



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 6
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: when you think about your daily nutrition, keep a close eye on your three macro-nutrients: fats, protein, and carbohydrates. Quality fats come from avocados, extra virgin olive oil, raw nuts and salmon. These fats feed your adrenal system and provide the necessary fat for neuromuscular health. Protein, (specifically amino acids) provide you the building blocks for new muscle along with the repairing of torn down muscle tissue. Carbohydrates from fruits and vegetables provide you both water and electrolytes necessary for muscle contraction. Keep in mind that you need to evaluate your nutrition in two components: quality and quantity. If your meals and snacks consist mainly of fruits, vegetables and lean protein you have your quality covered. If you are finishing workouts feeling strong, then you are getting enough quantity. If not, simply bump up your quantity until you feel strong through your workouts.

- **Evening Protocols**

Flexibility: take 10 minutes and focus on your legs and lower body

Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack or meal

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**

Flexibility: after your shower, upper body and lower body trigger point, foam rolling and stretching exercises

Nutrition: consuming a [high-quality whey](#) smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner.



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: plan ahead and time your nap within 30 minutes after a mid-day meal. To increase the quality of your nap, consume something that normally makes you feel sleepy. This will put you to sleep quicker and have you sleeping deeply – this will allow your body to produce the much-needed hGH (the hormone that makes you lean!). Sleep deep, wake up leaner!
- **Evening Protocols**
Flexibility: after your shower, upper body and lower body trigger point, foam rolling and stretching exercises
Nutrition: consuming a [high-quality whey](#) smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner.

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 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**
Flexibility: after your shower, upper body and lower body trigger point, foam rolling and stretching exercises
Nutrition: consuming a [high-quality whey](#) smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner.

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**
Flexibility: after your shower, upper body and lower body trigger point, foam rolling and stretching exercises
Nutrition: consuming a [high-quality whey](#) smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner.



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 tomorrows 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 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

- **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**

Flexibility: after your shower, upper body and lower body trigger point, foam rolling and stretching exercises

Nutrition: consuming a [high-quality whey](#) smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner.