



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 MX Speed 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: Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels.

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of low blood sugar and fluids - so plan ahead. Just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

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!

- **(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

Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions 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: This workout is going to push your internal pacing clock along with your ability to focus while you are working both fast and for a long period of time. You will be racing the clock for each set, so your choice of lines and ability to carry your momentum into and out of the corners will be very helpful for you to produce the lowest time per set. Keep a close eye on your rest interval - you don't want too much for this workout (this will push your aerobic engine). If you feel anything tightening up, simple stop, stretch and resume - failure to stretch could result in a torn muscle which will take you off of the bike for an extended period of time.

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: please reference yesterday's notes.

- **(Before Dinner) 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 links.



Timed Challenge P4		
Warm Up		
Concept 2™ Row or Spin on Bike - 10 minutes Easy		
CYCLE ONE		Date
Pike - Push Up - Pike		
Instructional Video: Pike-Push Up-Pike		
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		
Instructional Video: Isolated Leg on 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)		
CYCLE TWO		Date
Air Squats		
Instructional Video: Air Squats		
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		
Instructional Video: Hamstring Press with Extension		
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
Stars-30 Seconds As Fast as Possible		
Stars Instructional Video		
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		
Instructional Video: Military Spiders Off Bench		
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		
<u>Instructional Videos: Tricep Dips off of the 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)		
Bicep Curls Up to 90 Degrees		
<u>Bicep Curls - Up to 90 Degrees</u>		
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		
<u>Instructional Video: Side Skaters</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)		
Abdominal Crunch on Fit Ball		
<u>Instructional Video: Abdominal Crunch on Fit Ball</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)		

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		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		



Complete Racing Solutions MX Speed Workout #1	Workout Focus: Consistent Race Speed	Total Ride Time: 60 Minutes	
	Description		
Warm Up	Set Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Intensity Less Than 50%
Main Set #1	Focus: Smooth start and fast five (5) laps		Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		
Elapsed Times:	5 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #2	Focus: Smooth start and fast three (3) laps		Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Elapsed Times:	3 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Main Set #3	Focus: Smooth start and fast two (2) laps		Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #		90-95%
Elapsed Times:	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel		
Elapsed Times:	2 Lap Elapsed Time Int #1: Fastest Lap: Max HR:		
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly		40%
	Pre-Riding Weight:	Post-Riding Weight:	
	Total Fluids Consumed:	Loss/Gain	

Complete Racing Solutions MX Speed Workout #1

Workout Notes: Please have your heart rate zones (high and low) to ensure you are hitting the goal intensity levels.

This workout is going to push your body exactly like race day - holding the fastest levels of speed while your body begins to fatigue. Ironically, late race day fatigue is usually a result of low blood sugar and fluids - so plan ahead. Also, just like race day, the track will break down and you should strive to focus on maintaining your momentum wherever possible to save both energy and maximize your per lap average speed. Attention to details and implementing what you have trained during the week will allow you to race up to your full potential - please don't shortchange yourself!

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



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Muscular Endurance and Strength		
	Description	
Warm Up	Set Focus: Gradual Warm Up	Intensity
	Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1	Set Focus: Starts With First Turns For Time	Intensity
Protocols:	10 Starts with a first turn and timed to a point just out of the corner Clock starts when the gate drops and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Main Set #2	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Timed Moto (Max 15 Minutes in Duration)	Intensity
Protocols:	Complete 10 laps at just below your race pace (80-85% HR Level); non-smooth lines Goal: within 2 seconds of your previous set - hold yourself accountable here!	80-85%
Elapsed Times:		
Average HR:		
Max HR:	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #6	Set Focus: Starts & Transitions	Intensity
Protocols:	10 Starts with a first turn and timed to a point just out of the corner Clock starts when the gate drops and ends when you cross your mark point - be smooth! Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	N/A
Warm Down	10 Minutes of play riding - nothing structured or intense (HR Level Zone 2-No Higher)	40%
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
	Beginning Weight: Ending Weight: Loss Gain (Loss):	