



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

**Phase 7**  
**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**  
**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**  
**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](#); 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 both legs.

**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 tomorrow's 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**  
**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](#); 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 both legs.



### 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:** 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**  
**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](#); 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 both legs.

### 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 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
- **Evening Protocols**  
**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](#); 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 both legs.

### 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:** research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deeply as possible, consume a lunch that contains high levels of high-quality protein & fat (they only thing that satisfies your appetite).
- **Evening Protocols**  
**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](#); 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 both legs.



## 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:** chronic dehydration is an easy fix: focus on consuming fruits and vegetables on a regular basis. Fruits and vegetables are loaded with natural electrolytes (sodium, potassium, calcium, magnesium) and contain a high level of water. Additionally, consuming them on a regular basis will not only provide you electrolytes and water, but they will also provide you antioxidants that will offset the negative side effects of free radicals (produced during high intensity training). By viewing fruits and vegetables as a performance enhancer will no doubt increase your consumption!

- **Evening Protocols**

**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](#); 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 both legs.