



THE SCIENCE OF PERFORMANCE

Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 13
6 Weeks
5/6
Race Specific Speed, Strength, 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 & 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**
Misc. Notes: when it comes to health, wellness, and ultimate performance, the key to success isn't focusing on perfection but rather minimizing mistakes. The key to minimizing mistakes is planning with all aspects of your life in this order: sleep, food, family, professional, and, athletics. Though we discuss this often it is something that has to be implemented daily and is met with the most resistance by those around you who want you to accommodate their schedule – I refer to this as gravitational pull because the greatest amount of resistance is when you get started (and you capture the attention of those around you that you are not conceding to their needs, wants and desires -versus your own. When you are able to overcome this level of resistance you are in a position to maximize your productivity by doing exactly what you have scheduled based on YOUR priorities (personally and athletically).
- **Evening Protocols**
Misc. Notes: when you lay down to go to sleep, your goal is to get to sleep as quickly as possible, sleep as deep as possible, and stay there as long as possible. If your brain doesn't have enough sugar to last through the night, you will wake up – not an ideal scenario when it comes to recovering from your day of training. An additional focus on getting to sleep quickly is associated with your body's production of hGH (human growth hormone). Human growth hormone is what makes you leaner and incorporates other hormones necessary for complete recovery from the workloads associated with your training. With this being said, consume a highly dense snack or smoothie to help satisfy your brain's need for sugar (from your liver) and your muscle's need for amino acids.

Tuesday

- **Body Analysis: please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout (Last Week – Finish Strong!)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are familiar with a longer duration.
Pre-Hydration & Nutrition: 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
Sets: 2
Duration: 50 Seconds (unless otherwise noted)
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](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols** – please reference Monday's notes and 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 afternoon workout) Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (60')**

Misc. Notes: For this workout, you will need to know your **HR Z2** numbers (high and low specific numbers).

Pre-Hydration & Nutrition: 10-15 minutes before 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: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 15 minutes (no shorter)

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: 1 Mile Intervals at HR Z2 (No Higher): 40 Minutes

1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**

½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**

Repeat for 40 minutes.

Cool 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 gets you into **HR Z1**

Cadence: 85-90

Misc.: don't dismount until your heart rate is within **HR Z1**

- **Complete Racing Solutions Row: 500 Meter Aerobic Intervals (60 Minutes)**

Misc. Notes: For this workout, you will need to know your **HR Z2** numbers (high and low specific numbers).

Pre-Hydration & Nutrition: 10-15 minutes before 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 Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Duration: 15 Minutes (no shorter)

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 40 Minutes

Load Level: 5

500 Meter Interval: Fastest pace you can maintain while settling into **HR Z2**

1 Minute Recovery: Lower your effort to bring your **HR into Z1**

Repeat for 40 minutes.

Cool Down (HR Z1): Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Distance: 5 Minutes

Pull Rate: less than 25

[Stretch from head to toe](#)

- **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & Lower Back Work**

- **Workout notes:** complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.

- **Push Up-Knee to Shoulder:** [how to video](#)

Abdominal Chris Cross: [how to video](#)

- **Abdominal Open Rotation:** [how to video](#)

Ab Hip Risers: [how to 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 [Best Whey](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue

- **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 Weight Workout (Last Week – Finish Strong!)**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: these exercises are familiar with a longer duration.

Pre-Hydration & Nutrition: 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Sets: 2

Duration: 50 Seconds (unless otherwise noted)

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](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue

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

Speed of Lift: consistent through the entire range of motion

Rest Interval: none in between exercises; 1:00 in between cycles

Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Complete One of the Following) Complete Racing Solutions Bike: 5 Minute Intensity Blocks (60 Minutes)**

Misc. Notes: these intervals are designed to push you both mentally & physically so begin this workout fresh: hydrated, rested, properly fed, and topped off with your Energy Fuel (for optimum muscle contraction). As you go through the first 5-minute set, remember that you have to complete 9 more intervals, so don’t blow yourself up by going too hard!

Pre-Hydration & Nutrition: 10-15 minutes before 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: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 10 minutes

Cadence: 80-90 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Set: Intensity Based Intervals: 10 x 5 Minutes

2-Minute Interval: Fastest pace you can maintain while in the lower end of HR Z2

2 Minute Interval: Pick up the pace by 1 mile per hour and slip into the upper end of HR Z3

1 Minute Standing Interval: Pick up the pace and maintain for 1 minute (dig deep here!) **NO HR LIMIT**

Repeat the 5 Minute blocks 10 times for a total of 50 minutes

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

- **Complete Racing Solutions Row: Intensity Blocks (60 Minutes)**

Misc. Notes: set your monitor to straight time for the duration of the workout.

Pre-Hydration & Nutrition: 10-15 minutes before 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 Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 **Duration:** 5 Minutes

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Intensity Based Intervals: 10 x 5 Minutes

Load Level: 5 **Duration:** 500 Meters **Pull Rate:** 25-30

2-Minute Interval: Fastest pace you can maintain while in the lower end of HR Z2

2 Minute Interval: Pick up the pace by 2-5 seconds and slip into the upper end of HR Z3

1 Minute Sprint Interval: Drop the hammer for 1 minute (dig deep here!) **NO HR LIMIT**

Repeat the 5 Minute blocks 10 times for a total of 50 minutes

Cool Down (HR Z1): Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

Load Level: 2 **Distance:** 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

- **(Immediately Following Cross Training Workout) Complete Training Solutions (CTS) Abdominal & Lower Back Work**

- **Workout notes:** complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.

- **Push Up-Knee to Shoulder:** [how to video](#)

Abdominal Chris Cross: [how to video](#)

- **Abdominal Open Rotation:** [how to video](#)

Ab Hip Risers: [how to video](#)

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)



Saturday

- **Body Analysis** – please use your **Coach Robb Report Card** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout (Last Week – Finish Strong!)**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are familiar with a longer duration.
Pre-Hydration & Nutrition: 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
Sets: 2
Duration: 50 Seconds (unless otherwise noted)
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](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Power Nap after lunch**
Misc. Notes: think about this nap as a shortcut to the top! The extra two hours of rest and recovery will ensure that your body is getting the necessary hGH (human growth hormone) along with a time to simply relax: mentally and physically. You have earned this extra dose of sleep, so take full advantage of it.
- **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) Choose one of the following for your afternoon workout:**
- **Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (60 Minutes)**
Misc. Notes: For this workout, you will need to know your **HR Z2** numbers (high and low specific numbers).
Pre-Hydration & Nutrition: 10-15 minutes before 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: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 15 minutes (no shorter) **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: 1 Mile Intervals at HR Z2 (No Higher): 40 Minutes
1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**
½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**
Repeat for 40 minutes.
Cool 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 gets you into **HR Z1**
Cadence: 85-90 **Misc.:** don't dismount until your heart rate is within **HR Z1**
- **Complete Racing Solutions Row: 500 Meter Aerobic Intervals (60 Minutes)**
Misc. Notes: For this workout, you will need to know your **HR Z2** numbers (high and low specific numbers).
Pre-Hydration & Nutrition: 10-15 minutes before 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 Z1): Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Duration: 15 Minutes (no shorter) **Pull Rate:** less than 25 [Stretch your lower body](#)
Main Set: Heart Rate Pacing Blocks: 40 Minutes
Load Level: 5
500 Meter Interval: Fastest pace you can maintain while settling into **HR Z2**
1 Minute Recovery: Lower your effort to bring your **HR into Z1**
Repeat for 40 minutes.
Cool Down (HR Z1): Focus on a straight back leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 Distance: 5 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**
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](#) with a scoop of Energy Fuel to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols** – please reference Monday's notes and video links



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Complete Racing Solutions Combo Weight Workout	Date	Date
Easy Row or Spin on Bike - 10 minutes		
Stretch - Head to Toe		
Full Body Stretch - Instructional Video		
Cycle 1		
Marching Bridge		
Instructional Video - Marching Bridge		
Rep Count - Right Leg		
Rep Count - Left Leg		
Rep Count - Right Leg		
Rep Count - Left Leg		
Low Back Extension off of Fit Ball		
Instructional Video - Low Back Extension off of Fit Ball		
Reps Set #1		
Reps Set #2		
Single Leg Step Up with Weight		
Instructional Video - Single Leg Step Up with Weight		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 2		
Hanging Abdominal Knee Raises		
Instructional Video - Hanging Abdominal Knee Raises		
Reps Set #1		
Reps Set #2		
Chest Fly with Pause on Fit Ball		
Instructional Video - Chest Fly on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
2 Legged Box Hops - 60 seconds (No Higher)		
Instructional Video - 2-Legged Box Hops		
Reps Set #1		
Reps Set #2		



COMPLETE RACING SOLUTIONS

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Cycle 3		
Flat Bench Press on Fit Ball		
Instructional Video - Flat Bench Press on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
Hamstring Press with Extension on Fit Ball		
Instructional Video - Hamstring Press with Extension on Fit Ball		
Reps Set #1		
Reps Set #2		
Push Up - Knee to Shoulder		
Instructional Video - Push Up-Knee to Shoulder		
Reps Set #1		
Reps Set #2		
Biceps - 14's		
Instructional Video - Bicep 14's		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 4		
Abdominal Criss Cross		
Instructional Video - Abdominal Criss Cross		
Reps Set #1		
Reps Set #2		
Single Leg Push Ups		
Instructional Video - Single Leg Push Ups		
Reps Set #1		
Reps Set #2		
Abdominal Open Rotation		
Instructional Video - Abdominal Open Rotation		
Reps Set #1		
Reps Set #2		
Abdominal - Hip Risers		
Instructional Video - Abdominal Hip Risers		
Rep Count Right		
Rep Count Left		
Rep Count Right		
Rep Count Left		