



Training Cycle: *Phase 11*
Cycle Duration: *6 Weeks*
Work Week: *3/6*
Focus: *Race Specific Speed and 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 – 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**
Misc. Notes: the key to successful training is eliminating the various distractions that get in your way. The best way to minimize the rippling effect of distractions is to plan ahead. Think about how stressful it is when you are running around short on time or can't find your calories or fluids for a particular workout. The same thing applies to clean eating, the main reason why athletes fall off clean eating is the proverbial "I don't have time to cook". Plan and designate some time to prep what you have purchased so that you can literally grab and go with high quality, low glycemic food, and snack items. Having fresh bottles of filtered water readily available is instrumental in your overall hydration program.
- **Evening Protocols**
Flexibility: take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)
Nutrition: consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

Tuesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Functional Strength Weight Workout**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.
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
Speed of Lift: Explode off the bottom **Repetitions:** 6-8 Reps (both upper & lower body)
Sets: 2 (unless it is a timed duration) **Rest Interval:** none in between exercises; 1 minute in between cycles
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols:** please reference Monday's notes & video links



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Evening Workout) Complete Racing Solutions Fragmented Bike: Heart Rate Intervals (80 Minutes)**
 - Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z3 and Z4**; the interval doesn't begin until you get within the indicated HR zone numbers.
 - 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:** 15 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 3)**
 - Set Notes:** the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.
 - Interval Duration:**
 - 7 Minutes **Low end of HR Z3** – deep belly breathing and mentally focused
 - 3 Minutes **Low end of HR Z4** – be aggressive but in total control
 - Recovery Interval: 5 minutes **HR Z1** (no higher) – you can't go too easy here
 - Repeat 4x for a total of 1 hour of work**
 - Cool 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 gets you into **HR Z1**
 - Misc.:** don't dismount until your heart rate is within **HR Z1**
 - **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**
 - Workout notes:** complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.
 - $\frac{3}{4}$ **Sit Up:** [click here for video](#) **Ab Criss Cross:** [click here for video](#)
 - Open Abdominals:** [click here for video](#) **Ab & Hip Risers:** [click here for video](#)
 - Post Workout Protocols**
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
 - **Evening Protocols:** please reference Monday's notes and video links

Thursday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Strength Weight Workout**
 - [Please use the spreadsheet and associated videos listed at the bottom of this document]**
 - Workout Notes:** these exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.
 - 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
 - Speed of Lift: Explode off the bottom** **Repetitions:** 6-8 Reps (both upper & lower body)
 - Sets:** 2 (unless it is a timed duration) **Rest Interval:** none in between exercises; 1 minute in between cycles
 - Post Workout Protocols**
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads, and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
 - **Evening Protocols:** please reference Monday's notes and video links



Sunday

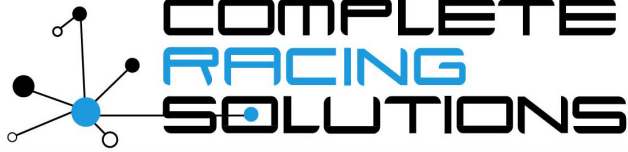
- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: Heart Rate Intervals (75 Minutes)**
 - Misc. Notes:** for this workout you will need your HR zone numbers specific to **HR Z2 and Z3**; the interval doesn't begin until you get within the indicated HR zone numbers.
 - 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:** 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 (60 Minutes):**
 - Set Notes:** the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.
 - Interval Duration:
 - 5 Minutes **High End of HR Z4** – be aggressive but in total control
 - 10 Minutes **Low end of HR Z2** – active recovery; stretch and hydrate as necessary
 - Repeat 4x for a total of 60 minutes of work**
 - Cool 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 gets you into **HR Z1**
 - Misc.:** don't dismount until your heart rate is within **HR Z1**
- **(Immediately following your bike workout) Complete Racing Solutions Core & Lower Back Work**
 - Workout notes:** complete each of the following exercises for 30 seconds; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.
 - ¾ Sit Up:** [click here for video](#)
 - Ab Criss Cross:** [click here for video](#)
 - Open Abdominals:** [click here for video](#)
 - Ab & Hip Risers:** [click here for video](#)
 - Post Workout Protocols**
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**
 - Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.
- **Evening Protocols:** please reference Monday's notes and video links



COMPLETE RACING SOLUTIONS

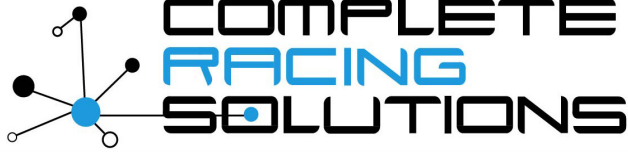
THE SCIENCE OF PERFORMANCE

Phase 11 - Combo Strength Sets			
Warm Up			
Concept 2™ Rower or Spin on Bike - 10 minutes Easy			
CYCLE ONE			
	Date	Date	Date
Pike - Push Up - Pike (40 Seconds)			
Instructional Video: Pike-Push Up-Pike			
Rep 1 (as many as you can complete in 40 seconds)			
Rep 2 (as many as you can complete in 40 seconds)			
Isolated Leg & Frankenstein's on Bench			
Instructional Video: Isolated Leg on Bench			
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 & strive to match Set #1)			
CYCLE TWO			
	Date	Date	Date
Air Squats			
Instructional Video: Air Squats (no weight)			
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 & strive to match Set #1)			
Hamstring Press-Extension on Fit Ball			
Instructional Video: Hamstring Press with Extension			
Rep 1 (as many as you can complete in 40 seconds)			
Rep 2 (As many reps as you can do in 40 seconds-hold good form & strive to match Set #1)			
CYCLE THREE			
	Date	Date	Date
Overhead Extension-Triceps Press (Not Fast-Good Form)			
Instructional Videos: Overhead Extension-Triceps Press			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Step Up & Calf Raises (no weight)			
Instructional Video: Step up & Calf Raise			
Rep 1 (as many as you can complete in 40 seconds)			
Rep 2 (as many as you can complete in 40 seconds)			



THE SCIENCE OF PERFORMANCE

CYCLE FOUR	Date	Date	Date
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
Instructional Video: Lat Pull Over-Triceps Extension			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Individual Chest Press on Fit Ball			
Instructional Video: Individual Chest Press on Fit Ball			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
CYCLE FIVE	Date	Date	Date
Incline Press on Fit Ball			
Instructional Video: Incline Press on Fit Ball			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Rear Deltoid			
Instructional Videos: Rear Deltoid			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
CYCLE SIX	Date	Date	Date
Chest Fly with Deep Pause on Fit Ball			
Instructional Video: Chest Fly with Deep Pause on Fit Ball			
Weight (Heavy but manageable)			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
Weight (Slightly heavier than Set 1)			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
Side Skaters			
Instructional Videos: Side Skaters (Inner Thigh)			
Rep 1 (good form – land lightly)			
Rep 2 (good for – land lightly – strive to surpass Set #1)			



COMPLETE RACING SOLUTIONS

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CYCLE SEVEN	Date	Date	Date
Abs: Knees to Chest			
Instructional Video: Hanging Knees to Chest			
Duration #1 (move slowly; this will strengthen your upper & lower abs)			
Duration #2 (move slowly; this will strengthen your upper & lower abs)			
Abs: Open Rotation			
Instructional Videos: Abs-Open Rotation			
Rep 1 ("feel" for the rotation vs. dropping your elbow)			
Rep 2 ("feel" for the rotation vs. dropping your elbow)			
Abs: Hip Risers			
Instructional Videos: Hip Risers			
Rep 1 (literally drop your hips and then rise them back up)			
Rep 2 (pause briefly at the top & then slowly drop your hips back down)			
15 Minutes - Bike Intervals	Date	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)			
Note: increase the load levels to MODERATE			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
1 Minute Rest Interval			
2 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 2 Minutes)			
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1 Minute Rest Interval			