



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 15
6 Weeks
1/6
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+ (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 Racing Solutions Plyometric Assessment P5 (New Spreadsheet – please download the 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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Recovery: concept video “[What is Contrast Therapy?](#)” – [video link](#)

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 [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: 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 number).
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 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:** 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



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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
Main Set: 4 x 5 Mile Intervals (fastest pace you can complete 5-mile intervals x 4 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:** 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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Recovery: concept video “[What is Contrast Therapy?](#)” – [video link](#)

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 at 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:** 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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Recovery: concept video “[What is Contrast Therapy?](#)” – [video link](#)

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 themselves to become distracted until it is too late.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Recovery: concept video “[What is Contrast Therapy?](#)” – [video link](#)



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:** 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
- **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.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Recovery: concept video "[What is Contrast Therapy?](#)" – [video link](#)

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 [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: 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 number).
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 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:** 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 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 deep as possible, consume a lunch that contains high levels of high quality protein & fat (they only thing that satisfies your appetite).



Complete Racing Solutions MX Speed Assessment	Workout Focus: Consistent Race Speed		Total Ride Time: 60 Minutes	
	Description			
Warm Up	Set Focus: Gradual Warm Up			Intensity
	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			Less Than 50%
Main Set #1	Focus: Smooth start and fast five (5) laps			Intensity
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 #			90-95%
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			
Main Set #2	Focus: Smooth start and fast three (3) laps			Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #			90-95%
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			
Main Set #3	Focus: Smooth start and fast two (2) laps			Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #			90-95%
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:			
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly			40%
	Pre-Riding Weight: Post-Riding Weight: Total Fluids Consumed: Loss/Gain			

Complete Racing Solutions MX: Speed Assessment

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:** 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