



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 15
6 Weeks
6/6
Re-Evaluate Your Strength, Endurance & Lactate Tolerance

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 or above (Builds your strength & speed – burns fat as a primary fuel source)**

Monday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes.
- **Complete Racing Solutions Plyometric Assessment P15**

****New Spreadsheet – please download and review the Plyometric Assessment spreadsheet**

Workout notes: notice that another level of difficulty has been added to several of the exercises.

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 & to avoid unwanted cramping.

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**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Tuesday

- **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 Minutes)**

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

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 & to avoid unwanted cramping.

Warm up-HR Zone 1:

Duration: 15 minutes (no shorter)

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: 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

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: 500 Meter Aerobic Intervals (60 Minutes)**

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

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 & to avoid unwanted cramping.

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 and 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:** 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**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Wednesday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes.**
- **Complete Racing Solutions Bicycle: 5 Mile Pacing Assessment**

[Please update your Coach Robb Performance Report Card with the results of this information]

Workout Notes: Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout.

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 & to avoid unwanted cramping.

Main Set: 4 x 5 Mile Intervals (fastest pace you can complete 2-mile intervals x 5 times)

5 Mile Interval #1:	Ending HR:	1 Minute Rest Interval
5 Mile Interval #2:	Ending HR:	1 Minute Rest Interval
5 Mile Interval #3:	Ending HR:	1 Minute Rest Interval
5 Mile Interval #4:	Ending HR:	1 Minute Rest Interval

Elapsed Time:

Avg. HR:

Ending HR:

Max HR:

Total fluids consumed:

Post-Testing Body Weight:

Cool Down: when finished, re-hydrate and ride for a minimum of **10 minutes** – easy spin/active recovery. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes to relax any tight muscle(s) associated with the assessment. Also, consume 8-10 ounces of liquid sports drink/recovery calories & consume a complete meal within 20 minutes of this ride to replenish glycogen reserves within the muscles and the liver.

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**

Mental Imagery: after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

Shin Stripping: in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



Thursday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes.
- **Complete Racing Solutions Row: 5 X 1000 Meter Time Trials**

[Please refer to the Complete Racing Solutions Performance Report Card - Time Trials Spreadsheet attached to your email]

Workout Notes: complete 5 x 1000 meters (**Load Level on 10**) after warming up for 15 minutes (**Load Level on 5 or less**) and [stretch your lower body](#). The goal here is to be as close to maximum effort as possible for each 1000 meter interval. Document your elapsed time along with your ending heart rate at the end of each 1000-meter interval. If at any time you feel something tighten up, stop immediately and stretch; resume at an EASY effort for 10 minutes.

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 tomorrow's workouts more productive).
- **Evening Protocols**
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Friday

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

Misc. Notes: if you don't have a cheap scale that you can carry around with you in your car and/or gym bag, use today as an opportunity to pick one up. Contrary to some recent reports, dehydration beyond 2% has a significantly negative effect on your performance (increased core body temperature, decreased contraction strength within the muscles to mention a few). Another report proclaims that you should wait until your body "tells" you that it is thirsty – research has clearly proven that once your brain is triggered that the body is thirsty, you are already behind proper hydration levels. With this in mind, calculating your sweat rate relevant to your intensity levels and duration will give you a leg up on your completion who will allow them to become distracted until it is too late.

- **Evening Protocols**
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.

Saturday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions MX: Speed Assessment**

[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]

Workout Overview: This workout is going to be very intense so plan ahead with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

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 tomorrow's workouts more productive).
- **Power Nap – 2 Hours**
 - 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**
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



Sunday

- **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 Minutes)**
 - Misc. Notes:** for this workout you will need to know your **HR Z2** numbers (high and low specific number).
 - 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 & to avoid unwanted cramping.
 - Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning
 - Duration:** 15 minutes (no shorter)
 - 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: 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
 - 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: 500 Meter Aerobic Intervals (60 Minutes)**
 - Misc. Notes:** for this workout you will need to know your **HR Z2** numbers (high and low specific number).
 - 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 and 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:** 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 Power Nap/Recovery Protocols**
 - Misc. Notes:** research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deeply as possible, consume a lunch that contains high levels of high quality protein & fat (they only thing that satisfies your appetite).
- **Evening Protocols**
 - Mental Imagery:** after implementing 10-15 deep belly breathes, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
 - Shin Stripping:** in addition to your foam [Roller & TP therapy](#); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure, and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for both legs.



Complete Racing Solutions Aerobic MX Workout #1						
Workout Focus: Holding Aerobic Pace as Duration Increases				Workout Duration: 90 Minutes		
	Description					
	Focus: Gradual Warm Up					
Warm Up	Set Focus: generate blood flow into all the working muscles					Intensity
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower					Less Than 40%
	Concept 2™ Rower - 10 minutes: low intensity pulling					
	Instructional Video on how to stretch - head to toe					
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #1	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)					Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding					80-85%
	Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps					
	** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	
Elapsed Times:	Fastest Lap Time:	Slowest Lap Time:		Average Lap Pace:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #2	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)					Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding					80-85%
	Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps					
	** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	
Elapsed Times:	Fastest Lap Time:	Slowest Lap Time:		Average Lap Pace:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Main Set #3	Set Focus: Intensive Endurance (Lap times based on 2 minutes per lap)					Intensity
Protocols:	Complete a start (with drop of gate if possible) and then complete 30 minutes of continuous riding					80-85%
	Your goal is to keep your pace per lap within 2 seconds of your fastest and slowest laps					
	** Note: if your pace falls off by more than 5 seconds, stop the interval and re-start; the focus of this interval is to settle into a pace that is not too fast (hold yourself accountable here)					
	Moto Specific Heart Rate Zone - Low # High #					
Elapsed Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	
Elapsed Times:	Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	
Elapsed Times:	Lap 11 Time:	Lap 12 Time:	Lap 13 Time:	Lap 14 Time:	Lap 15 Time:	
Elapsed Times:	Fastest Lap Time:	Slowest Lap Time:		Average Lap Pace:		
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)					40%
	Pre-Riding Weight:		Post-Riding Weight:			
	Total Fluids Consumed:		Loss/Gain			



Complete Racing Solutions MX Speed Assessment	Workout Focus: Consistent Race Speed	Total Ride Time: 60 Minutes	
	Description		
Warm Up	Set Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel		Intensity Less Than 50%
Main Set #1	Focus: Smooth start and fast five (5) laps Workout Protocol: Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High # Elapsed Times: 5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate Elapsed Times: 5 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate		Intensity 90-95%
Main Set #2	Focus: Smooth start and fast three (3) laps Workout Protocol: Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High # Elapsed Times: 3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate Elapsed Times: 3 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate		Intensity 90-95%
Main Set #3	Focus: Smooth start and fast two (2) laps Workout Protocol: Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High # Elapsed Times: 2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate Elapsed Times: 2 Lap Elapsed Time Int. #1: Fastest Lap: Max HR:		Intensity 90-95%
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain		40%

Complete Racing Solutions MX: Speed Assessment

Workout Overview: This workout is going to be very intense so plan with your food - ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

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).