

TRAINING PROTOCOL

PHASE 3

WEEK 3 OF 6

ENHANCED STRENGTH · SPEED · ENDURANCE

PROGRAM
Fitness








PHASE
3

WEEK
3 of 6

FOCUS
Strength + Endurance

Week 3 continues the enhanced training load of Phase 3. **Monday is a complete rest day** – use it to foam roll, stretch, and prepare for the week. Tuesday and Thursday feature the **Combo Weight Workout: Muscular Endurance Phase 1**. Wednesday morning is **Bike: Pacing Intervals (70 minutes)**. Friday morning is **Bike: Even Tempo/Aerobic Enhancement (70 minutes)**. Saturday features the weight workout again, and Sunday is a **Bike: Even Tempo (90 minutes)** with a 2-hour nap. The weight workout spreadsheet is at the back of this document.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Weights AM Combo Weight Workout	Bike AM Pacing Intervals 70'	Weights AM Combo Weight Workout	Bike AM Even Tempo/ Aerobic 70'	Weights AM + Nap Combo Weight Workout	Bike AM + Nap Even Tempo 90'

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.

Use any extra time that you have in your day to improve your range of motion within your hips, knees and shoulder joints; the better your range of motion the better your strength & endurance will be throughout all of your workouts. To help you improve your range of motion, please implement a foam roller sequence. The foam roller will "break up" any adhesions that begin to form between the various layers of tissue. Due to dehydration, the fascia can become "stuck" to the muscles below causing a limited range of motion within the muscle tissue – consistent foam rolling and trigger point therapy will keep this situation from arising.

EVENING PROTOCOLS

FLEXIBILITY

- After your shower, grab a tennis, lacrosse or TP ball and work on your calves and quads/hips.

NUTRITION

- 15 minutes before bed, take your fish oil, multi-vitamin and whey protein shake to offset inflammation & free radicals.



Tuesday

STRENGTH

Morning – 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. 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 Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

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 your starting point.

REPS & SETS

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

▶ Please use the **Combo Weight Workout spreadsheet at the back of this document.**

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.



Wednesday

Morning – Bike: Pacing Intervals (70 Minutes)

SPEED

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

To maximize your productivity for this workout, you will need to have your bike computer set to speed & easily available to you. Each interval block will last five (5) minutes with five (5) minute recovery (no shorter to maintain optimum power output)

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

WARM UP – HR ZONE 1

Duration: 15 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.

REPEAT FOR 50 MINUTES (UP TO HR ZONE 3 – NO HIGHER)

5-Minute Pacing Block: Each minute increase your speed by 1 mph (e.g., Minute 1 = 15 mph, Minute 2 = 16 mph, etc.). Adjust gearing so cadence stays within 75-85 but still hits goal pace.

5-Minute Recovery Block: 5 minutes of easy spinning – you can't spin too easy here.

Misc.: Hydrate with Energy Fuel every 10 minutes to maintain blood sugar levels.

COOL DOWN – HR ZONE 1

Duration: 5 minutes

Gearing: Easiest combination that gets you into HR Zone 1

Cadence: 85-90

Misc.: Don't dismount until your heart rate is within HR Zone 1.

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

Morning – 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. 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 Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

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 your starting point.

REPS & SETS

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

► Please use the **Combo Weight Workout spreadsheet at the back of this document.**

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

AEROBIC

Morning – Bike: Even Tempo/Aerobic Enhancement (70 Minutes)

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

The key to this workout is making sure that you stay within HR Zone 2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max)

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of 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 PERFORMANCE BLOCK – 55 MINUTES (HR ZONE 2)

With your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 5 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

WARM DOWN – 5 MINUTES (HR ZONE 1)

Duration: 5 minutes (no shorter)

Gearing: Small chain ring up front, middle rear gearing

Cadence: 70-80 (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.



Saturday

STRENGTH

Morning – 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. 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 Energy Fuel to top off both your calories and provide electrolytes for proper muscle contraction.

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 your starting point.

REPS & SETS

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

► Please use the **Combo Weight Workout spreadsheet at the back of this document.**

2-Hour Nap After Mid-Day Meal

Chronic dehydration is an easy fix: focus on consuming fruits and vegetables on a regular basis. Fruits and vegetables are loaded with natural electrolytes and contain a high level of water. Additionally, consuming them on a regular basis will not only provide you electrolytes and water, but they will also provide you antioxidants that will offset the negative side effects of free radicals produced during high intensity training.

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)

AEROBIC

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

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.

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 PERFORMANCE BLOCK – 1:15 HOUR (HR ZONE 2)

Keep your cadence between 85-95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 minutes.

COOL DOWN – HR ZONE 1

Duration: 5 minutes (no shorter)

Gearing: Small chain ring up front, middle rear gearing

Cadence: 70-80 (no higher/lower)

😴 2-Hour Nap After Lunch

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.



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
<u>Clean & Jerk/Shoulder Press on Indo Board™</u> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
<u>Single Leg – Bent Over Row</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>Push Ups on Indo-Board</u> (or on the floor with your eyes closed)	Reps: ___	Reps: ___	As many as possible in 30 seconds
<u>Rotator Cuff Rotation on Fit Ball</u> Weight: Light	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Slow movement entire range
<u>Lat Drop – Triceps Press on Fit Ball</u> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
<u>Rear Deltoid on Single Leg</u> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down

UPPER BODY CYCLE 2 (NO REST BETWEEN EXERCISES)

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

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: _____		