



7 Training Cycle:  
Cycle Duration:  
Work Week  
Focus:

Phase 4  
8 Weeks  
7/8  
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 Report Card to log this information for evaluation purposes**
- **Complete Rest Day**

**Mental Notes:** most of our biggest frustrations are a result of letting the little things get by us; for example, when we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later: dishes in the sink, beds not made, etc. You jump in the car in a rush to “make up time” and as a result we end up using more gas, wearing our tires out faster and increase our risk of getting a ticket (for either speeding or running a red light) – which only increases the cost of our insurance. Ironically, all of these aggravations could have been alleviated if we had got up on time; however, this still isn't the actual issue. The reason why you went to bed late, which made you too tired to get up on time. The point here, is step back two or three steps with each frustration that you are dealing with to maximize your complete potential in every area of life.

- **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 on 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 & TP 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 Report Card to log this information for evaluation purposes**
- **(Before Breakfast) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (60” on – 30” 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 60 seconds of one exercise (unless noted otherwise), rest for 30 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 10-12 reps comfortably within the 60 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 30 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.

- **(Afternoon Workout) Complete Racing Solutions Bike: Intensity Intervals (1 Hour)**

**Workout Notes:** to maximize the productivity of this workout, have Energy Fuel available every 15 minutes (carry with you or plant bottles along your route). During the early part of each performance block, stay within the indicated intensity levels – no matter what it takes (pace is not relevant during the early part of each block). When you begin your fast intervals, refrain from becoming “scared” of riding fast – instead focus on how efficient you are pedaling when you pick up the pace. Watch for energy robbing elements: choppy pedal mechanics, shoulders bobbing, looking down at your legs (versus looking ahead 20 yards).

**Warm Up:**

Duration: 5 miles                      Intensity Level: **HR Z1** for 2 miles – **Z2** for 3 miles  
Cadence: 80 or less                      Gearing: small up front – middle back (low load levels)

**Main Set #1 (15 Miles)**

2.5 Miles at **HR Z3** – tallest gear combination you can maintain 85-90 cadence ranges  
2.5 Miles at **HR Z4** – tallest gear combination you can maintain 90 plus cadence  
Repeat 3 times

**Cool Down:**

Duration: 5 miles                      Intensity Level: **HR Z2** for 2 miles – **Z1** for 3 miles  
Cadence: 80 or less                      Gearing: small up front – middle back (low load levels)



- **(Immediately following your bike workout) Complete Racing Solutions Core Work**

**Workout notes:** complete each of the following exercises for 40 seconds; 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.

**Standing Abdominal Twists:** [click here for video](#)

**Abdominal Pike on Fit Ball:** [click here for video](#)

**Abdominal Roll Out on Fit Ball:** [click here for video](#)

**Ab Crunch on Fit Ball:** [click here for the video link](#)

**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 & video links

**Wednesday**

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes

**Choose one of the following for your morning workout:**

- **Complete Racing Solutions Row: HR Intensity Blocks**

**Workout Notes:** this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

**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: 5      Distance:** 2000 Meters      **Pull Rate:** 20-25      **Stretch from head to toe**

**Main Set#1: 1000 Meters-picking up the pace every 200 meters from HRZ 2 up to HR Z4 - Repeat 5x**

**Load Level: 7      Pull Rate:** 25-35

**Transition Set:** 1000 Metes – HR Z2 stretch & rehydrate as necessary)

**Main Set#2: 5 x 1000 meters: HR Z4 with 500 meter/ Active Recovery: HR Z2 or less (no higher)**

**Load Level: 7      Pull Rate:** 25+

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

- **Complete Racing Solutions Bike: Intensity Distance Intervals (50-60 Minutes)**

**Workout Notes:** this workout is going to generate high levels of lactic acid towards at the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

**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: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

**Main Set #1 (14 Miles)**

1 Mile at **HR Z2** – tallest gear combination you can maintain 85-90 cadence range

1 Mile at **HR Z4** – tallest gear combination you can maintain 90 plus cadence

**No Rest in between intervals - Repeat 7 times**

**Cool Down:**

Duration: 10 Minutes

Intensity Level: **HR Z1**

Cadence: 80 or less

Gearing: small up front – middle back (low load levels)

- **Evening Protocols** – please reference yesterday’s notes and video links





**Friday**

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**  
**Choose one of the following for your morning & evening workout:**
- **Complete Racing Solutions Row: HR Intensity Intervals (65 Minutes)**  
**Misc. Notes:** this workout is going to generate high levels of lactic acid towards at the end of the workout (just like a race); with this in mind, focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.  
**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: 20-25      Stretch from head to toe**  
**Main Set#1: Load Level: 7      Pull Rate: 25-35**  
**1500 Meters @ HR Z3 with 500 Meters/Active Recovery**  
**Repeat 3x**  
**Transition Set:** 1000 Metes: **HR Z2** (stretch & rehydrate as necessary)  
**Main Set#2: Load Level: 7      Pull Rate: 25-35**  
**500 Meters @ HR Z4 (no lower: get their quickly) with 1500 Meters/Active Recovery**  
**Repeat 3x**  
**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: 1000 Meters      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 Bike: HR Intensity Blocks or
  - 
  - Row :Intensity Distance Intervals (1 scoop of each) mixed with almond milk.
- **Complete Racing Solutions Bike: Power Interval Workout (60 Minutes)**  
**Misc. Notes:** this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to pedal in full circles for maximum power output and optimized endurance.  
**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: 10 Minutes	Intensity Level: <b>HR Z1</b>
Cadence: 80 or less	Gearing: small up front – middle back (low load levels)

**Main Set #1 (20 Minutes)**  
 5 Minutes at **HR Z4** – tallest gear combination you can maintain 85-90 cadence ranges  
 5 Minutes at **HR Z2** – tallest gear combination you can maintain 90 plus cadence  
 Repeat 2 times  
 Transition Set  
 5 Minutes at **HR Z1** – stretch & rehydrate as necessary  
**Main Set #2 (20 Minutes)**  
 5 Minutes at **HR Z2** – tallest gear combination you can maintain 85-90 cadence ranges  
 5 Minutes at **HR Z4** – tallest gear combination you can maintain 90 plus cadence  
 Repeat 2 times  
**Cool Down:**

Duration: 10 Minutes	Intensity Level: <b>HR Z1</b>
Cadence: 80 or less	Gearing: small up front – middle back (low load levels)

**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 Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: Speed Blocks (70 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:** 5 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: 60 minutes**
    - 20 Minutes in the tallest gear combo you can optimize while staying within **HR Z3** (no higher)
    - 10 minute easy spin (**HR 2** or lower); you can't go too easy here
    - Repeat 2X
  - Cool 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 Workout 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 yesterday's notes and video links

## Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (60" on – 30" 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 60 seconds of one exercise (unless noted otherwise), rest for 30 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 10-12 reps comfortably within the 60 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 30 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 & video links



<b>Timed Challenge P4</b>		
<b>Warm Up</b>		
Concept 2™ Row or Spin on Bike - 10 minutes Easy		
<b>CYCLE ONE</b>		<b>Date</b>
<b>Pike - Push Up - Pike</b>		
<a href="#">Instructional Video: Pike-Push Up-Pike</a>		
Rep 1 (as many as you can complete in 60 seconds-30 second rest)		
Rep 2 (as many as you can complete in 60 seconds-30 second rest)		
<b>Isolated Leg &amp; Frankenstein's on Bench</b>		
<a href="#">Instructional Video: Isolated Leg on Bench</a>		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 60 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 60 seconds-hold good form)		
<b>CYCLE TWO</b>		<b>Date</b>
<b>Air Squats</b>		
<a href="#">Instructional Video: Air Squats</a>		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 60 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 60 seconds-hold good form)		
<b>Hamstring Press-Extension on Fit Ball</b>		
<a href="#">Instructional Video: Hamstring Press with Extension</a>		
Rep 1 (as many as you can complete in 60 seconds-30 second rest)		
Rep 2 (as many as you can complete in 60 seconds-30 second rest)		
<b>CYCLE THREE</b>		<b>Date</b>
<b>Stars-30 Seconds As Fast as Possible</b>		
<a href="#">Stars Instructional Video</a>		
Rep 1 (as many as you can complete in 60 seconds-30 second rest)		
Rep 2 (as many as you can complete in 60 seconds-30 second rest)		
<b>Military Spiders Off Bench</b>		
<a href="#">Instructional Video: Military Spiders Off Bench</a>		
Rep 1 (as many as you can complete in 60 seconds-30 second rest)		
Rep 2 (as many as you can complete in 60 seconds-30 second rest)		



<b>Timed Challenge P4 - Continued</b>		
<b>CYCLE FOUR</b>	<b>Date</b>	<b>Date</b>
<b>Dips Off of Bench</b>		
<a href="#"><u>Instructional Videos: Tricep Dips off of the bench</u></a>		
<b>Weight (Heavy but manageable)</b>		
<b>Rep 1 (As many reps as you can do in 60 seconds-hold good form)</b>		
<b>Weight (Slightly heavier than Set 1)</b>		
<b>Rep 2 (As many reps as you can do in 60 seconds-hold good form)</b>		
<b>Bicep Curls Up to 90 Degrees</b>		
<a href="#"><u>Bicep Curls - Up to 90 Degrees</u></a>		
<b>Weight (Heavy but manageable)</b>		
<b>Rep 1 (As many reps as you can do in 60 seconds-hold good form)</b>		
<b>Weight (Slightly heavier than Set 1)</b>		
<b>Rep 2 (As many reps as you can do in 60 seconds-hold good form)</b>		
<b>CYCLE FIVE</b>	<b>Date</b>	<b>Date</b>
<b>Side Skaters</b>		
<a href="#"><u>Instructional Video: Side Skaters</u></a>		
<b>Rep 1 (as many as you can complete in 60 seconds-30 second rest)</b>		
<b>Rep 2 (as many as you can complete in 60 seconds-30 second rest)</b>		
<b>Abdominal Crunch on Fit Ball</b>		
<a href="#"><u>Instructional Video: Abdominal Crunch on Fit Ball</u></a>		
<b>Rep 1 (as many as you can complete in 40 seconds-20 second rest)</b>		
<b>Rep 2 (as many as you can complete in 40 seconds-20 second rest)</b>		

<b>Bicycle Sprints On Trainer</b>	<b>Date</b>	<b>Date</b>
<b>Warm up for 2 Minutes - Low Intensity (Light Load Levels)</b>		
<b>Note: increase the load levels to MODERATE</b>		
<b>3 Minute Sprint 90-95% Effort - Distance Covered</b>		
<b>1.5 Minute Rest Interval</b>		
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