



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

*Phase Seven*  
*5 Weeks*  
*1/5*  
*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 7 - Plyometric Assessment (60" Test – 30" Recovery)**  
[Please download the Plyometric Assessment spreadsheet]  
**Workout notes:** the goal is to determine how many repetitions you can complete within 60 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 tomorrows workouts more productive).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 3 minutes (the length of the video).  
**Psychology:** concept video "[Moist Heat vs Dry Heat](#)" – [video link](#).

**Tuesday**

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Complete Racing Solutions Row: 5 x 300 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 300 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 300-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 P7-9 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 tomorrow's workouts more productive).

- **(If you Did not Ride This Morning - Afternoon Workout) Complete Racing Solutions MX: Aerobic Workout #1**

**[Please refer to the spreadsheet at the bottom of this document]**

**Workout Notes:** don't let the intensity levels throw you off, if you maintain 80% for 90 minutes, you will find that you have plenty of energy for the last set. Make a mental decision to NOT increase your effort (based on your heart rate) even though you will be comfortable enough to do so. Keep in mind that this workout needs to be completed within your aerobic intensity zones to ensure that you are ready for your high intensity workouts during the rest of the week.

### **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

- **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 (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 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

#### Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Rest Day**  
**Misc. Notes:** pay close attention to the little things that are easy to let slip by: hours of sleep, quality of sleep, snack before bed, proper hydration, proper warm up and cool downs, stretching and trigger point therapy. Though you have heard these reminders for an extended period of time, but stop and evaluate how many times last week you missed each of these important elements? This is not to slap your hand, but to help you understand how quickly the "little things" get away from you before it is too late. Plan ahead and contribute to your own success of improving everything by 1% from sunrise to sunset.
- **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



## Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete Racing Solutions Bicycle: 6 x ½ Mile (800 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: 6 x ½ Mile (800 Meter) Intervals**

Complete six 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:** 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 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



<b>Complete Racing Solutions Aerobic MX Workout #1</b> <b>Workout Focus: Holding Aerobic Pace as Duration Increases Minutes</b> <b>Workout Duration: 90</b>		
	Description	
	Focus: Gradual Warm Up	
Warm Up	Set Focus: generate blood flow into all the working muscles	Intensity
Workout Protocol:	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> Concept 2™ Rower - 10 minutes: low intensity pulling <a href="#">Instructional Video on how to stretch - head to toe</a> Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>	Less Than 40%
Main Set #1	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here) 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: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
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: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)	Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps ** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)	
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: Slowest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain	



<b>Complete Racing Solutions MX Speed Assessment</b>	<b>Workout Focus: Consistent Race Speed</b>	<b>Total Ride Time: 60 Minutes</b>	
	<b>Description</b>		
<b>Warm Up</b>	<b>Set Focus: Gradual Warm Up</b>		<b>Intensity</b>
	<a href="#">Instructional Video on how to set up the Concept 2 Rower</a> 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 <a href="#">Energy Fuel</a>		<b>Less Than 50%</b>
<b>Main Set #1</b>	<b>Focus: Smooth start and fast five (5) laps</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	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 #		<b>90-95%</b>
<b>Elapsed Times:</b>	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
<b>Main Set #2</b>	<b>Focus: Smooth start and fast three (3) laps</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #		<b>90-95%</b>
<b>Elapsed Times:</b>	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
<b>Elapsed Times:</b>	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
<b>Main Set #3</b>	<b>Focus: Smooth start and fast two (2) laps</b>		<b>Intensity</b>
<b>Workout Protocol:</b>	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #		<b>90-95%</b>
<b>Elapsed Times:</b>	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
<b>Elapsed Times:</b>	2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		
<b>Warm Down</b>	<b>Easy riding - nothing structured or intense; allow the HR to come down slowly</b>		<b>40%</b>
	<b>Pre-Riding Weight:</b>	<b>Post-Riding Weight:</b>	
	<b>Total Fluids Consumed:</b>	<b>Loss/Gain</b>	

### 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).