



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

**Phase 4**  
**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**
  - **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.**  
**Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep, and eat instead**
- **(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.



### 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 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.  
**Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep, and eat instead**
- **(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.  
**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 Rest Day #3 of 3**  
**Misc. 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.
- **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.  
**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 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:** 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**  
**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.