



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 7
6 Weeks
3/6
Enhanced Endurance, Strength & 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 Rest Day**

Misc. Notes: as your email notes reference, learning how to fill your lungs by breathing deeply through your diaphragm is one of the most powerful resources relevant to your ability to go “hard” and still stay within your aerobic intensity zones. The ability to train in your aerobic intensity zones teaches your body to spare glycogen (stored sugar in your liver and your muscles which is limited to 60-90 minutes of high intensity activity) and utilize stored fat (providing hours and hours of energy). During your workouts throughout the week, the blue/aerobic workouts need to be taken as seriously as your red/high intensity workouts. During the blue/aerobic workouts, keeping your intensity (monitored with your heart rate monitor) below your HR Z2 will maximize your fat burning capabilities, reduce the residual fatigue on the body and increase the number of capillary beds within the muscles (channels necessary to deliver oxygen and dissipate lactic acid).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video “[The Inverse Relationship between Volume & Intensity](#)” – [video link](#)

Tuesday

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

- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**

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

Workout Notes: this workout is all about consistency with a twist. It is easier to set your pace with a 2-lap moto and then “match” the pace as the duration increases; however, during this workout, we are going to approach it completely differently. Set a goal pace in your head and maintain this pace for your **5 lap intervals**. Then evaluate if you are holding that same pace or faster as the duration reduces from 5 laps to 3 laps to 2 laps by the end of the set. If you are able to establish a faster speed by Set #3, then repeat the workout again and strive to maintain the 2-lap speed for the 5 lap & 3 lap moto. Because the intensity is high, maintaining stable blood sugar levels will ensure that your brain and muscles “elevate” to the next level of speed.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **(If you didn't ride this morning – afternoon workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**
[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the 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

Sets: 2

Rep Count: 6-8 reps (unless otherwise noted)

Speed of Lift: explosive off the bottom, slow back to starting point

Rest Interval: none in between exercises; 1:00 in between cycles

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **Evening Protocols**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



Wednesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**

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

Workout Notes: during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you must implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **(If you did not ride this morning – afternoon workout) Complete Racing Solutions Run – Row- Bike (MTB–BMX–Road Bike): Even Tempo (1 Hour)**

Workout Notes: the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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

Misc.: stretch and hydrate before moving into your main set

Main Performance Block: 45 minutes (HR Zone 2)

Set Notes: comfortable pace; stay relaxed and focused on good form to optimize both your efficiency and reduce your risk of injury.

Warm down: 5 Minutes (HR Zone 1)

Duration: 5 minutes (no shorter)

Misc. Notes: stretch your lower back, calves, and quads after the cool down

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**
 - Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



Thursday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1 (Same as Tuesday Intentionally)**

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

Workout Notes: this workout is all about consistency with a twist. It is easier to set your pace with a 2-lap moto and then "match" the pace as the duration increases; however, during this workout, we are going to approach it completely differently. Set a goal pace in your head and maintain this pace for your **5 lap intervals**. Then evaluate if you are holding that same pace or faster as the durations reduce from 5 laps to 3 laps to 2 laps by the end of the set. If you are able to establish a faster speed by Set #3, then repeat the workout again and strive to maintain the 2-lap speed for the 5 lap & 3 lap moto. Because the intensity is so high, maintaining stable blood sugar levels will ensure that your brain and muscles "elevate" to the next level of speed.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
 - **(If you didn't ride this morning – afternoon workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**
- [Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the 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

Sets: 2

Speed of Lift: explosive off the bottom, slow back to starting point

Rep Count: 6-8 reps (unless otherwise noted)

Rest Interval: none in between exercises; 1:00 in between cycles

Post Workout Protocols

- **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **Evening Protocols**
 - Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

Friday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
 - **(Afternoon workout) Complete Racing Solutions Run – Row- Bike (MTB–BMX–Road Bike): Even Tempo (1 Hour)**
- Workout Notes:** the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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

Misc.: stretch and hydrate before moving into your main set

Main Performance Block: 45 minutes (HR Zone 2)

Set Notes: comfortable pace; stay relaxed and focused on good form to optimize both your efficiency and reduce your risk of injury.

Warm down: 5 Minutes (HR Zone 1)

Duration: 5 minutes (no shorter)

Misc. Notes: stretch your lower back, calves, and quads after the cool down

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**
 - Belly Breathing:** take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.



Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1 (Same as Wednesday Intentionally)**

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

Workout Notes: during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you must implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Post Ride Meal**

Misc. Notes: I you have put in all of the work necessary to elevate your program by 1% (and more than likely by more than 1%) so this nap is going to help your body absorb all of the volume & intensity that you have submitted it to. To optimize your nap, eat a high-quality mid-day meal (loaded with fruits and vegetables, lean protein) as quickly after your morning workout logistically possible. When you wake up, consume a high-quality smoothie with two scoops of Energy Fuel for additional electrolytes.
- **(If you did not ride this morning - Afternoon workout) Complete Racing Solutions Run – Row- Bike (MTB–BMX–Road Bike): Even Tempo (50 Minutes)**

Workout Notes: the key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

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

Misc.: stretch and hydrate before moving into your main set

Main Performance Block: 35 minutes (HR Zone 2)

Set Notes: comfortable pace; stay relaxed and focused on good form to optimize both your efficiency and reduce your risk of injury.

Warm down: 5 Minutes (HR Zone 1)

Duration: 5 minutes (no shorter)

Misc. Notes: stretch your lower back, calves, and quads after the cool down

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**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**

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

Workout Notes: if logistically possible, go to the same track as one you did earlier in the week, strive to improve on your lap times by 1% - every second counts. When you produce “faster” lap times, answer the question “how did I get faster”. If you can explain what you did to create faster speeds, the more ingrained your speed will become.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **2 Hour Nap After Mid-Day Meal**

Miss. Notes: think about this nap as a short cut to the top! The extra two hours of rest and recovery will ensure that your body is getting the necessary hGH (human growth hormone) along with a time to simply relax: mentally and physically. You have earned this extra dose of sleep, so take full advantage of it.

- **(If you didn't ride this morning – afternoon workout) Complete Racing Solutions Running – Rower or Bike (MTB – BMX – Road Bike): Pacing Intervals (40')**

Workout notes: the intensity is going to be high; however, the duration will be short. Focus on the rest interval – you want to allow for complete recovery for maximum results.

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

Misc.: stretch and hydrate before moving into your main set

REPEAT THE FOLLOWING FOR 20 Minutes

2 Minutes at a Fast Pace (up to HR Z3 but not higher)

Get up to speed quickly and hold your intensity with optimized form to reduce the risk of injury.

3 Minute Recovery Block (complete recovery is imperative)

You should feel fresh and eager to start the next interval – if not, add more recovery time

Repeat 5x

Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes.

Duration: 5 minutes

Misc.: stretch and hydrate before moving to your post workout protocols

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**

Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.



Complete Racing Solutions MX Speed Workout #1	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:	5 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
Elapsed Times:	5 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
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 #		90-95%
Elapsed Times:	3 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Elapsed Times:	3 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
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 #		90-95%
Elapsed Times:	2 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Elapsed Times:	2 Lap Elapsed Time Interval #1: Fastest Lap: Max HR:		
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly		40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain		

Workout Notes: this workout is all about consistency with a twist. It is easier to set your pace with a 2-lap moto and then "match" the pace as the duration increases; however, during this workout, we are going to approach it completely differently. Set a goal pace in your head and maintain this pace for your **5 lap intervals**. Then evaluate if you are holding that same pace or faster as the duration reduces from 5 laps to 3 laps to 2 laps by the end of the set. If you are able to establish a faster speed by Set #3, then repeat the workout again and strive to maintain the 2-lap speed for the 5 lap & 3 lap moto. Because the intensity is so high, maintaining stable blood sugar levels will ensure that your brain and muscles "elevate" to the next level of speed.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Holding Aerobic Pace as Duration Decreases		
	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	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 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: Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Fastest Lap Time: Avg. HR#: Max HR#: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85% 80-85% 80-85%
Main Set #3	Set Focus: Muscular Endurance ** 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: Elapsed Times: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Elapsed Times: Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time: Elapsed Times: Fastest Lap Time: Avg. HR#: Max HR#: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85% 80-85% 80-85%
Main Set #4	Set Focus: Muscular Endurance & Speed 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: 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 Energy Fuel	80-85% 90-95%
Main Set #5	Set Focus: Body Balance 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	Intensity Very Relaxed
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure) Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout. Beginning Weight: Ending Weight: Loss Gain (Loss):	40%

Phase 7 - Combo Weight Workout – Explosive Power			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE			
Pull Ups: 3 x 5 Reps (Wide - Bicep - Wide)			
15 Reps with perfect form (refrain from rushing)			
15 Reps with perfect form (refrain from rushing)			
Lat Pull Back to Chest (On Lat Pull Down Machine)			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
CYCLE TWO			
Bicep Pull Down (On Lat Machine)			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Triceps Extension & Abdominal Standing Crunch			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
CYCLE THREE			
Lat Pull Back and Up with Rope			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Walking Lunges with Frankenstein's			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			



THE SCIENCE OF PERFORMANCE

CYCLE FOUR	Date	Date	Date
Leg Press and Calf Extensions			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Diamond Push Ups			
Instructional Video: Diamond Push Ups			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
CYCLE FIVE	Date	Date	Date
Single Leg Good Morning and Shoulder Press			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Rear Deltoid			
Instructional Videos: Rear Deltoid			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
CYCLE SIX	Date	Date	Date
Bicep Curl Pumps			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Flat Bench - One Arm At a Time			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			



THE SCIENCE OF PERFORMANCE

CYCLE SEVEN	Date	Date	Date
Abs: Pike - Push Up - Pike			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
Push Up - Knee to Shoulder			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			