

TRAINING PROTOCOL

PHASE 1








WEEK 4 OF 6

DEVELOP MAXIMUM STRENGTH & IMPROVE AEROBIC BASE

PROGRAM Fitness	PHASE 1	WEEK 4 of 6	FOCUS Max Strength & Aerobic Base
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Week 4 builds on your aerobic and strength foundation with increased intensity. Monday features Bike Timed Pyramids plus Core Work. Tuesday and Thursday are Combo Weight Workout days. Wednesday offers a choice between Bike Intensity Distance Intervals or Row Incremental Pacing Intervals, followed by Core & Lower Back Work. Friday is a complete rest day. Saturday features the Bike Heart Rate Ladder plus Core Work and a 2-hour recovery nap. Sunday is another Combo Weight Workout day with a 2-hour nap. 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
						
Bike AM Timed Pyramids 65 min + Core	Weights AM Combo Weight P1 Timed 30 sec	Bike or Row AM Intensity Intervals 75 min or 10,000m + Core Work	Weights AM Combo Weight P1 Timed 30 sec	Rest Day Full Recovery	Bike AM HR Ladder 60 min + Core + 2-Hr Nap	Weights AM Combo Weight P1 Timed 30 sec + 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 Timed Pyramids – 65 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 (the colder the fluid, the faster the absorption).

BIKE – TIMED PYRAMIDS (65 MINUTES)

Workout Notes: Prior to beginning this workout, have your HR range numbers specific to HR Z3. During your "on" timed segments, you will want to accelerate and then settle into HR Z3 (no higher or lower). Your rest interval will match your work interval for maximum productivity – please don't cut the rest interval short. During your rest interval, rehydrate with Energy Fuel to maintain blood sugar levels and electrolytes for optimum muscle contraction.

WARM UP – HR ZONE 2 OR LESS

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 – TIMED PYRAMIDS (50 MIN)

Pattern: 1 min on/off → 2 min on/off → 3 min on/off → 4 min on/off → 5 min on/off

Zone: HR Zone 3 (no higher or lower)

Notes: Adjust gearing to push the tallest gear possible while staying within HR Z3. When the interval begins, accelerate (refrain from sprinting) into HR Z3 and settle in with optimized pedal mechanics and deep belly breathing. Rehydrate and stretch during rest intervals.

COOL DOWN – HR ZONE 2 OR LESS

Duration: 5 minutes

Cadence: 70–80 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

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

CORE WORK (IMMEDIATELY FOLLOWING BIKE)

Complete Racing Solutions Core Work – 2 Sets x 40 Seconds Each

Complete each exercise for 40 seconds; rest interval is 20 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:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

EVENING

- ▶ **Flexibility:** Take 10 minutes and focus on your legs and lower body. ▶ [Video List](#)
- ▶ **Nutrition:** Consume 8–10 oz of cold/filtered water; consume a raw snack/meal.
- ▶ **Diaphragmatic Breathing:** Practice slow, deep breathing using your diaphragm muscle. ▶ [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:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

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 slow, deep breathing using your diaphragm muscle. ▶ [Watch](#)



WEDNESDAY

Intensity Intervals – Bike (75 Min) or Row (10,000m) + Core & Lower Back Work

INTENSITY AM

▲ **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.

Choose one of the following for your morning workout:

Option A – Bike: Intensity Distance Intervals (75 Minutes)

Misc. Notes: Take your most up-to-date heart rate spreadsheet (last week's waking heart rate average and your maximum HR from your last time trial) and commit to memory the low & high number for your **HR Zone 3**. Once you finish your warm-up, settle into HR Z3 (no higher or lower) and complete a 10-minute "interval". Focus on belly breathing to maximize oxygen uptake. During your 5-minute rest interval, spin easy and allow your HR to return to HR Z2 or less.

WARM UP – HR ZONE 1

Duration: 10 minutes

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

Focus: Optimum pedal mechanics right from the beginning

MAIN SET – HR PYRAMIDS (4 × 15 MIN)

Pattern: 10 min on (HR Z3)/ 5 min off (HR Z2 or less)

Notes: The interval doesn't begin until you hit HR Z3 – get there quickly. Recover by spinning easy for 5 minutes.

WARM DOWN – HR ZONE 1

Duration: 5 minutes

Cadence: 85–90

Misc: Keep a close eye on your HR for the final 5 minutes. Don't dismount until your heart rate is within HR Z1.

- OR -

Option B – Row: Incremental Pacing Intervals (10,000 Meters)

Misc. Notes: Complete a 1000-meter interval at 80–85% effort after your warm-up; use this as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle tightening up, stop immediately, isolate and stretch it passively (8–10 seconds) while breathing deeply.

Warm Up	Load Level 3 Distance: 2000m Pull Rate: less than 25 Stretch from head to toe
Baseline Interval	1000m at 80–85% effort Load Level 5 Pull Rate: 25+ 1 Minute Rest Record Elapsed Time
Main Set (*2)	Load Level 5 Pull Rate: 25+ 1000m Baseline + 10 sec – Rest 1 min 1000m Baseline + 5 sec – Rest 1 min 1000m at Baseline Pace – Rest 1 min Strive to hold goal pace for all three intervals!
Cool Down	Load Level 3 Distance: 1000m Pull Rate: less than 25 Stretch from head to toe

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING YOUR WORKOUT)

Complete Racing Solutions Core & Lower Back Work – 2 Sets x 10 Reps Each

Complete 10 reps of each & hold the bike for 1 minute; rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set – total of 2 sets.

[Ab Crunch on Fit Ball – pause for 5 seconds](#) [Pike Position with Eyes Closed](#) [Plyometric Push-Ups](#)

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

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 slow, deep breathing using your diaphragm muscle. ▶ [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:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

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 slow, deep breathing using your diaphragm muscle. ▶ [Watch](#)



FRIDAY

Complete Rest Day – Reflect on Your WHY

REST DAY

BODY ANALYSIS

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

Today is a complete rest day. Sit down with a piece of blank paper and draw a line down the middle. On the left side, jot down the five most important reasons for WHY you do what you do. On the right side next to each reason, think about the elements (people, locations, tools, etc.) that make the WHY possible. Your focus for today is to ensure that all of your elements are ready for action throughout the rest of the week. Visit your refrigerator – do you have all the fresh fruit and vegetables you need? Is your blender washed and ready to use? Continue down the list to make sure that you have everything you need to ensure that your WHY for doing is optimized.

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 slow, deep breathing using your diaphragm muscle. ▶ [Watch](#)



SATURDAY

Bike Heart Rate Ladder – 60 Minutes (Zone 2/3)+ 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.

BIKE – HEART RATE LADDER (60 MINUTES)

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (HR Z2 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 your HR Z2.

WARM UP – HR ZONE 2 OR LESS

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 LADDER

Set #1: Isolated Leg Drills – 5 min per leg. ▶ [Video](#) (start at 3:30 mark)

Easy Spin: 5 minutes (hydrate and stretch)

Set #2: 10 Min HR Ladder (HR Z3) – accelerate to top end of HR Z3; slow down to lower end; repeat until 10 min transpired

Easy Spin: 5 minutes (hydrate and stretch)

Set #3: 15 Min HR Ladder (HR Z3) – same pattern as Set #2

COOL DOWN – HR ZONE 2 OR LESS

Duration: 5 minutes (no shorter)

Cadence: 70–80 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

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

CORE WORK (IMMEDIATELY FOLLOWING BIKE)

Complete Racing Solutions Core Work – 2 Sets × 40 Seconds Each

Complete each exercise for 40 seconds; rest interval is 20 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 PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

2-HOUR RECOVERY NAP

zz 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. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice slow, deep breathing using your diaphragm muscle. ▶ [Watch](#)



SUNDAY

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 [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:** Pay close attention to areas you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

2-HOUR RECOVERY NAP

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!).

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 slow, deep breathing using your diaphragm muscle. ▶ [Watch](#)



COMBO WEIGHT WORKOUT

STRENGTH

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

EXERCISE	DATE	DATE	DATE
Warm Up: Concept 2™ Rower or Spin on Bike – 10 Minutes Easy			
CYCLE ONE			
Pike – Push Up – Pike (30 Seconds)			
▶ Instructional Video: Pike-Push Up-Pike			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
Isolated Leg & Frankenstein's on Bench			
▶ Instructional Video: Isolated Leg on Bench			
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)			
CYCLE TWO			
Air Squats			
▶ Instructional Video: Air Squats			
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)			
Hamstring Press-Extension on Fit Ball			
▶ Instructional Video: Hamstring Press with Extension			
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
CYCLE THREE			
Overhead Extension-Triceps Press (Not Fast – Good Form)			
▶ Instructional Videos: Overhead Extension-Triceps Press			
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)			
Step Up & Calf Raises (no weight)			
▶ Instructional Video: Step up & Calf Raise			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
CYCLE FOUR			
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
▶ Instructional Video: Lat Pull Over-Triceps Extension			
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)			
Individual Chest Press on Fit Ball			
▶ Instructional Video: Individual Chest Press on Fit Ball			
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
CYCLE FIVE			
Incline Press on Fit Ball			
▶ Instructional Video: Incline Press on Fit Ball			
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)			
Rear Deltoid			
▶ Instructional Videos: Rear Deltoid			
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)			
CYCLE SIX			
Chest Fly with Deep Pause on Fit Ball			
▶ Instructional Video: Chest Fly with Deep Pause on Fit Ball			
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)			
Side Skaters			
▶ Instructional Videos: Side Skaters (Inner Thigh)			
Set 1 (good form – land lightly)			
Set 2 (good form – land lightly – strive to surpass Set #1)			

EXERCISE	DATE	DATE	DATE
CYCLE SEVEN			

Abs: Knees to Chest

▶ [Instructional Video: Hanging Knees to Chest](#)

Set 1 (as many as you can complete in 30 seconds)

Set 2 (as many as you can complete in 30 seconds)

Abs: Open Rotation

▶ [Instructional Videos: Abs-Open Rotation](#)

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)

Abs: Hip Risers

▶ [Instructional Videos: Hip Risers](#)

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)

10 MINUTES – BIKE INTERVALS

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) – Measure how far you travel in 1 Minute

1 Minute Rest Interval

1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute

1 Minute Rest Interval

1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute

1 Minute Rest Interval

1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute

1 Minute Rest Interval

1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute

1 Minute Rest Interval

Today's Weight: _____ **Pre-Workout HR:** _____ **Post-Workout HR:** _____