



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

**Phase One**  
**6 Weeks**  
**3/6**  
**Develop Maximum Strength & Improve Aerobic Base**

**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.**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (25 Minutes)**

**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:** 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

**Main Performance Block: 15 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: HR Zone 1**

**Duration:** 5 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:** 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).

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

**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:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **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/meal.



## Tuesday

- **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 – P1 Timed Challenges (30 Seconds)**  
**[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 deeply 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 **COLD** [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction (the colder the fluid the faster the absorption).
  - Speed of Lift:** quick and smooth
  - Repetitions:** as many as you can complete in 30 seconds with proper form OR number of reps as listed
  - Sets:** 2
  - Rest Interval:** none in between exercises; 1 minute in between cycles
  - Post Workout Protocols**
    - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
    - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **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/meal.

## Wednesday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.**
- **(Morning Workout) Complete Racing Solutions Bike: Heart Rate Ladder Workout (30 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, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75-85) – continue to “push the pace” until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number – repeat in 20-minute blocks.
  - 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 Set: Heart Rate Pyramids: 15 Minutes (HR Z3)**
    - Misc. Notes:** Toggle between your lower and upper number in **HR Z3** for 15 minutes
  - Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 10 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
- **(Immediately following your HR Ladders) Complete Racing Solutions Core 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.
    - **Standing Abdominal Twists:** [click here for video](#)
    - **Abdominal Roll Out on Fit Ball:** [click here for video link](#)
    - **Abdominal Pike on Fit Ball:** [click here for video](#)
    - **Ab Crunch on Fit Ball:** [click here for the video link](#)
  - Post Workout Protocols**
    - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
    - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **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/meal.





## Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.**
- **(Morning Workout) Complete Racing Solutions Bike: Even Tempo (25 Minutes)**

**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:** 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

### Main Performance Block: 15 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: HR Zone 1

**Duration:** 5 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:** 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).

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

**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:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
- **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes

- **2 Hour Nap After Lunch**

**Misc. Notes:** as you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.

- **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/meal.



## 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 – P1 Timed Challenges (30 Seconds)**  
[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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
  - Speed of Lift:** quick and smooth
  - Repetitions:** as many as you can complete in 30 seconds with proper form OR number of reps as listed
  - Sets:** 2
  - Rest Interval:** none in between exercises; 1 minute in between cycles
  - Post Workout Protocols**
    - **Flexibility:** isolate [each muscle in your lower body](#) hold each stretch for 8-10 seconds
    - **Nutrition:** consume a post recovery smoothie with two scoops of [Energy Fuel](#) to replace lost electrolytes
- **2 Hour Nap After Lunch**
  - Misc. Notes:** if logistically possible, do not wake yourself up from this nap with an alarm. Just out of curiosity, see how many hours you sleep. This will provide us a clear indicator of your fatigue; the big question is where this fatigue is coming from: intensity levels, duration levels, food intake, hydration levels, hours of sleep and consistency in your recovery protocols (stretching and trigger point therapy). Remember that your health and ultimately your performance is a direct result of your consistency in all these performance areas (some that require sweating and some that don't!).
- **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/meal.



THE SCIENCE OF PERFORMANCE

<b>Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges</b>			
<b>Warm Up</b>			
Concept 2™ Rower or Spin on Bike - 10 minutes Easy			
<b>CYCLE ONE</b>			
	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Pike - Push Up - Pike (30 Seconds)</b>			
<a href="#">Instructional Video: Pike-Push Up-Pike</a>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Set 2 (as many as you can complete in 30 seconds)</b>			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
<a href="#">Instructional Video: Isolated Leg on Bench</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (As many reps as you can do in 30 seconds-hold good form)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>CYCLE TWO</b>			
	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Air Squats</b>			
<a href="#">Instructional Video: Air Squats</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (As many reps as you can do in 30 seconds-hold good form)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>Hamstring Press-Extension on Fit Ball</b>			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>CYCLE THREE</b>			
	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Overhead Extension-Triceps Press (Not Fast-Good Form)</b>			
<a href="#">Instructional Videos: Overhead Extension-Triceps Press</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>Step Up &amp; Calf Raises (no weight)</b>			
<a href="#">Instructional Video: Step up &amp; Calf Raise</a>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Set 2 (as many as you can complete in 30 seconds)</b>			



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CYCLE FOUR	Date	Date	Date
<b>Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)</b>			
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>Individual Chest Press on Fit Ball</b>			
<a href="#">Instructional Video: Individual Chest Press on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
CYCLE FIVE	Date	Date	Date
<b>Incline Press on Fit Ball</b>			
<a href="#">Instructional Video: Incline Press on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>Rear Deltoid</b>			
<a href="#">Instructional Videos: Rear Deltoid</a>			
<b>Weight (Light – easy muscle to tear)</b>			
<b>Set 1 (Goal 6-8 reps with perfect form-no momentum)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (Goal 6-8 reps with perfect form-no momentum)</b>			
CYCLE SIX	Date	Date	Date
<b>Chest Fly with Deep Pause on Fit Ball</b>			
<a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
<b>Set 1 (as many as you can complete in 30 seconds)</b>			
<b>Weight (Slightly heavier than Set 1)</b>			
<b>Set 2 (As many reps as you can do in 30 seconds-hold good form &amp; strive to match Set #1)</b>			
<b>Side Skaters</b>			
<a href="#">Instructional Videos: Side Skaters (Inner Thigh)</a>			
<b>Set 1 (good form – land lightly)</b>			
<b>Set 2 (good for – land lightly – strive to surpass Set #1)</b>			

