



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 16
10 Weeks
1/10
Maximum Strength & Aerobic Enhancement

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 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 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**
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 and your [evening supplements](#).

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 – Phase 16 3 Second Challenges**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: you will generate HUGE levels of strength by lifting the weight slow both up and down over 3 seconds. The tendency is to rush moving the weight which allows momentum to move the weight versus your muscles. If you can get to 8 reps easy, then increase the weight by 2-3% for the next set. Remember what your focus is - generate strength so mentally embrace the challenge and come to the workout with a little Energy Fuel in your system to top off your sugar levels (for better performance).
Sets: 3
Repetitions: 6-8 Reps (unless otherwise noted)
Speed of Lift: fast off of the bottom of each range of motion
Rest Interval: no rest between exercises; 1:00 in between cycles
- **Complete Racing Solutions (CRS) Bike or Row: Negative Split Intervals (80 Minutes)**
Misc. Notes: for this workout you will need your HR zone numbers specific to **HR Z3 & Z4**; the interval doesn't begin until you get within the indicated HR zone numbers.
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).
Warm Up: HR Zone 1
Duration: 15 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: 60 Minutes (HR Zone 3)
Set Notes: the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.
Interval Duration:
7 Minutes **HR Z3** – deep belly breathing and mentally focused on the purpose of these intervals: aerobic enhancement.
3 Minutes **HR Z4** – be aggressive but in total control (focus on belly breathing and mentally focused on why you are completing these intervals: staying comfortable while performing at an optimal level
Recovery Interval: 5 minutes **HR Z1** (no higher) – you can't go too easy here
Repeat 4x for a total of 1 hour of work
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**
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 and your [evening supplements](#).



Wednesday

- **Body Analysis:** please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) MX Speed Workout #1 (Long motos plus 4 Lap Sprints)**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: you will notice that the long motos are designed to be negative splits (get faster as the race transpires); set your pace early to allow yourself to pick the pace up (and associated intensity) for the last 8 minutes. Because of the intensity, maintaining blood sugar levels will be imperative to keep your speed consistent.

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 Workout) Complete Racing Solutions (CRS) Bike: Even Tempo- Aerobic Enhancement (80 Minutes)**

Misc. Notes: active recovery ride with no agenda but to head outdoors and work on optimized pedal mechanics as the elevation changes or as the head winds pick up. As you are seated, slide back when the ground goes up or the head winds pick up. Set your watch to ensure that you stay hydrated and stretched out.

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).

Warm Up: HR Zone 1

Duration: 15 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: 60 Minutes (HR Zone 2)

Set Notes: with your cadence between 80-90; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves and lower back. Hydrate with [Energy Fuel](#) to maintain your blood sugar & energy levels.

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**

Post Workout Protocols 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 and your [evening supplements](#).



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 – Phase 16 3 Second Challenges**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: you will generate HUGE levels of strength by lifting the weight slow both up and down over 3 seconds. The tendency is to rush moving the weight which allows momentum to move the weight verses your muscles. If you can get to 8 reps easy, then increase the weight by 2-3% for the next set. Remember what your focus is - generate strength so mentally embrace the challenge and come to the workout with a little Energy Fuel in your system to top off your sugar levels (for better performance).
Sets: 3
Repetitions: 6-8 Reps (unless otherwise noted)
Speed of Lift: fast off of the bottom of each range of motion
Rest Interval: no rest between exercises; 1:00 in between cycles
- **(Afternoon Workout) Complete Racing Solutions (CRS) Bike: Aerobic Threshold Intervals (90 Minutes)**
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).
Warm Up: HR Zone 1
Duration: 15 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: 60 Minutes (HR Zone 3)
Set Notes: the interval doesn't begin until you get into **HR Z3**, so be aggressive without going anaerobic.

Interval Duration: 10 Minutes **HR Z3** – smooth pedal stroke; deep belly breathing and mentally focused on the purpose of these intervals: aerobic enhancement. If you begin to go above **HR Z3**, slow your leg turnover down verses gearing down (making the load levels easier).

Recovery Interval: 5 minutes **HR Z1** (no higher) – you can't go too easy here
Repeat 4x for a total of 1 hour of work
Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes
Duration: 15 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**
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 and your [evening supplements](#).

Friday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) MX Aerobic Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: this workout is designed to allow your body to actively recover while riding. As outlined by the protocols, sections and foundational skills are the key focus of this workout. Wear your heart rate monitor and pay close attention to your
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 and your [evening supplements](#).



Saturday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Afternoon Workout) Complete Racing Solutions (CRS) MX Speed Workout #1 (Long motos plus 4 Lap Sprints)**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: you will notice that the long motos are designed to be negative splits (get faster as the race transpires); set your pace early to allow yourself to pick the pace up (and associated intensity) for the last 8 minutes. Because of the intensity, maintaining blood sugar levels will be imperative to keep your speed consistent

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 Mid-Day Meal**

Misc. Notes: at this point in the week, your body should be eager to catch a few extra hours of sleep. Strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child doses off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.
- **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 and your [evening supplements](#).

Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions (CRS) MX Aerobic Workout #1 (same as Friday intentionally)**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: this workout is designed to allow your body to actively recover while riding. As outlined by the protocols, sections and foundational skills are the key focus of this workout. Wear your heart rate monitor and pay close attention to your intensity to ensure you stay aerobic – if you feel like you are going too hard, you are and slow down.

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 Mid-Day Meal**

Miss. Notes: once you wake up from your 2–3-hour nap; take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat actually penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.
- **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 and your [evening supplements](#).

Complete Racing Solutions (CRS) MX Speed Workout #1			Workout Focus: Opening 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 / Rehydrate with Energy Fuel				Less Than 50%	
Main Set #1	Set Focus: Warm the body up for Sprint Intervals				Intensity	
Workout Protocol:	12 minutes at easy effort, focus on your line selections and maintaining momentum. 8 minutes at race effort, focus on not jabbing the brakes and dropping the throttle and spinning Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel				80-85% 90-95%	
Main Set #2	Set Focus: Top End Speed				Intensity	
Workout Protocol:	1. To maintain the fastest speeds possible, think about your transitions from gas to brake and from brake to gas. Smooth application of the throttle is the key to an aggressive acceleration out of the corners. 2. To maintain momentum, land the backsides of every jump (regardless of the size). Keep your Rear wheel driving as much as possible. Pull back on the bars and grip with your lower legs. 3. As you drive through the corners, keep your core tight and look through the corner					
Rest Interval	Moto Specific Heart Rate Zone - Low # High #					
Lap Times:	Same amount of time it takes to complete the 4-lap interval - Stretch and hydrate as necessary				90-95%	
Lap Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%	
Lap Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%	
Lap Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%	
Lap Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%	
Lap Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%	
Lap Times:	Fastest Lap Time:		Average Lap Pace:		Average Heart Rate:	
	Rest For 10 Minutes - Stretch from head to toe / Rehydrate with Energy Fuel					
Main Set #3	Set Focus: Top End Speed				Intensity	
Workout Protocol:	Moto Specific Heart Rate Zone - Low # High #					
Rest Interval	Moto Specific Heart Rate Zone - Low # High #					
Lap Times:	Same amount of time it takes to complete the 4-lap interval - Stretch and hydrate as necessary				90-95%	
Lap Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%	
Lap Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%	
Lap Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%	
Lap Times:	Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	90-95%	
Main Set #4	Set Focus: Negative Split Moto				Intensity	
Workout Protocol:	20-minute moto-easy effort, focus on your line selections and maintaining momentum; after 20 min increase your effort to sprint speed (strive to match your 3-lap average lap time from set #3) and maintain for 10 minutes (30 minutes total). During your aerobic efforts, focus on using less rear brake and more front brake; challenge yourself on your angles coming into the corner – the more you can sweep through them and not bounce off of the corners, the better your exit speed will be. When you increase your effort, focus on the fundamentals with a slightly faster transition from gas to brake – brake to gas.				80-85% 90-95%	
Warm Down	5 min/easy riding - nothing structured or intense; watch the HR and wait for it to come down				40%	
	Pre-Riding Weight:		Post-Riding Weight:			
	Total Fluids Consumed:		Loss/Gain			



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Phase 16 - 3 Second Challenge			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	Date	Date
3 Second Shoulder Press			
Instructional Video: Shoulder Press			
Weight (Moderate)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Sit Ups on Fit Ball with Weight			
Instructional Video: Abdominal Crunch on Fit Ball			
Weight (Moderate)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Pike Position - Step Left and Right			
Instructional Video: Pike Position-Step Left & Right			
Complete for 40 seconds			
Complete for 40 seconds			
Complete for 40 seconds			
CYCLE TWO	Date	Date	Date
3 Second Bicep Curls - 14's			
Instructional Video: Bicep Curls-14's			
Weight (Moderate)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Open Abs			
Instructional Video: Open Ab Rotation			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Triceps Kickbacks			
Instructional Video: Triceps Kickbacks			
Weight (Moderate)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			

Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			

CYCLE THREE	Date	Date	Date
3 Second - Front and Side Deltoids			
Instructional Video: Front & Middle Deltoids			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
3 Second Calf Raises			
Instructional Video: Calf Raises			
Weight (Light)			
Reps Set #1 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 6-8 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE FOUR	Date	Date	Date
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Low Back Extension on Fit Ball			
Instructional Video: Low Back Extension on Fit Ball			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Inner Thigh			
Instructional Video: Side Skaters			
Reps Set #1 (Goal: 6-8 Reps)			
Reps Set #2 (Goal: 6-8 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			