



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
8 Weeks
2/8
Race Specific Speed & 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: pay close attention to your hunger levels. If you are doing a good job eating clean (fresh fruits, vegetables and lean protein) at every meal, then you have to evaluate if you are consuming enough calories. Being hungry is an easy way to evaluate that you need to bump up your calorie intake slightly – until your hunger levels go away. Strive to eat every two hours, if you are getting hungry before that two-hour window, bump up your intake of calories – specifically fat and protein. Protein and fat are the only two things that satisfy your appetite.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 3:30 minutes (the length of the video).
Psychology: concept video “[Calculating your Sweat Rate](#)” – [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 Combo Weight Workout: Timed Challenges P4 (40” on – 20” off)**
[Please reference the spreadsheet at the bottom of the schedule]
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: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 in between cycles
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
- **Mental Protocols:** watch this video in a place where you have zero distractions
Psychology: concept video – please reference Monday’s video link.

Wednesday

- **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 (80 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: 15 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: 1 hour
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

- **(Immediately after your bike workout) Core & Lower Back Work**

Workout notes: complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Ab Crunch on Fit Ball – pause for 5 seconds: [click here](#) for instructional video

Pike Position with eyes closed: [click here](#) for instructional video

Plyometric push-ups: [click here](#) for instructional video

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

- **Mental Protocols:** watch this video in a place where you have zero distractions

Psychology: concept video – please reference Monday’s video link.

Thursday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (40” on – 20” off)**

[Please reference the spreadsheet at the bottom of the schedule]

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: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 in between cycles

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

- **Mental Protocols:** watch this video in a place where you have zero distractions

Psychology: concept video – please reference Monday’s video link.

Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo- Aerobic Enhancement (80 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: 15 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: 1 hour

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

- **(Immediately after your bike workout) Core & Lower Back Work**



Workout notes: complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Ab Crunch on Fit Ball – pause for 5 seconds: [click here](#) for instructional video

Pike Position with eyes closed: [click here](#) for instructional video

Plyometric push-ups: [click here](#) for instructional video

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

- **Mental Protocols:** watch this video in a place where you have zero distractions

Psychology: concept video – please reference Monday’s video link.

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 (80 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: 15 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: 1 hour

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

- **(Immediately after your bike workout) Core & Lower Back Work**

Workout notes: complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

Ab Crunch on Fit Ball – pause for 5 seconds: [click here](#) for instructional video

Pike Position with eyes closed: [click here](#) for instructional video

Plyometric push-ups: [click here](#) for instructional video

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 Nap After Post Ride Meal**

Misc. Notes: the benefit to a nap is the release of hGH (human growth hormone); with this in mind, eat a post ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn’t enough. Your brain is fed by your liver, if it runs out of sugar, you will be woken up!

- **Mental Protocols:** watch this video in a place where you have zero distractions

Psychology: concept video – please reference Monday’s video link

Sunday

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

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (40” on – 20” off)**

[Please reference the spreadsheet at the bottom of the schedule]

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: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.



Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: thirty seconds/stretch & hydrate in between sets; 1:00 in between cycles

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
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- **Psychology:** concept video – please reference Monday's video links.



Timed Challenge P4		
Warm Up		
Concept 2™ Row or Spin on Bike - 10 minutes Easy		
CYCLE ONE	Date	Date
Pike - Push Up - Pike		
<u>Instructional Video: Pike-Push Up-Pike</u>		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
Isolated Leg & Frankenstein's on Bench		
<u>Instructional Video: Isolated Leg on Bench</u>		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 40 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 40 seconds-hold good form)		
CYCLE TWO	Date	Date
Air Squats		
<u>Instructional Video: Air Squats</u>		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 40 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 40 seconds-hold good form)		
Hamstring Press-Extension on Fit Ball		
<u>Instructional Video: Hamstring Press with Extension</u>		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
CYCLE THREE	Date	Date
Stars-30 Seconds As Fast as Possible		
<u>Stars Instructional Video</u>		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
Military Spiders Off Bench		
<u>Instructional Video: Military Spiders Off Bench</u>		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		



Timed Challenge P4 Continued			
CYCLE FOUR		Date	Date
Dips Off of Bench			
Instructional Videos: Tricep Dips off of the bench			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 40 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 40 seconds-hold good form)			
Bicep Curls Up to 90 Degrees			
Bicep Curls - Up to 90 Degrees			
Weight (Heavy but manageable)			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
CYCLE FIVE		Date	Date
Side Skaters			
Instructional Video: Side Skaters			
Rep 1 (as many as you can complete in 40 seconds-20 second rest)			
Rep 2 (as many as you can complete in 40 seconds-20 second rest)			
Abdominal Crunch on Fit Ball			
Instructional Video: Abdominal Crunch on Fit Ball			
Rep 1 (as many as you can complete in 40 seconds-20 second rest)			
Rep 2 (as many as you can complete in 40 seconds-20 second rest)			

Bicycle Sprints On Trainer		Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)			
Note: increase the load levels to MODERATE			
2 Minute Sprint 90-95% Effort - Distance Covered			
2 Minute Rest Interval			
2 Minute Sprint 90-95% Effort - Distance Covered			
2 Minute Rest Interval			
2 Minute Sprint 90-95% Effort - Distance Covered			
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2 Minute Sprint 90-95% Effort - Distance Covered			
2 Minute Rest Interval			
2 Minute Sprint 90-95% Effort - Distance Covered			
2 Minute Rest Interval			