



THE SCIENCE OF PERFORMANCE

Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
8 Weeks
8/8
Active Recovery: Lower Volume & Intensity – Absorb Last 5 Weeks of Training

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**
- **Rest Day #1**
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 Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the length of the video).
Psychology: concept video "[Why I Yawn](#)" – [video link](#)

Tuesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!
- **Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (1 hour)**
Workout Notes: don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.
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 electrolytes for proper muscle contraction.
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 Performance Block: 40 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.
Warm down: 10 Minutes (HR Zone 1)
Duration: 10 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: stretch your lower back, calves, and quads prior to dismounting
- **(Immediately following your bike workout) Complete Racing Solutions Core Work**
Workout notes: complete each of the following exercises for 15 seconds; your rest interval is 15 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 Roll Out on Fit Ball: [click here for video](#)
Abdominal Pike on Fit Ball: [click here for video](#)
Ab Crunch on Fit Ball: [click here for the video link](#)
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 Report Card to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!
- **Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (90')**

Workout Notes: don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

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 electrolytes for proper muscle contraction.

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

Main Performance Block: 60 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.

Warm down: 10 Minutes (HR Zone 1)
Duration: 10 minutes (no shorter)
Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing
Misc.: stretch your lower back, calves, and quads prior to dismounting

Post Workout Protocols

 - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
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- **Evening Protocols** – please reference Monday's notes & links.

Thursday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!
- **Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (1 hour)**

Workout Notes: don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

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 electrolytes for proper muscle contraction.

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 Performance Block: 40 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.

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Duration: 10 minutes (no shorter)
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Gearing: small chain ring up front, middle rear gearing
Misc.: stretch your lower back, calves and quads prior to dismounting
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Workout notes: complete each of the following exercises for 15 seconds; your rest interval is 15 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

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Post Workout Protocols

 - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
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- **Evening Protocols** – please reference Monday's notes & links.



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete Rest Day #2**
Mental Notes: the benefits of a rest day are actually larger than your hard workout days; this is because your body doesn't get any stronger or improve regarding your endurance during training. Your body actually improves physically when you feed it high quality, high quantity food and allow for adequate rest (7-8 hours of evening sleep and if logistically possible, 1-2 hour naps during the day). When your body sleeps deeply, for a long period of time and uninterrupted, your body releases the much-needed human growth hormone (HGH) naturally and you wake up leaner, stronger and have an improved immune system. With this in mind, please embrace your rest day as if it was one of your harder workout days; your body will appreciate it.
- **Evening Protocols** – please reference Monday's notes and links.

Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (90')**
Workout Notes: don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.
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 electrolytes for proper muscle contraction.
Warm Up: HR Zone 1
Duration: 20 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: 60 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.
Warm down: 10 Minutes (HR Zone 1)
Duration: 10 minutes (no shorter) **Gearing:** small chain ring up front, middle rear gearing
Cadence: 70-80 (no higher/lower) **Misc.:** stretch your lower back, calves, and quads prior to dismounting
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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 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 and links.



Sunday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!
- **2 Hour Nap After Post Workout Meal**
Misc. Notes: the benefits of a rest day are actually larger than your hard workout days; this is because your body doesn't get any stronger or improve regarding your endurance during training. Your body actually improves physically when you feed it high quality, high quantity food and allow for adequate rest (7-8 hours of evening sleep and if logistically possible, 1-2 hour naps during the day). When your body sleeps deeply, for a long period of time and uninterrupted, your body releases the much-needed human growth hormone (HGH) naturally and you wake up leaner, stronger and have an improved immune system. With this in mind, please embrace your rest day as if it was one of your harder workout days; your body will appreciate it.
- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (90')**
Workout Notes: don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.
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 electrolytes for proper muscle contraction.
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
Main Performance Block: 60 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.
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Gearing: small chain ring up front, middle rear gearing
Misc.: stretch your lower back, calves, and quads prior to dismounting
- **Evening Protocols** – please reference Monday's notes & links.