



Training Cycle: *Phase 4*
Cycle Duration: *8 Weeks*
Work Week: *1/8*
Focus: *Re-Evaluate Your 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**
- **Complete Racing Solutions: Phase 4 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**
- **Complete Racing Solutions 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:

- **Complete Racing Solutions 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
- **Complete Racing Solutions 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
- **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
Complete one (1) of the following as your active recovery workout PRIOR to breakfast:
- **Complete Racing Solutions 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
- **Complete Racing Solutions 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
- **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
Complete one (1) of the following as your active recovery workout PRIOR to dinner:
- **Complete Racing Solutions 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
- **Complete Racing Solutions 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
- **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.



Complete Racing Solutions Row Assessment 1000 Meter Intervals		
	Description	Intensity
Warm Up-2000 Meters 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%
Main Set #1-1000 Meter Interval Resistance Level Display Setting Set Notes Work Interval	Five Distance Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate 1000 Meters for Time: Avg. Heart Rate: Max Heart Rate: Pull easy for half of the elapsed time to complete the interval	Intensity As Fast As Possible
Main Set #2-1000 Meter Interval Resistance Level Display Setting Set Notes Work Interval	Five Distance Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate 1000 Meters for Time: Avg. Heart Rate: Max Heart Rate: Pull easy for half of the elapsed time to complete the interval	Intensity As Fast As Possible
Main Set #3-1000 Meter Interval Resistance Level Display Setting Set Notes Work Interval	Five Distance Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate 1000 Meters for Time: Avg. Heart Rate: Max Heart Rate: Pull easy for half of the elapsed time to complete the interval	Intensity As Fast As Possible
Main Set #4-1000 Meter Interval Resistance Level Display Setting Set Notes Work Interval	Five Distance Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate 1000 Meters for Time: Avg. Heart Rate: Max Heart Rate: Pull easy for half of the elapsed time to complete the interval	Intensity As Fast As Possible
Warm Down 1000 Meters	Very easy pulling - keep the stroke rate less than 25 for entire duration Beginning Weight: Ending Weight: Loss Gain (Loss): UPLOAD ALL OF THIS INFORMATION INTO YOUR REPORT CARD	< 40%

▪ **Complete Racing Solutions 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