

Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 6
6 Weeks
6/6
Absorb the Last Five Weeks of Training Volume & Intensity

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 you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (90 Minutes)**
Misc. Notes: for this workout you will need to know your **HR Z2** numbers (high and low specific number).
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contractions.
Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 20 minutes (no shorter) **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 Set: 1 Mile Intervals at HR Z2 (No Higher): 60 Minutes
1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**
½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**
Repeat for 60 minutes
Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes
Duration: 10 minutes **Gearing:** the easiest combination that gets you into **HR Z1**
Cadence: 85-90 **Misc.:** don't dismount until your heart rate is within **HR Z1**
Post Workout Protocols
 - **Flexibility:** after your shower, utilize ice therapy to any active trigger point areas – [Click Here](#)
 - **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols** – please reference Monday's notes and links.

Wednesday

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: if you're resting HR is up 5 or more beats, no workout
- **(Morning Workout) Complete Racing Solutions Bike: HR Pacing Blocks (50 Minutes)**
Misc. Notes: for this workout you will need to know your **HR Z2 numbers** (high and low specific number).
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
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
Main Set: Heart Rate Pacing Blocks: 35 Minutes



Settle into the low end of **HR Z2** and maintain for **7 minutes**
 After 7 minutes increase your intensity to the high end of **HR Z2** and maintain for **7 minutes**.
 After 3 minutes, lower your effort back to the lower end of **HR Z2** – **Repeat for 35 minutes**.

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 gets you into **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 [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols** – please reference Monday's notes and links.

Thursday

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: if you're resting HR is up 5 or more beats, no workout

- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (90 Minutes)**

Workout Notes: This workout is all about burning fat for fuel and enhancing your capillary beds within the belly of the muscle tissue. Keep your heart rate in focus for the entire ride to ensure that you don't go too hard – you will lose your capillary bed development if you let this happen.

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

Warm Up:

Duration: 10 minutes **Gearing:** small chain ring up front, middle rear gearing
Cadence: 80-85 (no higher/lower) **HR Zone:** 1 (one)

Main Performance Block:

Set Notes: every 15 minutes stand up and stretch your hamstrings, quads, calves, and lower back. Hydrate with Energy Fuel to maintain your blood sugar & energy levels.

Duration: 75 Minutes **Gearing:** tallest gear possible while staying within HR Z2
Cadence: 80-90 (no higher/lower) **HR Zone:** Upper End of Zone 2 (two) – within 2-3 beats of your top number

Cool Down:

Duration: 5 minutes **Gearing:** the easiest combination that gets your cadence above 90
Cadence: 85-90 **HR Zone:** 2 (two) or less

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols** – please reference Monday's notes and links.

Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: if you're resting HR is up 5 or more beats, no workout

- **(Morning Workout) Complete Racing Solutions Bike: HR Pacing Blocks (50 Minutes)**

Misc. Notes: for this workout you will need to know your **HR Z2 numbers** (high and low specific number).

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

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

Main Set: Heart Rate Pacing Blocks: 35 Minutes

Settle into the low end of **HR Z2** and maintain for **7 minutes**
 After 7 minutes increase your intensity to the high end of **HR Z2** and maintain for **7 minutes**.
 After 3 minutes, lower your effort back to the lower end of **HR Z2** – **Repeat for 35 minutes**.

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 [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols** – please reference Monday's notes and links.

Saturday

- **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- Aerobic Enhancement (90 Minutes)**

Workout Notes: This workout is all about burning fat for fuel and enhancing your capillary beds within the belly of the muscle tissue. Keep your heart rate in focus for the entire ride to ensure that you don't go too hard – you will lose your capillary bed development if you let this happen.

Warm Up:

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

HR Zone: 1 (one)

Main Performance Block:

Set Notes: every 15 minutes stand up and stretch your hamstrings, quads, calves, and lower back. Hydrate with Energy Fuel to maintain your blood sugar & energy levels.

Duration: 75 Minutes

Cadence: 80-90 (no higher/lower)

Gearing: tallest gear possible while staying within HR Z2

HR Zone: Upper End of Zone 2 (two) – within 2-3 beats of your top number

Cool Down:

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets your cadence above 90

HR Zone: 2 (two) or less

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

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

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** – please reference Monday's notes and links.

Sunday

- **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- Aerobic Enhancement (90 Minutes)**

Workout Notes: This workout is all about burning fat for fuel and enhancing your capillary beds within the belly of the muscle tissue. Keep your heart rate in focus for the entire ride to ensure that you don't go too hard – you will lose your capillary bed development if you let this happen.

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

Warm Up:

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

HR Zone: 1 (one)

Main Performance Block:

Set Notes: every 15 minutes stand up and stretch your hamstrings, quads, calves, and lower back. Hydrate with Energy Fuel to maintain your blood sugar & energy levels.

Duration: 75 Minutes

Cadence: 80-90 (no higher/lower)

Gearing: tallest gear possible while staying within HR Z2

HR Zone: Upper End of Zone 2 (two) – within 2-3 beats of your top number

Cool Down:

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets your cadence above 90

HR Zone: 2 (two) or less



Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Best Whey Protein](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**
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** – please reference Monday's notes and links.