

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

*Phase 4*  
*8 Weeks*  
*1/8*  
*Re-Evaluate Strength, Endurance & 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
- **CRS: Plyometric Assessment**  
[Please download the Plyometric Baseline Assessment (P4) Spreadsheet]  
**Workout notes:** the goal is to determine how many repetitions you can complete within 60 seconds. You will complete 3 sets of each exercise with 30 seconds rest in between exercises; 1-minute rest before moving to the next exercise listed.  
**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  
**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 [Best Whey Protein](#) 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 smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner (released hGH).

**Tuesday**

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **CRS Row Assessment: 1000 Meter Time Trials**  
[Please refer to the spreadsheet at the bottom of this document]  
**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  
**Workout Notes:** 4 x 1000 Meter Intervals as fast as you can complete. Strive not to lose your mental focus and up pulling something - lead with your legs first and then complete the pull with a good solid pull back. At any time during this workout, if you feel something tightening up, stop and stretch/foam roll.  
**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 [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols** – please reference Monday's notes & links.

**Wednesday**

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes  
**Complete one (1) of the following as your active recovery workout PRIOR to breakfast:**
- **CRS Bicycle Workout – 1-minute standing intervals**  
**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  
**Workout notes:** keep this workout simple – **bike for 60 minutes** (stop and stretch as needed). Every 10 minutes, stand up and pedal in a tall gear easily (simply distribute your weight over the pedals and avoid bottoming out) for 1 minute and then transition back to a seated position carefully, lighten your gearing and spin easily for the next 9 minutes. Wear your HR monitor to keep the intensity under control (less than 70% is ideal) and allow for active recover within your muscles and attachments. Even though the intensity is low, drink every 15 minutes throughout this ride to maintain your hydration levels.  
**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 [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue
- **CRS Row: Even Tempo (30 Minutes)**



**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: 5 Minutes (HR Zone 1)**

**Misc. Notes:** low damper setting (1-2) and an easy pull rate; your goal is to get your heart rate up slowly and into your arms and legs. If you're struggling during these 10 minutes, simply slow down – it is your warm up.

**Main Performance Block: 20 Minutes (HR Zone 2)**

**Set Notes:** Increase the damper to 3 and pull at a comfortable rate with proper form and within your **HR Zone 2** (no higher); breathe in while coiling in; exhale while pushing your legs out and pulling back. Stretch and hydrate every 5 minutes.

**Warm down: 5 Minutes (HR Zone 1)**

**Misc. Notes:** slow your pull rate down until your **HR is in Zone 1**; you want to be comfortable and relaxed during these last five minutes to help get the blood out of the arms and legs and into your heart area. This will allow for better recovery.

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue

▪ **(Afternoon Workout) CRS MX Aerobic Workout #1**

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

**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

**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 have to 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 [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue

- **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

- **CRS Bike Assessment: 10-Mile Time Trial**

**[Please update the Performance Report Card – Phase 4 – Time Trials with the results of this information]**

**Workout Notes:** Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this 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

**Pre-Testing Body Weight:**

**Warm Up:** 10 minutes even spin; stretch your [low back, quads and hamstrings](#) as necessary to eliminate any tightness in any and all muscle groups

**Transition Set: 10 minutes as follows:**

**2 minutes** – 100 plus cadence (move around on the seat and toggle between aero and non-aero)

**3 minutes** – < 80 cadence; active recovery with relevant stretching

**Test Block #1 - 10 Mile Field Test (Ideally 5 Miles Out and Back)**

Keep your cadence in the **80-85 range** and your effort level under control. Once you begin your time trial, be aggressive – work on maintaining perfect form to get the max power out of your legs (use all of your muscle groups – not just your quads).

**Elapsed Time:**

**Avg. HR:**

**Ending HR:**

**Max HR:**

**Total fluids consumed:**

**Post-Testing Body Weight:**

**Cool Down:** when finished, re-hydrate and ride for a minimum of **10 minutes** – easy spin/active recovery. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes to relax any tight muscle(s) associated with the assessment.



Also, consume 8-10 ounces of liquid sports drink/recovery calories & consume a complete meal within 20 minutes of this ride to replenish glycogen reserves within the muscles and the liver.

#### 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 [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue

- **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**
- **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** – 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) CRS MX Aerobic Workout #2**  
[Please refer to the spreadsheet at the bottom of this document]

**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

**Workout Notes:** to maximize the productivity of this workout (i.e. keep you from going too hard), have your heart rate monitor where you can easily see it. By staying below 80% throughout the moto (based on heart rate), you will notice that your body will become relaxed and progressively get faster at the same effort (80%). Though the intensity level is moderate, don't overlook your hydration and calories to ensure that your blood sugar levels remain constant throughout the workout.

#### 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 [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue

- **Power Nap – 2 Hours**

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

#### Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **CRS MX Speed Assessment**

[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]

**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

**Workout Overview:** This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

#### 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 [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue

- **2-hour Power Nap/Recovery Protocols**



**Misc. Notes:** with the residual fatigue from this week's testing, it will be helpful if you would take a cold bath for 10-15 minutes (fun I know) when you wake up; eat a good-sized meal and then take some ibuprofen. Schedule pending, take a hot shower and then stretch passively feeling for any hot spots – hold the range of motion for these muscles for 3-5 seconds.

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

CRS Row Assessment 1000-Meter Intervals		Workout Focus: Fastest Times Possible for 4 Intervals	
	Description	Intensity	
<b>Warm Up-2000 Meters</b>			
Focus: Gradual Warm Up			
Load Level	Two Focus on good form and mentally prepare for the demands that you are going to face! Stop and stretch if you feel any tight muscles	< 40%	
<b>Main Set #1-1000 Meter Interval</b>			
Focus: Muscular Power			
Resistance Level	Five	Intensity	
Display Setting	Distance		
Set Notes	Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate	As Fast As Possible	
Work Interval	1000 Meters for Time:      Avg. Heart Rate:      Max Heart Rate: Pull easy for half of the elapsed time to complete the interval		
<b>Main Set #2-1000 Meter Interval</b>			
Focus: Muscular Power			
Resistance Level	Five	Intensity	
Display Setting	Distance		
Set Notes	Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate	As Fast As Possible	
Work Interval	1000 Meters for Time:      Avg. Heart Rate:      Max Heart Rate: Pull easy for half of the elapsed time to complete the interval		
<b>Main Set #3-1000 Meter Interval</b>			
Focus: Muscular Power			
Resistance Level	Five	Intensity	
Display Setting	Distance		
Set Notes	Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate	As Fast As Possible	
Work Interval	1000 Meters for Time:      Avg. Heart Rate:      Max Heart Rate: Pull easy for half of the elapsed time to complete the interval		
<b>Main Set #4-1000 Meter Interval</b>			
Focus: Muscular Power			
Resistance Level	Five	Intensity	
Display Setting	Distance		
Set Notes	Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate	As Fast As Possible	
Work Interval	1000 Meters for Time:      Avg. Heart Rate:      Max Heart Rate: Pull easy for half of the elapsed time to complete the interval		
<b>Warm Down 1000 Meters</b>			
Very easy pulling - keep the stroke rate less than 25 for entire duration			
< 40%			
Beginning Weight:		Ending Weight:	Loss Gain (Loss):
<b>UPLOAD ALL OF THIS INFORMATION INTO YOUR REPORT CARD</b>			

▪ **CRS Row Workout #1-1000 Meter Time Trials**

**Workout Notes:** 4 x 1000 Meter Intervals as fast as you can complete. Strive not to lose your mental focus and up pulling something - lead with your legs first and then complete the pull with a good solid pull back. At any time during this workout, if you feel something tightening up, stop and stretch/foam roll.

**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 [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue



CRS 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 <a href="#">Instructional Video on how to set up the Concept 2 Rower</a>	Less Than 40%	
Workout Protocol:	Concept 2™ Rower - 10 minutes: low intensity pulling <a href="#">Instructional Video on how to stretch - head to toe</a> Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>		
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	Intensity	
Protocols:	Note: these protocols are based on lap time of approximately 2 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 30 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:	80-85%	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%	
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%	
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Set Focus: Muscular Endurance	Intensity	
	** Strive to maintain the same pace as Set #2 30 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:	80-85%	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%	
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	80-85%	
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #4	Set Focus: Muscular Endurance & Speed	Intensity	
	20 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:	80-85%	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	90-95%	
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:		
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #5	Set Focus: Body Balance	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		
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.	40%	



Beginning Weight:		Ending Weight:		Loss Gain (Loss):			
<b>CRS Aerobic MX Workout #2</b>							
<b>Workout Focus: Muscular Endurance / Mental Focus / Internal Pacing</b>							
<b>Description</b>							
<b>Warm Up</b>		<b>Set Focus: Gradual Warm Up</b>				<b>Intensity</b>	
<b>Protocols:</b>		Easy Riding - very low intensity; keep a close eye on your HR throughout Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>				<b>40%</b>	
<b>Main Set #1</b>		<b>Set Focus: Moving the bike with your core</b>				<b>Intensity</b>	
<b>Protocols:</b>		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 - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better) Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink				<b>Relaxed</b>	
<b>Main Set #2</b>		<b>Set Focus: Muscular Endurance</b>				<b>Intensity</b>	
<b>Protocols:</b>		Note: these protocols are based on lap time of approximately 2 minutes - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 20 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #					
<b>Elapsed Times:</b>		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>		Fastest Lap Time:		Avg. HR#:	Max HR#:		
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink					
<b>Main Set #3</b>		<b>Set Focus: Muscular Endurance</b>				<b>Intensity</b>	
		** Strive to maintain the same pace as Set #2 20 Minute Moto - Even Paced (Beginning to End)					
<b>Elapsed Times:</b>		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>		Fastest Lap Time:		Avg. HR#:	Max HR#:		
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink					
<b>Main Set #4</b>		<b>Set Focus: Muscular Endurance</b>				<b>Intensity</b>	
		** Strive to maintain the same pace as Set #2 20 Minute Moto - Even Paced (Beginning to End)					
<b>Elapsed Times:</b>		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	<b>80-85%</b>
<b>Elapsed Times:</b>		Fastest Lap Time:		Avg. HR#:	Max HR#:		
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink					
<b>Main Set #5</b>		<b>Set Focus: Body Balance</b>				<b>Intensity</b>	
<b>Protocols:</b>		10 Starts using only your inner leg; hold onto the bars BARELY - only with your finger tips 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over 5 Starts - close your eyes for 2 seconds and "feel" for the bike to deviate (less is better)					
<b>Warm Down</b>		10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)				<b>40%</b>	
		Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.					
		Beginning Weight:		Ending Weight:		Loss Gain (Loss):	

▪ **CRS MX Aerobic Workout #2**

**Workout Notes:** to maximize the productivity of this workout (i.e. keep you from going too hard), have your heart rate monitor where you can easily see it. By staying below 80% throughout the moto (based on heart rate), you will notice that your body will



