

TRAINING PROTOCOL

PHASE 3

WEEK 2 OF 6

ENHANCED STRENGTH · SPEED · ENDURANCE

PROGRAM
Fitness








PHASE
3

WEEK
2 of 6

FOCUS
Strength + Endurance

Week 2 introduces the full training load of Phase 3. **Monday is a complete rest day** – use it to sleep in, foam roll, and prepare mentally for the week ahead. Tuesday and Thursday afternoons feature the **Combo Weight Workout: Muscular Endurance Phase 1**. Wednesday and Friday mornings are **Bike: Even Tempo (90 minutes)**. Saturday and Sunday morning are a **Bike: Even Tempo (90 minutes)** followed by a 2-hour nap. The weight workout spreadsheet is at the back of this document – use the instructional video links for each exercise.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Weights PM Combo Weight Workout	Bike AM Even Tempo 90 min	Weights PM Combo Weight Workout	Bike AM Even Tempo 90 min	Bike AM + Nap Even Tempo 90 min	Bike AM + Nap Even Tempo 90 min

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Builds your aerobic engine. Burns fat as primary fuel source. You should be able to hold a conversation. These sessions enhance recovery and lay the foundation for higher-intensity efforts.

● HR Zone 3+ – Red Workouts

Near-maximum effort. Used during strength and speed training. Proper nutrition and warm-up are critical before these sessions to maximize output and minimize injury risk.



Monday

Complete Rest Day

REST

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

If logistically possible, sleep in and don't begin your day with an alarm; instead wake up when your body is ready. Before getting out of bed, lay flat on your back and relax; focus on diaphragmic breathing and maximizing your oxygen uptake. After you become completely relaxed, get the small of your back (right above your butt) flat on your bed. If you are not able to keep your lower back flat on the bed, take some extra time and foam roll your quads, ITB and glutes. By doing this, you will improve the range of motion within your hips and legs – this will enhance your biomechanics as an athlete.

EVENING PROTOCOLS

NUTRITION

- When you lay down to go to sleep, your goal is to get to sleep as quickly as possible, sleep as deep as possible and stay there as long as possible. Consume a highly dense snack or smoothie to help satisfy your brain's need for sugar (from your liver) and your muscles' needs for amino acids.

RECOVERY

- Human growth hormone (hGH) is what makes you leaner and incorporates with other hormones necessary for complete recovery from your training workloads. Getting to sleep quickly maximizes hGH production.



Tuesday

STRENGTH

Afternoon – Combo Weight Workout: Muscular Endurance Phase 1

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.

Pre-Hydration & Nutrition: 10–15 minutes prior to this workout, consume 8–10 ounces of cold Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

COMBO WEIGHT WORKOUT

WEIGHT SELECTION

- Choose a weight you can complete 10 reps with good form; maintain the same weight for the second set.

SPEED OF LIFT

- Quick off the bottom, slow (3-count) back to your starting point.

REP COUNT

- Upper Body: 8–10 reps max · Lower Body: 8–10 reps max · Sets: 2

► **Please use the Combo Weight Workout spreadsheet at the back of this document.** All instructional video links are embedded in the exercise names in the spreadsheet.

POST-WORKOUT PROTOCOLS

FLEXIBILITY

- Complete an entire stretch routine for your hips, hamstrings, quads, and calves.

NUTRITION

- Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

EVENING PROTOCOLS

Please reference Monday's evening protocol notes.



Wednesday

Morning – Bike: Even Tempo (90 Minutes)

AEROBIC

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80–90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

Pre-Hydration & Nutrition: 10–15 minutes prior to this workout, consume 8–10 ounces of cold Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

WARM UP – HR ZONE 1

Duration: 10 minutes

Gearing: Small chain ring up front, middle rear gearing

Cadence: 80–85 (no higher/lower)

Misc.: Stretch and hydrate before moving into your main set.

MAIN SET – 70 MINUTES (HR ZONE 2)

With your cadence between 80–90; 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.

COOL DOWN – 10 MINUTES (HR ZONE 1)

Duration: 5 minutes (no shorter)

Gearing: Small chain ring up front, middle rear gearing

Cadence: 80–85 (no higher/lower)

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

POST-WORKOUT PROTOCOLS

FLEXIBILITY

- Complete an entire stretch routine for your hips, hamstrings, quads, and calves.

NUTRITION

- Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle sugar.

EVENING PROTOCOLS

Please reference Monday's evening protocol notes.



Thursday

STRENGTH

Afternoon – Combo Weight Workout: Muscular Endurance Phase 1

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

COMBO WEIGHT WORKOUT

WEIGHT SELECTION

- Choose a weight you can complete 10 reps with good form; maintain the same weight for the second set.

SPEED OF LIFT

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Sets: 2

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POST-WORKOUT PROTOCOLS

FLEXIBILITY

- Complete an entire stretch routine for your hips, hamstrings, quads, and calves.

NUTRITION

- Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle sugar.

EVENING PROTOCOLS

Please reference Monday's evening protocol notes.



Friday

Morning – Bike: Even Tempo (90 Minutes)

AEROBIC

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

WARM UP – HR ZONE 1

Duration: 10 minutes

Gearing: Small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

Misc.: Stretch and hydrate before moving into your main set.

MAIN SET – 70 MINUTES (HR ZONE 2)

With your cadence between 80-90; 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.

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Duration: 5 minutes (no shorter)

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POST-WORKOUT PROTOCOLS

FLEXIBILITY

- Complete an entire stretch routine for your hips, hamstrings, quads, and calves.

NUTRITION

- Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle sugar.

EVENING PROTOCOLS

Please reference Monday's evening protocol notes.



Saturday

AEROBIC + NAP

Morning – Bike: Even Tempo (90 Minutes) + 2-Hour Nap

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

WARM UP – HR ZONE 1

Duration: 10 minutes

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COOL DOWN – 10 MINUTES (HR ZONE 1)

Duration: 5 minutes (no shorter)

Gearing: Small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

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

🥱 2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

POST-WORKOUT PROTOCOLS

FLEXIBILITY

- Complete an entire stretch routine for your hips, hamstrings, quads, and calves.

NUTRITION

- Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle sugar.

EVENING PROTOCOLS

Please reference Monday's evening protocol notes.



Sunday

Morning – Bike: Even Tempo (90 Minutes) + 2-Hour Nap

AEROBIC + NAP

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Keep a close eye on your HR throughout this ride to ensure that you are staying aerobic for maximum productivity (loosen tight muscles, get nutrients to torn down muscle tissue, etc.). Adjust your gearing to keep your leg turnover in the 80-90 range (no higher or lower to keep the accumulation of lactic acid to a minimum).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

WARM UP – HR ZONE 1

Duration: 10 minutes

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POST-WORKOUT PROTOCOLS

FLEXIBILITY

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NUTRITION

- Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle sugar.

EVENING PROTOCOLS

Please reference Monday's evening protocol notes.



COMBO WEIGHT WORKOUT

Muscular Endurance Phase 1 · 2 Sets · 8-10 Reps · Quick Up / 3-Count Down

STRENGTH

Pre-Workout: Consume 8-10 oz of cold Energy Fuel 10-15 min prior. **Weight:** Choose a weight you can complete 10 reps with good form; maintain the same weight for the second set. **Speed of Lift:** Quick off the bottom, slow (3-count) back to starting point.

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
WARM UP			
10-Minute Warm Up: Easy spin on the bicycle or even tempo pull on the Concept 2 rower.			
LOWER BODY CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)			
<u>Walking Lunges – 20 Steps (Out and Back)</u>	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
<u>Single Leg – Good Mornings</u> Weight: Moderate · Right Leg then Left Leg	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	8-10 reps · Quick up / 3-count down
<u>Single Leg – Calf Risers</u> Right Leg then Left Leg	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	8-10 reps · Quick up / 3-count down
<u>Side Skaters</u>	Reps: ___	Reps: ___	As many as possible in 30 seconds
<u>Static Wall Squats</u> Goal: 60 Seconds	Duration #1: ___	Duration #2: ___	Pause and stretch your quads when finished to alleviate a muscle pull
CORE & LOWER BACK CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)			
<u>Pike Position</u> Goal: 60 Seconds	Duration #1: ___	Duration #2: ___	Roll over on your back and reach up and extend your toes – stretch your core
<u>Ab Roll Out on Fit Ball</u>	Reps: ___	Reps: ___	8-10 reps · Quick up / 3-count down
<u>Abdominals on Fit Ball</u> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8-10 reps · Quick up / 3-count down
<u>Pike – Push Up – Pike</u> 30 Seconds	Reps: ___	Reps: ___	As many as possible in 30 seconds
<u>Super Man’s on Belly</u>	Reps: ___	Reps: ___	8-10 reps · Slow movement entire range of motion
UPPER BODY CYCLE (NO REST BETWEEN EXERCISES)			

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
Clean & Jerk/Shoulder Press on Indo Board™ Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
Single Leg – Step Up Weight: Moderate · Right Leg then Left Leg	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	Wt: ___ Reps R: ___ Wt: ___ Reps L: ___	8–10 reps · Quick up / 3-count down
Honest Push Ups (or on the floor with your eyes closed)	Reps: ___	Reps: ___	As many as possible in 30 seconds
Rotator Cuff Rotation on Fit Ball Weight: Light	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Slow movement entire range
Triceps Kick Back Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
Rear Deltoid on Single Leg Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down

UPPER BODY CYCLE 2 (NO REST BETWEEN EXERCISES)

Deep Squats/Bicep Curl Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
Incline on Fit Ball Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
Frankenstein’s – Front/Middle Deltoids on Indo-Board (or Single Leg) · Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down

** COMPLETE ONE (1) OF THE FOLLOWING AFTER YOUR STRENGTH WORKOUT **

2000 METER ROWING ► [INSTRUCTIONAL VIDEO – ROWING](#)

Warm up: 200 meters – Low Intensity

1,000 meters at 80–85% effort

Elapsed Time: _____

1-minute rest interval

1,000 meters at 80–85% effort

Elapsed Time: _____

1-minute rest interval

1,000 meters at 80–85% effort

Elapsed Time: _____

1-minute rest interval

1,000 meters at 80–85% effort

Elapsed Time: _____

BICYCLE SPRINTS

Warm up: 2 minutes – Low Intensity (Light Load Levels)

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
2-minute interval at 80–85% effort	Distance Covered: _____		
1-minute rest interval			
2-minute interval at 80–85% effort	Distance Covered: _____		
1-minute rest interval			
2-minute interval at 80–85% effort	Distance Covered: _____		
1-minute rest interval			
2-minute interval at 80–85% effort	Distance Covered: _____		
1-minute rest interval			
2-minute interval at 80–85% effort	Distance Covered: _____		