

TRAINING PROTOCOL

# PHASE 1








## WEEK 6 OF 6

ACTIVE RECOVERY – PHYSICALLY & MENTALLY

PROGRAM <b>Fulltime</b>	PHASE <b>1</b>	WEEK <b>6 of 6</b>	FOCUS <b>Active Recovery</b>
----------------------------	-------------------	-----------------------	---------------------------------

Week 6 is your active recovery week – the same exercises and bike sessions from Weeks 1–5, but at **20% less weight and intensity**. Every set should feel extremely easy. This is not a week off; it is deliberate, low-stress movement that allows your body to consolidate all the fitness gains from the previous five weeks. Monday is a complete rest day. Tuesday and Thursday combine a light combo weight workout with a 50-minute even tempo bike. Wednesday and Friday are morning bike + core days. Saturday and Sunday are 60-minute aerobic enhancement rides followed by a 2-hour nap.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day</b>	<b>Weights + Bike</b>	<b>Bike + Core</b>	<b>Weights + Bike</b>	<b>Bike + Core</b>	<b>Bike + Nap</b>	<b>Bike + Nap</b>
Complete Rest Body Analysis Sleep without alarm	Combo Weights AM 20% Less Bike Even Tempo 50 min	Even Tempo 45 min Before Breakfast Core Work After	Combo Weights AM 20% Less Bike Even Tempo 50 min	Even Tempo 45 min Before Breakfast Core Work After	Aerobic Enhancement 60 min (Zone 2) 2-Hour Nap After	Aerobic Enhancement 60 min (Zone 2) 2-Hour Nap After

TRAINING INTENSITY GUIDE

● **HR Zone 2 or Below – Blue Workouts**

Builds your aerobic engine. Burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout.

● **HR Zone 3+ – Red Workouts**

High-intensity effort. Used for speed intervals, strength circuits, and lactate threshold work. Breathing is labored; conversation is difficult.



# MONDAY

Complete Rest Day – Body Analysis & Recovery

COMPLETE REST

## ⚠️ Body Analysis Check (Every Day This Week)

Please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes. **Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead.**

Week 6 is your active recovery week. Every workout this week uses the same exercises and sessions from Weeks 1-5, but at **20% less weight and intensity**. Each set should feel **extremely easy**. This is deliberate – your body needs low-stress movement to consolidate all the fitness gains from the previous five weeks. Today is a complete rest day. Allow yourself to sleep without an alarm – this lowers cortisol (a fat-storing stress hormone) and helps you determine your optimum sleep amount given the training volume you have been maintaining. Remember: it is not what you do in training that makes you stronger, but rather what you do regarding your nutrition and hydration.

## EVENING PROTOCOLS

### FLEXIBILITY & RECOVERY

- ▶ **Flexibility:** Take 10 minutes and focus on your legs and lower body – [Full Video List](#)

### NUTRITION

- ▶ **Nutrition:** Consume 8-10 oz of cold/filtered water; consume a raw snack or meal.



# TUESDAY

WEIGHTS AM · BIKE AFTER

Morning: Combo Weight Workout (20% Less) | Immediately After: Bike Even Tempo (50 min)

**⚠️ Body Analysis Check** – Log your data. If HR is 4+ beats above last week's average, do not train – sleep and eat instead.

Two-part morning session. Start with the Combo Weight Workout using the same exercises from Weeks 1–5, but reduce the weight/load by **20%** – each set should feel **extremely easy**. Stretch in between cycles to maintain your optimum range of motion. Immediately after the weights, get on the bike for a 50-minute even tempo spin. Stay relaxed and focus on good pedal mechanics throughout.

## MORNING: CRS COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES (20% LESS)

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

**SPEED OF LIFT**

**Fast Off  
Bottom**

**REPS**

**6–8 Max**

**SETS**

**2**

**WEIGHT**

**20% Less**

**REST BETWEEN  
EXERCISES**

**30 Seconds**

**REST BETWEEN  
CYCLES**

**1 Minute**

Reference the **Combo Weight Workout spreadsheet** at the end of this document for all 7 cycles, exercise videos, and performance tracking fields. These are the same exercises from Weeks 1–5 – reduce the weight/load by 20% and each set should feel **extremely easy**.

## POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of iced cold **Energy Fuel + Best Whey Protein** (1 scoop each) mixed with almond milk.

## IMMEDIATELY AFTER WEIGHTS: CRS BIKE – EVEN TEMPO (50 MINUTES)

Immediately get into an even tempo spin without going too hard. Stay relaxed and focus on good pedal mechanics. Though the intensity is low, the productivity is still high when you hit both the intensity and duration levels.

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

### WARM-UP – 5 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear gearing  
**Misc:** Stretch and hydrate before moving into main set

### MAIN SET – 45 MIN (HR ZONE 2)

**Cadence:** 85–95 (optimized pedal mechanics)  
**Focus:** Even tempo; stay relaxed throughout  
**Misc:** Stand up and stretch every 20 minutes. Hydrate to maintain blood sugar levels.

### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear gearing  
**Misc:** Stretch lower back, calves, and quads prior to dismounting

### POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling – [Full Playlist](#)
- ▶ **Nutrition:** 8–10 oz iced cold **Energy Fuel** + **Best Whey Protein** (1 scoop each) with almond milk.

### EVENING PROTOCOLS

- ▶ **Flexibility:** Reference Monday's notes and links.
- ▶ **Nutrition:** Reference Monday's notes and links.



# WEDNESDAY

Before Breakfast: Bike Even Tempo (45 min) | Immediately After: Core Work

BIKE AM · ZONE 2

**⚠ Body Analysis Check** – Log your data. If HR is 4+ beats above last week's average, do not train – sleep and eat instead.

Complete this bike session before breakfast. Warm up slowly and settle into **HR Zone 2** (no higher). Set your watch to remind you to drink and stretch as needed to maintain your blood sugar levels and keep your range of motion within all working muscle groups. Core work follows immediately after the bike.

## MORNING (BEFORE BREAKFAST): CRS BIKE – EVEN TEMPO (45 MINUTES)

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

**Misc:** Stretch and hydrate before moving into main set

### MAIN SET – 30 MIN (HR ZONE 2)

**Focus:** Stay in the upper range of HR Zone 2 (no higher) the entire time

**Misc:** Strive to keep efficiency high (optimized pedal mechanics, changing pedal patterns, belly breathing); stand and stretch every 5 minutes to avoid tightening up

### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

## IMMEDIATELY AFTER BIKE: CRS CORE & LOWER BACK WORK

Complete each exercise for **40 seconds**; rest interval is **20 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

- ▶ [Standing Abdominal Twists](#)
- ▶ [Abdominal Pike on Fit Ball](#)
- ▶ [Abdominal Roll Out on Fit Ball](#)
- ▶ [Ab Crunch on Fit Ball](#)

### POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling – [Full Playlist](#)
- ▶ **Nutrition:** 8–10 oz iced cold **Energy Fuel** + **Best Whey Protein** (1 scoop each) with almond milk.

### EVENING PROTOCOLS

- ▶ **Flexibility:** Reference Monday's notes and links.
- ▶ **Nutrition:** Reference Monday's notes and links.



# THURSDAY

WEIGHTS AM · BIKE AFTER

Morning: Combo Weight Workout (20% Less) | Immediately After: Bike Even Tempo (50 min)

**⚠ Body Analysis Check** – Log your data. If HR is 4+ beats above last week's average, do not train – sleep and eat instead.

Same format as Tuesday. Combo weight workout at **20% less load** – each set should feel extremely easy. Stretch in between cycles to maintain your optimum range of motion. Immediately after the weights, complete the 50-minute even tempo bike. Breathe deeply and consistently throughout both sessions. Consistently consume Energy Fuel to maintain proper blood sugar levels and power output.

## MORNING: CRS COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES (20% LESS)

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

SPEED OF LIFT

**Fast Off  
Bottom**

REPS

**6–8 Max**

SETS

**2**

WEIGHT

**20% Less**

REST BETWEEN  
EXERCISES

**30 Seconds**

REST BETWEEN  
CYCLES

**1 Minute**

Reference the **Combo Weight Workout spreadsheet** at the end of this document for all 7 cycles, exercise videos, and performance tracking fields.

## POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Focus on hips, glutes, and shoulder blades – [Full Playlist](#)
- ▶ **Nutrition:** 8–10 oz iced cold **Energy Fuel** + **Best Whey Protein** (1 scoop each) with almond milk.

## IMMEDIATELY AFTER WEIGHTS: CRS BIKE – EVEN TEMPO (50 MINUTES)

Immediately get into an even tempo spin without going too hard. Stay relaxed and focus on good pedal mechanics. Though the intensity is low, the productivity is still high when you hit both the intensity and duration levels.

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

### WARM-UP – 5 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear gearing  
**Misc:** Stretch and hydrate before moving into main set

### MAIN SET – 45 MIN (HR ZONE 2)

**Cadence:** 85–95 (optimized pedal mechanics)  
**Focus:** Even tempo; stay relaxed throughout  
**Misc:** Stand up and stretch every 20 minutes. Hydrate to maintain blood sugar levels.

### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear gearing  
**Misc:** Stretch lower back, calves, and quads prior to dismounting

### POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling – [Full Playlist](#)
- ▶ **Nutrition:** 8–10 oz iced cold **Energy Fuel** + **Best Whey Protein** (1 scoop each) with almond milk.

### EVENING PROTOCOLS

- ▶ **Flexibility:** Reference Monday's notes and links.
- ▶ **Nutrition:** Reference Monday's notes and links.



## FRIDAY

Before Breakfast: Bike Even Tempo (45 min) | Immediately After: Core Work

BIKE AM · ZONE 2

**⚠️ Body Analysis Check** – Log your data. If HR is 4+ beats above last week's average, do not train – sleep and eat instead.

Same as Wednesday. Complete this bike session before breakfast. Warm up slowly and settle into **HR Zone 2** (no higher). Core work follows immediately after the bike session. Keep the effort easy and focus on quality movement throughout.

### MORNING (BEFORE BREAKFAST): CRS BIKE – EVEN TEMPO (45 MINUTES)

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

#### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

**Misc:** Stretch and hydrate before moving into main set

#### MAIN SET – 30 MIN (HR ZONE 2)

**Focus:** Stay in the upper range of HR Zone 2 (no higher) the entire time

**Misc:** Optimized pedal mechanics, belly breathing; stand and stretch every 5 minutes to avoid tightening up

#### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

### IMMEDIATELY AFTER BIKE: CRS CORE & LOWER BACK WORK

Complete each exercise for **40 seconds**; rest interval is **20 seconds** as you move to the next exercise. Repeat entire set – total of **2 sets**.

- ▶ [Standing Abdominal Twists](#)
- ▶ [Abdominal Pike on Fit Ball](#)
- ▶ [Abdominal Roll Out on Fit Ball](#)
- ▶ [Ab Crunch on Fit Ball](#)

#### POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling – [Full Playlist](#)
- ▶ **Nutrition:** 8–10 oz iced cold **Energy Fuel + Best Whey Protein** (1 scoop each) with almond milk.

#### EVENING PROTOCOLS

- ▶ **Flexibility:** Reference Monday's notes and links.
- ▶ **Nutrition:** Reference Monday's notes and links.



# SATURDAY

BIKE AM · NAP PM

Morning: Bike Even Tempo / Aerobic Enhancement (60 min) | After Lunch: 2-Hour Nap

⚠ **Body Analysis Check** – Log your data. If HR is 4+ beats above last week's average, do not train – sleep and eat instead.

Do not eat prior to this ride. Keep a close eye on your HR throughout to ensure you keep intensity levels easy (**HR Zone 2 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 HR Zone 2 – you may surprise yourself to find that you can adjust your gearing, increase your speed, and not increase your HR. This is free money on race day!

## MORNING: CRS BIKE – EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

**Misc:** Stretch and hydrate before moving into main set

### MAIN SET – 45 MIN (HR ZONE 2)

**Cadence:** 75–85

**Gearing:** Tallest gearing maintaining chain tension tight and cadence zone

**Misc:** Stand up and stretch hamstrings, quads, calves and lower back every 10 minutes

### WARM DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

**Misc:** Stretch lower back, calves, and quads prior to dismounting

## POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling – [Full Playlist](#)
- ▶ **Nutrition:** 8–10 oz iced cold **Energy Fuel** + **Best Whey Protein** (1 scoop each) with almond milk.

### • 2-Hour Nap After Mid-Day Meal

Snacks are a key component to the quality of your nap. Mix things up with a multi-grain bagel with some almond butter and an avocado. This will give you the quality fat and protein needed to satisfy your appetite and feed your muscles for additional muscle growth. As you lie down to nap, make sure that you have the room as dark and cold as possible.



# SUNDAY

BIKE AM · NAP PM

Morning: Bike Even Tempo / Aerobic Enhancement (60 min) | After Lunch: 2-Hour Nap

⚠️ **Body Analysis Check** – Log your data. If HR is 4+ beats above last week's average, do not train – sleep and eat instead.

Same as Saturday. Do not eat prior to this ride. Keep your HR in Zone 2 or less throughout. Play around with your gearing while staying within HR Zone 2 – you may find you can increase your speed without increasing your HR. After the ride, enjoy a quality mid-day meal and take a 2-hour nap. This is the final workout of Phase 1 – you have earned this recovery.

## MORNING: CRS BIKE – EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

**Misc:** Stretch and hydrate before moving into main set

### MAIN SET – 45 MIN (HR ZONE 2)

**Cadence:** 75–85

**Gearing:** Tallest gearing maintaining chain tension tight and cadence zone

**Misc:** Stand up and stretch every 10 minutes. Hydrate to maintain blood sugar levels.

### WARM DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear gearing

**Misc:** Stretch lower back, calves, and quads prior to dismounting

## POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling – [Full Playlist](#)
- ▶ **Nutrition:** 8–10 oz iced cold **Energy Fuel** + **Best Whey Protein** (1 scoop each) with almond milk.

### • 2-Hour Nap After Mid-Day Meal

Same as Saturday. Enjoy a quality mid-day meal with a multi-grain bagel, almond butter, and avocado for quality fat and protein. Make the room as dark and cold as possible. This is the final recovery session of Phase 1 – let your body fully absorb the training adaptations from the past six weeks.



# COMBO WEIGHT WORKOUT – P1 TIMED CHALLENGES (20% LESS)

SPREADSHEET

30 Seconds Per Exercise • 2 Sets • 1 Min Rest Between Cycles • Quick & Smooth Speed • 20% Less Weight

EXERCISE	VIDEO	SETS × REPS	SET 1 REPS	SET 2 REPS	SET 1 REPS	SET 2 REPS	NOTES
			WEEK 6 (TUE)		WEEK 6 (THU)		
<b>CYCLE ONE</b>							
<a href="#">Pike-Push Up-Pike</a>	Video	2 × 30 sec					20% less than Week 5
<a href="#">Isolated Leg on Bench</a>	Video	2 × 30 sec					
<b>CYCLE TWO</b>							
<a href="#">Air Squats</a>	Video	2 × 30 sec					
<a href="#">Hamstring Press With Extension</a>	Video	2 × 30 sec					
<b>CYCLE THREE</b>							
<a href="#">Overhead Extension – Triceps Press</a>	Video	2 × 30 sec					
<a href="#">Step Up &amp; Calf Raise</a>	Video	2 × 30 sec					
<b>CYCLE FOUR</b>							
<a href="#">Lat Pull Over – Triceps Extension</a>	Video	2 × 30 sec					
<a href="#">Individual Chest Press on Fit Ball</a>	Video	2 × 30 sec					
<b>CYCLE FIVE</b>							
<a href="#">Incline Press on Fit Ball</a>	Video	2 × 30 sec					
<a href="#">Rear Deltoid</a>	Video	2 × 30 sec					
<b>CYCLE SIX</b>							
<a href="#">Chest Fly with Deep Pause on Fit Ball</a>	Video	2 × 30 sec					
<a href="#">Side Skaters</a>	Video	2 × 30 sec					
<b>CYCLE SEVEN</b>							

EXERCISE	VIDEO	SETS × REPS	SET 1 REPS	SET 2 REPS	SET 1 REPS	SET 2 REPS	NOTES
			WEEK 6 (TUE)		WEEK 6 (THU)		
<a href="#">Hanging Knees to Chest</a>	Video	2 × 30 sec					
<a href="#">Abs – Open Rotation</a>	Video	2 × 30 sec					
<a href="#">Hip Risers</a>	Video	2 × 30 sec					

**PERFORMANCE NOTES**

Fatigue Level (1-10)

Energy Fuel Consumed (oz)

Total Workout Time

Notes / Observations

---