



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 10
5 Weeks
3/5
Race Specific Speed and Endurance

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 you move to the next level of performance, you will recognize that your improvement is in direct correlation of the effort you put into your daily details: hydration, nutrition, flexibility, mentally focused on your goals and training objectives, etc. The extra bonus to experience is that you have a databank of experiences that you can make judgment calls about your training efforts. Keep in mind that more isn't always better. If you are digging deep during a blue/aerobic workout, then you know that you haven't completely recovered (aka – absorbed) from your workload of one to two days prior. This isn't an indicator that you are not capable, instead, it is a great indicator that your food quantity and sleep quantity isn't enough to support your workloads. If after looking at your personal schedule and you find that you can't pick up an extra two to three hours of sleep per week, we need to re-evaluate your training volume and frequency (please let me know so that I can adjust your schedule accordingly).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
Psychology: concept video "[Should I Train When I Am Sick](#)" – [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 (CRS) Bike: Heart Rate Ladder on Trainer (75')**

Workout notes: to maximize your productivity, have your high and low heart rate numbers prior to beginning this workout. There are a couple of ways to make this work out more difficult: increase your initial output of effort which will elevate the heart rate quickly or push a taller gear (with good form to avoid pulling a muscle).

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 for 10 minutes (HR Zone 1)

Choose a gear combination that has your legs turning over very easily (75+ cadence); stretch your calves and lower back before starting your main set.

REPEAT THE FOLLOWING HEART RATE LADDER FOR 60 Minutes

Accelerate out of the saddle for 1 minute; sit down and focus on good pedal technique pushing a gear combination that allows you to maintain a cadence level of 75-85 until your heart rate hits your top number within your **HR Zone 4** (no higher). Once you hit your top number, lighten up your gear combination (maintain the same leg turnover: 75-85) until your HR hits the bottom number of **HR Zone 2**.

Repeat the High HR 4 to Low HR 2 for 1 hour

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

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into **HR Z1**

Misc.: don't dismount until your heart rate is within **HR Z1**

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).
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Wednesday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) Combo Weight Workout – Muscular Endurance**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: as the header implies, this weight program is designed to build your muscular endurance. Choose the weight so that you can finish 3 sets with good form. Stretch in between sets to maintain an optimum range of motion.
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.
Sets: 3 **Speed of Lift:** smooth off the bottom, slow back to starting point
Rep Count: 8-10 reps (unless otherwise noted) **Rest Interval:** none in between exercises; 1:00 in between cycles
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).
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Thursday

- **Body Analysis:** please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Fragmented Power Intervals (60 Minutes)**
Workout Notes: this workout will sneak up on you by the end of the workout because of the residual fatigue that "builds" throughout this workout. Keep in mind that you are asking your muscles to generate power as they begin to fatigue. The generation of power is a unique combination of mental and physical ability. When you mentally establish a threshold of speed that you want to obtain, the muscles have a threshold to surpass which requires a certain level of output – specific to the gear load levels. By hitting a goal number, you will learn to associate the intensity (as indicated by your heart rate monitor) levels needed to create speed and power. By completing intervals of the same power will improve your muscular endurance as well.
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: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 10 minutes **Gearing:** small chain ring up front, middle rear gearing
Cadence: 80-85 (no higher/lower) **Misc.:** stretch and hydrate before moving into your main set
Power Block #1: 20 minutes (HR Zone 3) – Hit the same rate of speed for each interval
Repeat the following for the next 20 minutes (Remember the focus: hit the same speed for each interval)
2 Minutes: initially out of the saddle for 30" and then into a seated position for 90" holding the tallest gear combination than you can maintain a 50-60 range-capture the average speed during the 90 seconds interval. Maintain a smooth pedal stroke for the entire interval.
At the end of the interval, go into a very easy gear combination and maintain for **2 Minutes**.
Repeat the 2 minute "on" / 2 minute "off" until 20 minutes has transpired (please don't surpass)
After the 20-minute block, add an additional 5 minutes of active recovery / easy spinning; stretch & re-hydrate to replenish your blood sugar levels
Power Block #2: 20 minutes (HR Zone 3) – Hit the same rate of speed for each interval
Repeat the following for the next 20 minutes (Remember the focus: hit the same speed for each interval)
2 Minutes: initially out of the saddle for 30" and then into a seated position for 90" holding the tallest gear combination than you can maintain a 50-60 range-capture the average speed during the 90 seconds interval. Maintain a smooth pedal stroke for the entire interval.
At the end of the interval, go into a very easy gear combination and maintain for **2 Minutes**.
Repeat the 2 minute "on" / 2 minute "off" until 20 minutes has transpired (please don't surpass)
Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes
Duration: 5 minutes **Gearing:** the easiest combination that allows for 85-90 cadence & HR Z1
Cadence: 85-90 **Misc:** don't dismount until your heart rate is within HR Z1
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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
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Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) Combo Weight Workout – Muscular Endurance**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: as the header implies, this weight program is designed to build your muscular endurance. Choose the weight so that you can finish 3 sets with good form. Stretch in between sets to maintain an optimum range of motion.

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.
Sets: 3 **Speed of Lift:** smooth off the bottom, slow back to starting point
Rep Count: 8-10 reps (unless otherwise noted) **Rest Interval:** none in between exercises; 1:00 in between cycles
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).
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Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo/Aerobic Enhancement (90 Minutes)**
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. To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2** – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR: this is free money on race day!

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 2 or less
Duration: 20 minutes **Gearing:** small chain ring up front, middle rear gearing
Cadence: 80-85 (no higher/lower) **Misc.:** stretch and hydrate before moving into your main set

Main Performance Block: 1 Hour (Low End of HR Zone 3 – pay close attention to not fall into Z2)
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 2 or less)
Duration: 10 minutes (no shorter) **Gearing:** small chain ring up front, middle rear gearing
Cadence: 70-80 (no higher/lower) **Misc. Notes:** 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).
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
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Sunday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) Combo Weight Workout – Muscular Endurance**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: as the header implies, this weight program is designed to build your muscular endurance. Choose the weight so that you can finish 3 sets with good form. Stretch in between sets to maintain an optimum range of motion.

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.
Sets: 3 **Speed of Lift:** smooth off the bottom, slow back to starting point
Rep Count: 8-10 reps (unless otherwise noted) **Rest Interval:** none in between exercises; 1:00 in between cycles
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 Nap After Mid-Day Meal**
Miss. 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 deep as possible, consume a lunch that contains high levels of high-quality protein & fat (they only thing that satisfies your appetite).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).
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Strength & Plyometric Program - Muscular Endurance			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE			
	Date	Date	Date
Triceps Kickbacks			
Instructional Video: Triceps Kickbacks			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Lunge Sequence			
Instructional Video: Lunge Sequence			
Reps Set #1 (Goal: 8-10 Reps) - Per direction			
Reps Set #2 (Goal: 8-10 Reps) - Per direction			
Reps Set #3 (Goal: 8-10 Reps) - Per direction			
3/4 Sit Ups			
Instructional Video: 3/4 Sit Ups			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
	Date	Date	Date
CYCLE TWO			
Plyometric Push Ups			
Instructional Video: Plyometric Push Up			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Squat - Pike - Push Up - Star Combo Set			
Instructional Video: Squat - Pike - Push Up - Star Combo Set			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Single Leg Squats Off the Bench			
Instructional Video: Single Leg Squats Off The Bench			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			

CYCLE THREE	Date	Date	Date
Chest Flies with Pause			
Instructional Video: Chest Flies with Pause			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Open Abs			
Instructional Video: Open Ab Rotation			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Calf Raises			
Instructional Video: Calf Raises			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
CYCLE FOUR	Date	Date	Date
Hamstring Press with Extension			
Instructional Video: Hamstring Press with Extension			
Weight (Light)			
Reps Set #1 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 8-10 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 8-10 Reps)			
Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Inner Thigh			
Instructional Video: Side Skaters			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			



CYCLE FIVE	Date	Date	Date
Superman Exercise			
Instructional Video: Superman Exercise			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			
Abs: Pike - Push Up - Pike on Fit Ball			
Instructional Video: Pike-Push Up-Pike			
Reps Set #1 (Goal: 8-10 Reps)			
Reps Set #2 (Goal: 8-10 Reps)			
Reps Set #3 (Goal: 8-10 Reps)			