



THE SCIENCE OF PERFORMANCE

**Training Cycle:**  
**Cycle Duration:**  
**Work Week**  
**Focus:**

**Phase 4**  
**8 Weeks**  
**6/8**  
**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**  
**Mental Notes:** sit down with a piece of blank paper and draw a line down the middle of the paper. On the left side of the paper, jot down the five most important reasons for WHY you do what you do. On the right side of the paper next to each reason why you do what you do, think about the elements (people, locations, tools, etc.) that make the WHY possible. Though this may sound odd, your focus for today is to ensure that all of your elements are ready for action throughout the rest of the week. For example, if you say that you train to be lean and strong, then visit your refrigerator and examine if you have all the fresh fruit and vegetables that you like and know improve your health and performance. If you use a blender to make your fresh smoothies, make sure that it is washed and ready to use. Continue down the list to make sure that you have everything that you need to ensure that your WHY for doing is optimized.
- **Evening Protocols**  
**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep

**Tuesday**

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Before Breakfast) 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.  
**Weight:** for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds (this will reduce your risk of injury); 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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols** – please reference yesterday's notes and 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 for your morning workout:**
- **Complete Racing Solutions Bike: Intensity Distance Intervals (75 Minutes)**  
**Misc. Notes:** take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 3**. Once you are finished with your warm-up, your goal is to settle into your **HR Z3** (no higher or lower) and complete a 10 minute "interval". Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your **HR Z3**. During your 5-minute rest interval, spin easy and allow your HR to get back into HR Z2 or less.  
**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 [optimum pedal mechanics](#) right from the beginning  
**Duration:** 10 minutes      **Gearing:** small chain ring up front, middle rear gearing  
**Cadence:** 80-85 (no higher/lower)      **Misc.:** stretch and hydrate before moving into your main set  
**Main Set: Heart Rate Pyramids: 4 x 15 Minutes (10 Minutes on-5 minutes off)**  
Settle into **HR Z3** and maintain for 10 minutes (Note: the interval doesn't begin until you hit HR Z3, so get there quickly)  
Recover by spinning easy for 5 minutes in HR Z2 or less



**Warm Down-HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes  
**Cadence:** 85-90

**Gearing:** the easiest combination that allows for 85-90 cadence & HR Z1  
**Misc.:** don't dismount until your heart rate is within HR Z1

▪ **Complete Racing Solutions Row: Incremental Pacing Intervals (10,000 Meters)**

**Misc. Notes:** complete a 1000-meter interval at 80-85% effort after your warm-up; use this time as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

**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    Distance:** 2000 Meters    **Pull Rate:** less than 25    **Stretch from head to toe**

**Baseline 1000 Meter Interval: complete a 1000-meter interval at 80-85% effort; 1 Minute Rest Interval**  
**Load Level: 5    Pull Rate: 25 plus    Elapsed Time:**

**Main Set: Pacing Intervals**

**Load Level: 5    Pull Rate: 25 plus**  
 1000 Meter Baseline plus 10 seconds – Rest 1 Minute  
 1000 Meter Baseline plus 5 seconds – Rest 1 Minute  
 1000 Meters at Baseline Pace – Rest 1 Minute  
 Repeat 2 Times – Strive to hold goal pace for all three intervals; hold yourself accountable here!

**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    Distance:** 1000 Meters    **Pull Rate:** less than 25    **Stretch from head to toe**

▪ **(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

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

▪ **Evening Protocols** – please reference yesterday's notes and video links

**Thursday**

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

▪ **(Before Breakfast) 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 (this will reduce your risk of injury); 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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

▪ **Evening Protocols** – please reference yesterday's notes and video links

**Friday**



- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes Choose one of the following for your morning & evening workout:**

- **Complete Racing Solutions Bike: Power Interval Workout (70 Minutes)**

**Misc. Notes:** the key to maximizing your productivity during this workout is to keep a close eye on your intensity levels (no higher than HR Z3); your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves, and gluts all firing to turn the pedals.

**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 [optimum pedal mechanics](#) right from the beginning

**Duration:** 10 minutes

**Gearing:** small chain ring up front, middle rear gearing

**Cadence:** 80-85 (no higher/lower)

**Misc.:** stretch and hydrate before moving into your main set

**Main Performance Block #1: 55 minutes (HR Zone 3)**

**3 Minutes - Tall Gear Acceleration out of the saddle interval**

Big chain ring up front, hardest gear in the back stand up & focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke (pull back prior to hitting bottom dead center). Push your effort until you hit your upper end of HR Z3 by the end of the 2 minutes.

**2 minutes – Seated: even tempo** with your cadence above 90 & at the lower end of HR Z3; focus on deep belly breathing to ride as fast as possible without driving your HR too high.

**REPEAT THIS 5 MINUTE BLOCK 11 TIMES FOR A TOTAL OF 55 MINUTES**

**Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

**Gearing:** the easiest combination that allows for 85-90 cadence & HR Z1

**Cadence:** 85-90

**Misc.:** don't dismount until your heart rate is within HR Z1

- **Complete Racing Solutions Row: HR Intensity Blocks (60-70 Minutes)**

**Misc. Notes:** for maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels" like increases your familiarity of the intensity and associated speed. This awareness also provides you feedback regarding how long you can maintain the various intensity levels (keep in mind the inverse relationship of volume & intensity – the higher the intensity, the lower the duration you can maintain and vice versa).

**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 25

**Stretch from head to toe**

**Main Set#1:** Have your HR Zones written down and easily visible during this workout to eliminate you missing your intensity levels

**Load Level: 5**      **Pull Rate:** 35+

Settle into each HR Zone as quickly as possible and then settle into the effort level with perfect form and deep breathing

Ten Minutes: Upper range (5 beats of your top number) of **HR Z2**

Ten Minutes: Lower range (5 beats of your low number) of **HR Z3**

Ten Minutes: Upper range (5 beats of your top number) of **HR Z3**

**Repeat – for a total of 30 minutes**

**Transition Set:** 5 minutes of easy pulling/active recovery – strive to get your HR into Z1 for the majority of this 5 minutes

**Main Set#2: Heart Rate Acceleration**

**Load Level: 5**      **Pull Rate:** 25+

From HR Z2: accelerate until you reach the upper end of your HR Z3 (no higher)

Recover by pulling easy until your HR reaches your lowest number in HR Z2

**Repeat 3x**

Misc. Notes: lead with your legs and a tight core to distribute the load to your legs, back and your shoulders

**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: 2**

**Duration:** 10 Minutes

**Pull Rate:** less than 25

**Stretch from head to toe**

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery



- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **Evening Protocols** – please reference yesterday’s notes and video links

## Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Speed Blocks (60 Minutes)**  
**Workout Notes:** mentally focus on improving your aerobic base with fragmented effort levels; at no time do you want your HR to rise above HR Z3. If you find it difficult to keep your HR low, then lighten your gear combinations and focus on optimizing your pedal mechanics.

**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:** 20 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

### Performance Block #1: 30 minutes

10 Minutes in the tallest gear combo you can optimize while staying within **HR Z3** (no higher)

5-minute easy spin (HR 2 or lower); you can’t go too easy here

Repeat 4X

### Performance Block #2: 35 minutes (HR Zone 2)

**Set Notes:** with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves, and lower back. Hydrate with Energy Fuel every 15 minutes to maintain your blood sugar & energy levels.

### 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

### Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **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!



## 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 (this will reduce your risk of injury); 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:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.
- **2 Hour Nap After Post Run Meal**
- **Misc. Notes:** please reference yesterday's notes.
- **Evening Protocols** – please reference yesterday's notes and video links

<b>Timed Challenge P4</b>		
Warm Up		
Concept 2™ Row or Spin on Bike - 10 minutes Easy		
<b>CYCLE ONE</b>		<b>Date</b>
Pike - Push Up - Pike		
<a href="#">Instructional Video: Pike-Push Up-Pike</a>		
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		
<a href="#">Instructional Video: Isolated Leg on Bench</a>		
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)		
<b>CYCLE TWO</b>		<b>Date</b>
Air Squats		
<a href="#">Instructional Video: Air Squats</a>		
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		
<a href="#">Instructional Video: Hamstring Press with Extension</a>		
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)		
<b>CYCLE THREE</b>		<b>Date</b>
Stars-30 Seconds As Fast as Possible		
<a href="#">Stars Instructional Video</a>		
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		
<a href="#">Instructional Video: Military Spiders Off Bench</a>		
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)		



<b>Timed Challenge P2 - Continued</b>		
<b>CYCLE FOUR</b>		
	Date	Date
<b>Dips Off of Bench</b>		
<a href="#">Instructional Videos: Tricep Dips off of the bench</a>		
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)		
<b>Bicep Curls Up to 90 Degrees</b>		
<a href="#">Bicep Curls - Up to 90 Degrees</a>		
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)		
<b>CYCLE FIVE</b>		
	Date	Date
<b>Side Skaters</b>		
<a href="#">Instructional Video: Side Skaters</a>		
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)		
<b>Abdominal Crunch on Fit Ball</b>		
<a href="#">Instructional Video: Abdominal Crunch on Fit Ball</a>		
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)		
<b>Bicycle Sprints On Trainer</b>		
	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE		
<b>2 Minute Sprint 90-95% Effort - Distance Covered</b>		
2 Minute Rest Interval		
<b>2 Minute Sprint 90-95% Effort - Distance Covered</b>		
2 Minute Rest Interval		
<b>2 Minute Sprint 90-95% Effort - Distance Covered</b>		
2 Minute Rest Interval		
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2 Minute Rest Interval		
<b>2 Minute Sprint 90-95% Effort - Distance Covered</b>		
2 Minute Rest Interval		