



THE SCIENCE OF PERFORMANCE

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

**Phase One**  
**6 Weeks**  
**5/6**  
**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 Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Timed Pyramids (35 Minutes)**  
**Workout Notes:** prior to beginning this workout, have your HR range numbers specific to HR Z3. During your “on” timed segments, you will want to accelerate and then settle into HR Z3 (no higher or lower). Your rest interval will match your work interval, for maximum productivity; please don’t cut the rest interval short. During your rest interval, rehydrate with Energy Fuel to maintain blood sugar levels and electrolytes for optimum muscle contraction.  
**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 2 or less**  
**Duration:** 6 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: 24 Minutes [1 minute on-off, 2 minutes on-off, 3 minutes on-off – Go Back Down = 24 minutes]**  
**Set Notes:** Your pyramid will take you from 1 minute on/off up to 3 minutes on/off. Adjust your gearing throughout the “on” interval so that you are pushing the tallest gear possible but staying within HR Z3. When the interval begins, accelerate (refrain from sprinting) into HR Z3 and then settle in with optimized pedal mechanics and deep belly breathing. During your rest interval rehydrate and stretch as necessary to keep the power output level high.  
**Cool Down: 5 Minutes (HR Zone 2 or less)**  
**Duration:** 5 minutes  
**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 – please reference this morning’s recovery nutrition & flexibility protocols.**
- **(Immediately following your bike workout) Complete Racing Solutions (CRS) 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 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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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 Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

**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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
  - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols** – please reference Monday's notes and links.

## Wednesday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Afternoon Workout) Choose one of the following for your afternoon workout:**

- **Complete Racing Solutions (CRS) Bike: Intensity Distance Intervals (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 warmup, your goal is to settle into your HR Z3 (no higher or lower) and complete a 2 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:** 5 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: 5 x 4 Minutes (2 Minutes on - 2 minutes off)**

Settle into **HR Z3** and maintain for 2-minutes

Recover by spinning easy for 2 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

**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 (CRS) Row: Incremental Pacing Intervals (8,000 Meters)**

**Misc. Notes:** complete a 1000-meter interval at 80-85% effort after your warmup; 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:** 1000 Meters

**Pull Rate:** less than 25

**Stretch from head to toe**

**Main Set: Pacing Intervals**

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

1000 Meter Critical Speed plus 10 seconds – Rest 1 Minute

1000 Meter Critical Speed plus 5 seconds – Rest 1 Minute

1000 Meters at Critical Speed 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 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 pushups:** [click here](#) for instructional video

**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 [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols** – please reference Monday’s notes and links.

#### Thursday

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

- **(Morning Workout) Complete Racing Solutions (CRS) 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes

**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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols** – please reference Monday’s notes and links.

#### Friday

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

- **Complete Rest Day**

**Misc. 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** – please reference Monday’s notes and links.



## Saturday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Heart Rate Ladder (35 Minutes)**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (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**.

**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 2 or less

**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 Set #2: 10 Minute HR Ladder (HR Z3)

During the 10 minutes, accelerate in a tall gear combination until your heart rate hits the **top end of HR Z3**; once you hit this number, slow down your pedal cadence and breathe deeply until your HR hits the **lower end of HR Z3** (no lower)-Repeat until 10 minutes has transpired.

**Easy Spin:** 5 Minutes (hydrate and stretch as necessary)

### Main Set #3: 10 Minute HR Ladder (HR Z3)

During the 10 minutes, accelerate in a tall gear combination until your heart rate hits the **top end of HR Z3**; once you hit this number, slow down your pedal cadence and breathe deeply until your HR hits the **lower end of HR Z3** (no lower)-Repeat until 10 minutes has transpired.

### Cool Down: 5 Minutes (HR Zone 2 or less)

**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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **(Immediately following your bike workout) Complete Racing Solutions (CRS) 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](#)

- **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** – please reference Monday's notes and links.



## Sunday

- **Body Analysis** – please use your **Coach Robb Report Card** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
  - 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:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
    - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **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 your 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** – please reference Monday's notes and links.



THE SCIENCE OF PERFORMANCE

<b>Complete Training Solutions (CTS) 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>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
<a href="#">Instructional Video: Isolated Leg on Bench</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
<b>CYCLE TWO</b>			
	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Air Squats</b>			
<a href="#">Instructional Video: Air Squats</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds-hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
<b>Hamstring Press-Extension on Fit Ball</b>			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
<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>			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds-hold good form & strive to match Set #1)			
<b>Step Up &amp; Calf Raises (no weight)</b>			
<a href="#">Instructional Video: Step up &amp; Calf Raise</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			



THE SCIENCE OF PERFORMANCE

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>			



THE SCIENCE OF PERFORMANCE

CYCLE SEVEN	Date	Date	Date
<b>Abs: Knees to Chest</b>			
<a href="#">Instructional Video: Hanging Knees to Chest</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Abs: Open Rotation</b>			
<a href="#">Instructional Videos: Abs-Open Rotation</a>			
Set 1 (as many as you can complete in 30 seconds-PER SIDE)			
Set 2 (as many as you can complete in 30 seconds-PER SIDE)			
<b>Abs: Hip Risers</b>			
<a href="#">Instructional Videos: Hip Risers</a>			
Set 1 (as many as you can complete in 30 seconds-PER SIDE)			
Set 2 (as many as you can complete in 30 seconds-PER SIDE)			
<b>10 Minutes - Bike Intervals</b>	<b>Date</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>1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)</b>			
<b>1 Minute Rest Interval</b>			
<b>1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)</b>			
<b>1 Minute Rest Interval</b>			
<b>1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)</b>			
<b>1 Minute Rest Interval</b>			
<b>1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)</b>			
<b>1 Minute Rest Interval</b>			
<b>1 Minutes @ HR Z3 (no higher or lower) (Measure how far you travel in 1 Minute)</b>			
<b>1 Minute Rest Interval</b>			