



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase Four
6 Weeks
1/6
Re-Assess: Strength, Endurance, Lactate Tolerance & Mental Toughness

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 Phase 4 - Plyometric Assessment (40" Test – 20" Recovery)**
[Please refer the attached spreadsheet found in your email]
Workout notes: the goal is to determine how many repetitions you can complete within 40 seconds. You will complete 3 sets of each exercise with 20 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 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 you 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 200 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 200 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 200-meter interval. Document your elapsed time along with your ending maximum heart rate at the end of each 200-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 P4-6 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 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 you 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 (30' up to 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 you 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 (30' up to 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 you 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 number 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**

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

Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Racing Solutions Bicycle: 10 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: 10 x ¼ Mile (400 Meter) Intervals
Complete ten 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 tomorrows workouts more productive).
- **Power Nap – 2 Hours**

Misc. Notes: just like your notes for your evening sleep, strive to consume a nutrient dense smoothie prior to lying down; the high-quality nutrients will enhance your immunity, muscles, and various vascular systems. The beauty of high quality fruits and vegetables is that they are nutrient rich, calorically low but fill your belly up and provide stable blood sugar levels for up to three hours after you consume.
- **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



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 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).
- **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 Instructional Video on how to set up the Concept 2 Rower	Less Than
Workout Protocol:	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	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 Note: these protocols are based on lap time of approximately 2 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 30 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	Intensity
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 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Muscular Endurance ** Strive to maintain the same pace as Set #2 30 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	Intensity
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 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Muscular Endurance 20 Minute Moto - Negative Split 2nd Half of Moto Moto Specific Heart Rate Zone - Low # High #	Intensity
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 5 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 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	



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 2 minutes - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 20 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low #High #								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 #3		Set Focus: Muscular Endurance								Intensity			
		** Strive to maintain the same pace as Set #2 20 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 #4		Set Focus: Muscular Endurance								Intensity			
		** Strive to maintain the same pace as Set #2 20 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 fingertips 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			Intensity
	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			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:	6 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate			
Elapsed Times:	6 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:	4 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate			
Elapsed Times:	4 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:	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate			
Elapsed Times:	3 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 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).

**** Update your P4-6 Performance Report Card for Evaluation ****