



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
8 Weeks
3/8
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: to maximize your productivity during the week, review your personal goals and objectives. Then take a look at how you have your week outlined to ensure that you can implement your objectives to move one step closer to achieving your goals. Though this may sound fundamental, as athletes we tend to get busy “getting it all in” but lose focus of why we are completing a specific workout or foam roller session. One area that consistently frustrates athletes is the area of food & associated energy levels. When you are eating fresh fruit, vegetables, and lean protein, you begin to realize that these food items don’t contain an abundance of calories. Because of this situation, it is imperative that all of your food is prepped and readily available throughout the day to literally fuel your next workout and provide the necessary recovery calories to rebuild muscle and replenish depleted sugar storages in your liver and muscles.
- **Evening Protocols**
Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; 90 seconds breathe without the straw – focus using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
Shin Stripping: in addition to your foam [roller & trigger point therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for legs.

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]
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.
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
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
- **Evening Protocols** – please reference Monday’s notes & video links



Wednesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
Choose one of the following & complete prior to Dinner:
- **Complete Racing Solutions Row: HR Pacing Blocks (60 Minutes)**

Misc. Notes: this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/or a muscle pull.

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 a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Duration: 10 Minutes Pull Rate: less than 30 Stretch from head to toe

Main Set: HR Pacing Blocks
Load Level: 5 Pull Rate: 25 plus
10 Minutes at low end of HR Z3
5 Minutes at high end of HR Z3
5 minutes at low end of HR Z4
Recover 5 Minutes – dismount and stretch as necessary; rehydrate with Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

Repeat the 20 Minute Block

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Duration 5 Minutes Pull Rate: less than 25 Stretch from head to toe
- **Complete Racing Solutions Bike: Fragmented Pacing Workout (60 Minutes)**

Workout notes: this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/or a muscle pull.

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
Duration: 10 minutes
Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing
Misc.: stretch and hydrate before moving into your main set

Main Set: HR Pacing Blocks
Load Level: 5 Pull Rate: 25 plus
10 Minutes at low end of HR Z3 (adjust your gearing & cadence to settle into this intensity range)
5 Minutes at high end of HR Z3 (maintain your cadence, but push a taller gear combination)
5 minutes at low end of HR Z4 (maintain your cadence, but push a taller gear – stand and accelerate if necessary)
Recover 5 Minutes – dismount and stretch as necessary; rehydrate with Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

Repeat the 20 Minute Block

Warm down: 5 Minutes (HR Zone 1)
Duration: 5 minutes (no shorter)
Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing
Misc. Notes: stretch your lower back, calves and quads prior to dismounting
- **(Immediately after your above 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
- **Evening Protocols** – please reference Monday’s notes & video links



Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes **Choose one of the following & complete prior to Dinner (similar to Wednesday only shorter in duration):**
- **Complete Racing Solutions Row: HR Pacing Blocks (35 Minutes)**

Misc. Notes: this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/or a muscle pull.

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 a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Duration: 10 Minutes Pull Rate: less than 30 Stretch from head to toe

Main Set: HR Pacing Blocks
Load Level: 5 Pull Rate: 25 plus
 10 Minutes at low end of HR Z3
 5 Minutes at high end of HR Z3
 5 minutes at low end of HR Z4

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Duration 5 Minutes Pull Rate: less than 25 Stretch from head to toe
- **Complete Racing Solutions Bike: Fragmented Pacing Workout (35 Minutes)**

Workout notes: this workout is going to push your aerobic engine to its fullest extent prior to tripping into your lactate tolerance zone. To maximize your productivity, complete the entire duration of recovery – when you are completely recovered, you will be able to elevate your output during the quality section of the effort. During your recovery window, stretch & hydrate to avoid dehydration and/or a muscle pull.

Warm Up: HR Zone 1
Duration: 10 minutes
Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing
Misc.: stretch and hydrate before moving into your main set

Main Set: HR Pacing Blocks
Load Level: 5 Pull Rate: 25 plus
 10 Minutes at low end of HR Z3 (adjust your gearing & cadence to settle into this intensity range)
 5 Minutes at high end of HR Z3 (maintain your cadence, but push a taller gear combination)
 5 minutes at low end of HR Z4 (maintain your cadence, but push a taller gear – stand and accelerate if necessary)
 Recover 5 Minutes – dismount and stretch as necessary; rehydrate with Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

Warm down: 5 Minutes (HR Zone 1)
Duration: 5 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
- **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!
- **Evening Protocols** – please reference Monday's notes & video links



Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
If your resting heart rate is within 3 beats of normal complete the following. If not, no training at all today!
- **(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]
 - 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.
 - 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
 - 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
- **Evening Protocols** – please reference Monday's notes and 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		
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	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	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		
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)		
Date	Date	
CYCLE FIVE		
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		
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		