaxed
Main Set #2	Set Focus: Muscular Endurance										Intensity
Protocols:	Note: these protocols are based on lap time of approximately 1 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 10 Minute Moto - Even Paced (Beginning to End)										80-85% 80-85%
	Moto Specific Heart Rate Zone - Low # High #										
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:						
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						
Elapsed Times:	Fastest Lap Time:	Avg HR#:		Max HR#:							
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with sports drink										
Main Set #3	Set Focus: Muscular Endurance										Intensity
	** Strive to maintain the same pace as Set #2 10 Minute Moto - Even Paced (Beginning to End)										80-85% 80-85%
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:						
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						
Elapsed Times:	Fastest Lap Time:	Avg HR#:		Max HR#:							
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with sports drink										
Main Set #4	Set Focus: Muscular Endurance										Intensity
	** Strive to maintain the same pace as Set #2 10 Minute Moto - Even Paced (Beginning to End)										80-85% 80-85%
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:						
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:						
Elapsed Times:	Fastest Lap Time:	Avg HR#:		Max HR#:							
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink										
Main Set #5	Set Focus: Body Balance										Intensity
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better)										
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)										40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.										
	Beginning Weight: Ending Weight: Loss Gain (Loss):										



Complete Racing Solutions MX Speed Assessment		
Workout Focus: Consistent Race Speed		Total Ride Time: 60 Minutes
	Description	
Warm Up	Set Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Intensity Less Than 50%
Main Set #1	Focus: Smooth start and fast five (5) laps	Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High #	90-95%
Elapsed Times:	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Elapsed Times:	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Main Set #2	Focus: Smooth start and fast three (3) laps	Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #	95-100%
Elapsed Times:	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate	
Elapsed Times:	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate	
Main Set #3	Focus: Smooth start and fast two (2) laps	Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #	95-100%
Elapsed Times:	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate	
Elapsed Times:	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR:	
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly	Less Than 40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	

Complete Racing Solutions MX: Speed Assessment

Workout Overview: This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

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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