

TRAINING PROTOCOL

PHASE 1

WEEK 6 OF 6








ACTIVE RECOVERY – PHYSICALLY & MENTALLY

PROGRAM Fitness	PHASE 1	WEEK 6 of 6	FOCUS Active Recovery
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⚠ Important HR Note: If your heart rate is up by four or more beats over last week's average – do NOT train. Sleep and eat instead. Your body is telling you it needs more recovery time.

Week 6 is your Active Recovery week – the final and most important week of Phase 1. The intensity drops significantly so your body can consolidate all the gains from the previous five weeks. Monday is a complete rest day. Tuesday and Thursday feature the Combo Weight Workout at 20% less weight, immediately followed by a 50-minute Even Tempo Bike ride. Wednesday and Friday feature a 45-minute Even Tempo Bike ride before breakfast, followed by Core Work. Saturday and Sunday are 60-minute Aerobic Enhancement Bike rides with a 2-hour recovery nap. Embrace the lower intensity – this is where your fitness is built.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Weights + Bike Combo Weight 20% Less + Bike 50 min	Bike AM Even Tempo 45 min (Z2) + Core Work	Weights + Bike Combo Weight 20% Less + Bike 50 min	Bike AM Even Tempo 45 min (Z2) + Core Work	Bike AM Aerobic Enhance 60 min + 2-Hr Nap	Bike AM Aerobic Enhance 60 min + 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

Complete Rest Day – Sleep, Eat & Recovery

REST DAY

BODY ANALYSIS

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

⚠️ HR Note: If your heart rate is up by four or more beats over last week's average – do NOT train. Sleep and eat instead.

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

- ▶ **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.



TUESDAY

RECOVERY AM

Combo Weight Workout – P1 Timed Challenges (20% Less) + Bike Even Tempo (50 Minutes)

BODY ANALYSIS

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

⚠️ HR Note: If your heart rate is up by four or more beats over last week's average – do NOT train. Sleep and eat instead.

▲ 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 (20% LESS)

Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges – 20% Less

Workout Notes: Same exercises as you have completed over the last five weeks. Reduce the amount of weight/load used by 20% – each set should feel EXTREMELY easy. Stretch in between cycles to maintain your optimum range of motion.

Speed of Lift: Fast off of the bottom of each range of motion **Repetitions:** 6–8 Reps Max **Sets:** 2

Rest Interval: 30 seconds between exercises; 1:00 in between cycles

Weight: Extremely light; no struggling for either set

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

Z2BIKE – EVEN TEMPO (50 MINUTES) – IMMEDIATELY AFTER STRENGTH WORKOUT

Workout Notes: 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.

WARM UP – HR ZONE 1

Duration: 5 minutes

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

MAIN PERFORMANCE BLOCK – HR ZONE 2

Duration: 45 minutes

Cadence: 85–95 (no higher/lower)

Notes: Keep cadence between 85–95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 20 minutes (at the least). Hydrate to maintain your blood sugar levels every 20 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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of iced cold [Energy Fuel](#) and [Best Whey Protein](#) (1 scoop of each) mixed with almond milk.

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.



WEDNESDAY

AEROBIC AM

Bike Even Tempo – 45 Minutes (Zone 2) Before Breakfast + Core Work

BODY ANALYSIS

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

⚠️ HR Note: If your heart rate is up by four or more beats over last week's average – do NOT train. Sleep and eat instead.

▲ 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 (45 MINUTES) – BEFORE BREAKFAST

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: 30 minutes

Notes: Stay within the upper range of HR Zone 2 (no higher) the entire time; 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.

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 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:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of iced cold [Energy Fuel](#) and Best Whey Protein (1 scoop of each) mixed with almond milk.

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.



THURSDAY

RECOVERY AM

Combo Weight Workout – P1 Timed Challenges (20% Less) + Bike Even Tempo (50 Minutes)

BODY ANALYSIS

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

⚠️ HR Note: If your heart rate is up by four or more beats over last week's average – do NOT train. Sleep and eat instead.

▲ 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 (20% LESS)

Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges – 20% Less

Workout Notes: Same exercises as you have completed over the last five weeks. Reduce the amount of weight/load used by 20% – each set should feel EXTREMELY easy. Stretch in between cycles to maintain your optimum range of motion.

Speed of Lift: Fast off of the bottom of each range of motion **Repetitions:** 6–8 Reps Max **Sets:** 2

Rest Interval: 30 seconds between exercises; 1:00 in between cycles

Weight: Extremely light; no struggling for either set

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

Z2BIKE – EVEN TEMPO (50 MINUTES) – IMMEDIATELY AFTER STRENGTH WORKOUT

Workout Notes: 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.

WARM UP – HR ZONE 1

Duration: 5 minutes

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

MAIN PERFORMANCE BLOCK – HR ZONE 2

Duration: 45 minutes

Cadence: 85–95 (no higher/lower)

Notes: Keep cadence between 85–95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 20 minutes (at the least). Hydrate to maintain your blood sugar levels every 20 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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of iced cold [Energy Fuel](#) and Best Whey Protein (1 scoop of each) mixed with almond milk.

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.



FRIDAY

Bike Even Tempo – 45 Minutes (Zone 2) Before Breakfast + Core Work

AEROBIC AM

BODY ANALYSIS

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

⚠️ HR Note: If your heart rate is up by four or more beats over last week's average – do NOT train. Sleep and eat instead.

▲ 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 (45 MINUTES) – BEFORE BREAKFAST

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: 30 minutes

Notes: Stay within the upper range of HR Zone 2 (no higher) the entire time; 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.

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 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:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of iced cold [Energy Fuel](#) and Best Whey Protein (1 scoop of each) mixed with almond milk.

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.



SATURDAY

AEROBIC AM

Bike Even Tempo / Aerobic Enhancement – 60 Minutes (Zone 2) + 2-Hour Recovery Nap

BODY ANALYSIS

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

⚠️ HR Note: If your heart rate is up by four or more beats over last week's average – do NOT train. Sleep and eat instead.

▲ 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. Note: don't eat prior to this ride.

Z2BIKE – EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

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

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

Cadence: 75–85 (no higher/lower)

Notes: Tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

WARM DOWN – HR ZONE 1

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of iced cold [Energy Fuel](#) and Best Whey Protein (1 scoop of each) mixed with almond milk.

2-HOUR RECOVERY NAP

2-Hour Recovery 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 as cold as possible.

EVENING PROTOCOLS

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.



SUNDAY

AEROBIC AM

Bike Even Tempo / Aerobic Enhancement – 60 Minutes (Zone 2) + 2-Hour Recovery Nap

BODY ANALYSIS

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

⚠️ HR Note: If your heart rate is up by four or more beats over last week's average – do NOT train. Sleep and eat instead.

▲ 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. Note: don't eat prior to this ride.

Z2BIKE – EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

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

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

Cadence: 75–85 (no higher/lower)

Notes: Tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 10 minutes stand up and stretch your hamstrings, quads, calves and lower back.

WARM DOWN – HR ZONE 1

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of iced cold [Energy Fuel](#) and Best Whey Protein (1 scoop of each) mixed with almond milk.

2-HOUR RECOVERY NAP

2-Hour Recovery 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 as cold as possible.

EVENING PROTOCOLS

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.



COMBO WEIGHT WORKOUT

STRENGTH

P1 Timed Challenges – 20% Less | Tue & Thu | 6-8 Reps Max | 2 Sets | 30 Sec Rest Between Exercises | 1 Min Between Cycles

EXERCISE	DATE	DATE
Warm Up: Concept 2™ Rower or Spin on Bike – 10 Minutes Easy		
CYCLE ONE		
Pike – Push Up – Pike (6-8 Reps)		
▶ Instructional Video: Pike-Push Up-Pike		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		
Isolated Leg & Frankenstein's on Bench		
▶ Instructional Video: Isolated Leg on Bench		
Weight (20% lighter than normal – extremely easy)		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		
CYCLE TWO		
Air Squats		
▶ Instructional Video: Air Squats		
Weight (20% lighter than normal – extremely easy)		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		
Hamstring Press-Extension on Fit Ball		
▶ Instructional Video: Hamstring Press with Extension		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		

EXERCISE	DATE	DATE
CYCLE THREE		
Overhead Extension-Triceps Press (Not Fast – Good Form)		
▶ Instructional Videos: Overhead Extension-Triceps Press		
Weight (20% lighter than normal – extremely easy)		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		
Step Up & Calf Raises (no weight)		
▶ Instructional Video: Step up & Calf Raise		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		
CYCLE FOUR		
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)		
▶ Instructional Video: Lat Pull Over-Triceps Extension		
Weight (20% lighter than normal – extremely easy)		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		
Individual Chest Press on Fit Ball		
▶ Instructional Video: Individual Chest Press on Fit Ball		
Weight (20% lighter than normal – extremely easy)		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		

EXERCISE	DATE	DATE
CYCLE FIVE		
Incline Press on Fit Ball		
▶ Instructional Video: Incline Press on Fit Ball		
Weight (20% lighter than normal – extremely easy)		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		
Rear Deltoid		
▶ Instructional Videos: Rear Deltoid		
Weight (Light – easy muscle to tear)		
Set 1 (6-8 reps with perfect form – no momentum)		
Set 2 (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 (20% lighter than normal – extremely easy)		
Set 1 (6-8 reps – fast off the bottom, good form)		
Set 2 (6-8 reps – fast off the bottom, good form)		
Side Skaters		
▶ Instructional Videos: Side Skaters (Inner Thigh)		
Set 1 (6-8 reps – good form, land lightly)		
Set 2 (6-8 reps – good form, land lightly)		

EXERCISE	DATE	DATE
CYCLE SEVEN		
Abs: Knees to Chest		
▶ Instructional Video: Hanging Knees to Chest		
Set 1 (6-8 reps – controlled movement)		
Set 2 (6-8 reps – controlled movement)		
Abs: Open Rotation		
▶ Instructional Videos: Abs-Open Rotation		
Set 1 (6-8 reps – controlled movement – PER SIDE)		
Set 2 (6-8 reps – controlled movement – PER SIDE)		
Abs: Hip Risers		
▶ Instructional Videos: Hip Risers		
Set 1 (6-8 reps – controlled movement – PER SIDE)		
Set 2 (6-8 reps – controlled movement – 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: _____		