

TRAINING PROTOCOL








# PHASE 1 WEEK 3 OF 6

DEVELOP MAXIMUM STRENGTH & IMPROVE AEROBIC BASE

PROGRAM <b>Fitness</b>	PHASE <b>1</b>	WEEK <b>3 of 6</b>	FOCUS <b>Strength &amp; Aerobic Base</b>
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Week 3 continues building your aerobic base and muscular strength. Monday, Wednesday, and Sunday are bike days with core work immediately following. Tuesday, Thursday, and Saturday are Combo Weight Workout days. Friday is a complete rest day. Saturday also includes a 2-hour recovery nap. Sunday adds a 2-hour nap after the bike and core session. Stay consistent with your Energy Fuel intake and keep accurate records in your spreadsheets.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Bike AM</b> Even Tempo 60 min + Core Work	<b>Weights AM</b> Combo Weight P1 Timed 30 sec	<b>Bike AM</b> HR Ladder 60 min + Core Work	<b>Weights AM</b> Combo Weight P1 Timed 30 sec	<b>Rest Day</b> Full Recovery	<b>Weights AM</b> Combo Weight P1 Timed 30 sec + 2-Hr Nap	<b>Bike AM</b> Even Tempo 60 min + Core + 2-Hr Nap

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

Bike Even Tempo – 60 Minutes (Zone 2) + Core Work

AEROBIC AM

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of **Energy Fuel** to top off your calories and provide electrolytes for proper muscle contraction (the colder the fluid, the faster the absorption).

## Z2BIKE – EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

**Workout Notes:** Warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

### WARM UP – HR ZONE 1

**Duration:** 10 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 – HR ZONE 2

**Duration:** 45 minutes

**Notes:** Stay within the upper range of HR Zone 2 (no higher); strive to keep your efficiency high (optimized pedal mechanics, changing pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up. Document how far you have traveled over 80 minutes.

### COOL DOWN – HR ZONE 1

**Duration:** 5 minutes (no shorter)

**Cadence:** 70–80 (no higher/lower)

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

## CORE WORK (IMMEDIATELY FOLLOWING BIKE)

### Complete Racing Solutions Core Work – 2 Sets x 30 Seconds Each

Complete each exercise for 30 seconds; rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the 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 & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



## TUESDAY

Combo Weight Workout – P1 Timed Challenges (30 Seconds)

STRENGTH AM

### BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of **Energy Fuel** to top off your calories and provide electrolytes for proper muscle contraction.

### COMBO WEIGHT WORKOUT – MORNING SESSION

#### Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (30 Seconds)

**Workout Notes:** These exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

**Speed of Lift:** Quick and smooth      **Repetitions:** As many as you can complete in 30 seconds with proper form

**Sets:** 2      **Rest Interval:** None between exercises; 1 minute between cycles

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

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

#### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# WEDNESDAY

Bike HR Ladder Workout – 60 Minutes (Zone 3) + Core Work

INTENSITY AM

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of [Energy Fuel](#) to top off your calories and provide electrolytes for proper muscle contraction.

## BIKE – HEART RATE LADDER WORKOUT (60 MINUTES)

**Misc. Notes:** Take your most up-to-date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 3**. Once you are finished with your warm-up, you will spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75–85) – continue to "push the pace" until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number – repeat in 20-minute blocks.

### WARM UP – HR ZONE 1

**Duration:** 10 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 SET – HR ZONE 3 (45 MIN)

**Notes:** Toggle between lower and upper number in HR Z3 for 10 minutes; spin easy-recover for 5 minutes.

**Pattern:** Repeat 10' on / 5' off – 3 times for a total of 45 minutes

### COOL DOWN – HR ZONE 1

**Duration:** 5 minutes

**Cadence:** 85–90

**Misc:** Keep a close eye on your HR level for the final 10 minutes. Don't dismount until your heart rate is within HR Z1.

## CORE WORK (IMMEDIATELY FOLLOWING BIKE)

### Complete Racing Solutions Core Work – 2 Sets x 30 Seconds Each

Complete each exercise for 30 seconds; rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the 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 & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# THURSDAY

Combo Weight Workout – P1 Timed Challenges (30 Seconds)

STRENGTH AM

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of **Energy Fuel** to top off your calories and provide electrolytes for proper muscle contraction.

## COMBO WEIGHT WORKOUT – MORNING SESSION

### Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (30 Seconds)

**Workout Notes:** These exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

**Speed of Lift:** Quick and smooth      **Repetitions:** As many as you can complete in 30 seconds with proper form

**Sets:** 2      **Rest Interval:** None between exercises; 1 minute between cycles

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

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



## FRIDAY

Complete Rest Day – Allow Your Body to Recover

REST DAY

### BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

Allowing yourself to sleep and not wake up with an alarm will decrease the amount of cortisol in your blood. Note: cortisol is a hormone that is released into the blood when the body is highly stressed and referred to within the human performance community as a "fat magnet." In addition to lowering your blood cortisol levels, waking up without an alarm helps you determine what your optimum amount of sleep is given how your body is responding to the volume & intensity of training that you are 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

#### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# SATURDAY

STRENGTH AM

Combo Weight Workout – P1 Timed Challenges (30 Seconds) + 2-Hour Recovery Nap

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of cold **Energy Fuel** to top off your calories and provide electrolytes for proper muscle contraction.

## COMBO WEIGHT WORKOUT – MORNING SESSION

### Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (30 Seconds)

**Workout Notes:** These exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

**Speed of Lift:** Quick and smooth      **Repetitions:** As many as you can complete in 30 seconds with proper form

**Sets:** 2      **Rest Interval:** None between exercises; 1 minute between cycles

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

## POST-WORKOUT PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

## 2-HOUR RECOVERY NAP

### 2-Hour Recovery Nap – After Lunch

As you lie down to nap, make sure that you have the room as dark and as cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.

## EVENING PROTOCOLS

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# SUNDAY

Bike Even Tempo – 60 Minutes (Zone 2) + Core Work + 2-Hour Recovery Nap

AEROBIC AM

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of **Energy Fuel** to top off your calories and provide electrolytes for proper muscle contraction.

## Z2BIKE – EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

**Workout Notes:** Warm up slowly and settle into your **HR Zone 2** (no higher). Set your watch to remind yourself to drink and stretch as needed to maintain your blood sugar levels and maintain your range of motion within all working muscle groups.

### WARM UP – HR ZONE 1

**Duration:** 10 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 – HR ZONE 2

**Duration:** 45 minutes

**Notes:** Stay within the upper range of HR Zone 2 (no higher); strive to keep your efficiency high (optimized pedal mechanics, changing pedal patterns, belly breathing, etc.); stand and stretch every 5 minutes to avoid tightening up. Document how far you have traveled over 80 minutes.

### COOL DOWN – HR ZONE 1

**Duration:** 5 minutes (no shorter)

**Cadence:** 70–80 (no higher/lower)

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

## CORE WORK (IMMEDIATELY FOLLOWING BIKE)

### Complete Racing Solutions Core Work – 2 Sets x 30 Seconds Each

Complete each exercise for 30 seconds; rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the 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 & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)

## 2-HOUR RECOVERY NAP

### z-z 2-Hour Recovery Nap – After Lunch

If logistically possible, do not wake yourself up from this nap with an alarm. Just out of curiosity, see how many hours you sleep. This will provide us a clear indicator of your fatigue; the big question is where this fatigue is coming from: intensity levels, duration levels, food intake, hydration levels, hours of sleep and consistency in your recovery protocols (stretching and trigger point therapy). Remember that your health and ultimately your performance is a direct result of your consistency in all these performance areas (some that require sweating and some that don't!).



# COMBO WEIGHT WORKOUT

STRENGTH

P1 Timed Challenges – Tue, Thu & Sat | 30 Seconds Per Exercise | 2 Sets | 1 Min Rest Between Cycles

EXERCISE	DATE	DATE	DATE
<b>Warm Up:</b> Concept 2™ Rower or Spin on Bike – 10 Minutes Easy			
<b>CYCLE ONE</b>			
<b>Pike – Push Up – Pike (30 Seconds)</b>			
▶ <a href="#">Instructional Video: Pike-Push Up-Pike</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
▶ <a href="#">Instructional Video: Isolated Leg on Bench</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>CYCLE TWO</b>			
<b>Air Squats</b>			
▶ <a href="#">Instructional Video: Air Squats</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Hamstring Press-Extension on Fit Ball</b>			
▶ <a href="#">Instructional Video: Hamstring Press with Extension</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			

EXERCISE	DATE	DATE	DATE
<b>CYCLE THREE</b>			
<b>Overhead Extension-Triceps Press (Not Fast – Good Form)</b>			
▶ <a href="#">Instructional Videos: Overhead Extension-Triceps Press</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Step Up &amp; Calf Raises (no weight)</b>			
▶ <a href="#">Instructional Video: Step up &amp; Calf Raise</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>CYCLE FOUR</b>			
<b>Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)</b>			
▶ <a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Individual Chest Press on Fit Ball</b>			
▶ <a href="#">Instructional Video: Individual Chest Press on Fit Ball</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			

EXERCISE	DATE	DATE	DATE
<b>CYCLE FIVE</b>			
<b>Incline Press on Fit Ball</b>			
▶ <a href="#">Instructional Video: Incline Press on Fit Ball</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Rear Deltoid</b>			
▶ <a href="#">Instructional Videos: Rear Deltoid</a>			
Weight (Light – easy muscle to tear)			
Set 1 (Goal 6-8 reps with perfect form – no momentum)			
Weight (Slightly heavier than Set 1)			
Set 2 (Goal 6-8 reps with perfect form – no momentum)			
<b>CYCLE SIX</b>			
<b>Chest Fly with Deep Pause on Fit Ball</b>			
▶ <a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Side Skaters</b>			
▶ <a href="#">Instructional Videos: Side Skaters (Inner Thigh)</a>			
Set 1 (good form – land lightly)			
Set 2 (good form – land lightly – strive to surpass Set #1)			

EXERCISE	DATE	DATE	DATE
<b>CYCLE SEVEN</b>			
<b>Abs: Knees to Chest</b>			
▶ <a href="#">Instructional Video: Hanging Knees to Chest</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Abs: Open Rotation</b>			
▶ <a href="#">Instructional Videos: Abs-Open Rotation</a>			
Set 1 (as many as you can complete in 30 seconds – PER SIDE)			
Set 2 (as many as you can complete in 30 seconds – PER SIDE)			
<b>Abs: Hip Risers</b>			
▶ <a href="#">Instructional Videos: Hip Risers</a>			
Set 1 (as many as you can complete in 30 seconds – PER SIDE)			
Set 2 (as many as you can complete in 30 seconds – PER SIDE)			
<b>10 MINUTES – BIKE INTERVALS</b>			
Warm up for 2 Minutes – Low Intensity (Light Load Levels)			
Note: increase the load levels to MODERATE			
1 Minute @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
<b>Today's Weight:</b> _____ <b>Pre-Workout HR:</b> _____ <b>Post-Workout HR:</b> _____			