

Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
8 Weeks
1/8
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
- **CRS: 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
- **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 warmup.

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.

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

▪ **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 #2		Workout Focus: Muscular Endurance / Mental Focus / Internal Pacing	
		Description	
Warm Up		Set Focus: Gradual Warm Up	
Protocols:	Easy Riding - very low intensity; keep a close eye on your HR throughout		Intensity
	Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		40%
Main Set #1		Set Focus: Moving the bike with your core	
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips		Intensity
	5 Starts - look ahead and move the bike with your thighs		Relaxed
	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		
Main Set #2		Set Focus: Muscular Endurance	
Protocols:	Note: these protocols are based on lap time of approximately 2 minutes - adjust to fit your track		Intensity
	** 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 #		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
Elapsed Times:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:
	Lap 10 Time:		
Elapsed Times:	Fastest Lap Time:	Avg. HR#:	Max HR#:
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink		80-85%
			80-85%
Main Set #3		Set Focus: Muscular Endurance	
	** Strive to maintain the same pace as Set #2		Intensity
	20 Minute Moto - Even Paced (Beginning to End)		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
Elapsed Times:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:
	Lap 10 Time:		
Elapsed Times:	Fastest Lap Time:	Avg. HR#:	Max HR#:
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink		80-85%
			80-85%
Main Set #4		Set Focus: Muscular Endurance	
	** Strive to maintain the same pace as Set #2		Intensity
	20 Minute Moto - Even Paced (Beginning to End)		
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:
	Lap 4 Time:	Lap 5 Time:	Lap 6 Time:
Elapsed Times:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:
	Lap 10 Time:		
Elapsed Times:	Fastest Lap Time:	Avg. HR#:	Max HR#:
	Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with sports drink		80-85%
			80-85%
Main Set #5		Set Focus: Body Balance	
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips		Intensity
	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)		
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)		40%
	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 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.

CRS MX Speed Assessment	Workout Focus: Consistent Race Speed	Total Ride Time: 60 Minutes	
	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 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		
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		
Elapsed Times:	3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		
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		
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	

▪ **CRS MX Speed Assessment**

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