

TRAINING PROTOCOL

# PHASE 3

## WEEK 4 OF 6

ENHANCED STRENGTH · SPEED · ENDURANCE

PROGRAM  
**Fitness**








PHASE  
**3**

WEEK  
**4 of 6**

FOCUS  
**Strength + Endurance**

Week 4 introduces active recovery on Monday – choose between **Row: HR Intensity Blocks** or **Bike: Intensity Distance Intervals (55 minutes)**. Tuesday and Thursday mornings feature the **Combo Weight Workout: Muscular Endurance Phase 1**. Wednesday morning is a choice between **Row: HR Intensity Intervals** or **Bike: Power Interval Workout (60 minutes)**, followed immediately by **Core & Lower Back Work**. Friday is a complete rest day. Saturday is a **Bike: Fragmented Intensity Blocks**. Sunday is **Row: HR Intensity Blocks (60–70 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
						
<b>Active AM</b> Row HR Blocks or Bike Intervals	<b>Weights AM</b> Combo Weight Workout	<b>Bike or Row AM</b> Power Intervals + Core Work	<b>Weights AM</b> Combo Weight Workout	<b>Rest Day</b> Full Recovery	<b>Bike AM + Nap</b> Fragmented Intensity Blocks	<b>Row AM + Nap</b> HR Intensity Blocks

### 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

SPEED

Morning – Choose One: Row HR Intensity Blocks OR Bike Intensity Distance Intervals

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

**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.

## Option A – Complete Racing Solutions Row: HR Intensity Blocks

This workout will acclimate your body to staying comfortable while working at a high level of intensity. Focus on diaphragmatic breathing through your stomach and then your chest. Lead with your legs for maximum power output and optimized endurance.

### WARM UP – HR ZONE 1

**Load Level:** 3 **Distance:** 2000 Meters

**Pull Rate:** 20-25 Stretch from head to toe

### MAIN SET #1 & #2

**Set #1:** 1000 Meters – picking up the pace every 200 meters up to HR Z3 (no higher) – Repeat 5x

**Load Level:** 5 **Pull Rate:** 25-35

**Transition:** 1000 Meters at HR Z2 – stretch & rehydrate

**Set #2:** 5 x 1000 meters at HR Z3 (no higher or lower) – 500 meter Active Recovery at HR Z2 or less

**Load Level:** 5 **Pull Rate:** 25+

### COOL DOWN – HR ZONE 1

**Load Level:** 3 **Duration:** 1000 Meters

**Pull Rate:** less than 25 Stretch from head to toe

– OR –

## Option B – Complete Racing Solutions Bike: Intensity Distance Intervals (55 Minutes)

This workout will generate high levels of lactic acid towards the end (just like a race). Focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

### WARM UP – 10 MIN (HR Z1)

**Cadence:** 80 or less

**Gearing:** Small up front – middle back

### MAIN SET #1 (15 MILES) + MAIN SET #2 (10 MILES)

**Set #1:** ½ Mile at HR Z3 (85-90 cadence) – ½ Mile at HR Z2 (90+ cadence) – Repeat 15 times

**Transition:** 2 Miles at HR Z2 – stretch & rehydrate

**Set #2:** 1 Mile at HR Z4 (85-90 cadence) – ½ Mile at HR Z2 (90+ cadence) – Repeat 10 times

### COOL DOWN – 10 MIN (HR Z1)

**Cadence:** 80 or less

**Gearing:** Small up front – middle back

## POST-WORKOUT PROTOCOLS

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### FLEXIBILITY

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

### NUTRITION

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

## EVENING PROTOCOLS

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**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins.

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes.

**Diaphragmatic Breathing:** follow this breathing exercise while putting yourself to sleep.



# 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

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins.

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes.

**Diaphragmatic Breathing:** follow this breathing exercise while putting yourself to sleep.



# Wednesday

SPEED

Morning – Choose One: Row HR Intensity Intervals OR Bike: Power Interval Workout (60 Min)

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

**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.

## Option A – Complete Racing Solutions Row: HR Intensity Intervals (65 Minutes)

This workout will generate high levels of lactic acid towards the end of the workout (just like a race). Focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

### WARM UP – HR ZONE 1

**Load Level:** 3 **Distance:** 2000 Meters

**Pull Rate:** 20-25 Stretch from head to toe

### MAIN SET #1 & #2

**Set #1:** Load Level: 5 Pull Rate: 25-35

1500 Meters @ HR Z3 – 500 Meters Active Recovery Repeat 3x

**Transition:** 1000 Meters at HR Z2 – stretch & rehydrate

**Set #2:** Load Level: 5 Pull Rate: 25-35

500 Meters @ HR Z4 (no lower – get there quickly) – 1500 Meters Active Recovery Repeat 3x

### COOL DOWN – HR ZONE 1

**Load Level:** 3 **Duration:** 1000 Meters

**Pull Rate:** less than 25 Stretch from head to toe

– OR –

## Option B – Complete Racing Solutions Bike: Power Interval Workout (60 Minutes)

### WARM UP – 10 MIN (HR Z1)

**Cadence:** 80 or less

**Gearing:** Small up front – middle back

### MAIN SET #1 (20 MIN) + MAIN SET #2 (20 MIN)

5 Minutes at HR Z3 (85-90 cadence) – 5 Minutes at HR Z2 (90+ cadence) – Repeat 2 times

**Transition:** 5 Minutes at HR Z1 – stretch & rehydrate

5 Minutes at HR Z3 (85-90 cadence) – 5 Minutes at HR Z2 (90+ cadence) – Repeat 2 times

### COOL DOWN – 10 MIN (HR Z1)

**Cadence:** 80 or less

**Gearing:** Small up front – middle back

### ► Immediately Following Your Workout – Core & Lower Back Work

Complete each of the following exercises for 30 seconds; your 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.

**Superman's** – [click here for video](#)

**Pike-Push Up on Fit Ball** – [click here for video](#)

**Ab Crunch on Fit Ball** – [click here for video](#)

**Hanging Leg Lift** – [click here for video](#)

### EVENING PROTOCOLS

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Follow links on previous days.

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins.

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes.

**Diaphragmatic Breathing:** follow this breathing exercise while putting yourself to sleep.



# 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

Follow links on previous days.

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins.

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes.

**Diaphragmatic Breathing:** follow this breathing exercise while putting yourself to sleep.



# Friday

Complete Rest Day

REST

Take a few minutes and review how prepared you are for tomorrow: do you know when you are going to be tonight to ensure that you get eight hours of sleep? Do you have your schedule outlined as to where you will be when? Are you clearly focused on the purpose of each workout? Do you have the necessary pre-workout fluids and calories to optimize your training efforts? By taking 10 minutes and answering these questions you will facilitate your efforts of improving by 1% every day.

## EVENING PROTOCOLS

Follow links on previous days.

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins.

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes.

**Diaphragmatic Breathing:** follow this breathing exercise while putting yourself to sleep.



# Saturday

Morning – Bike: Fragmented Intensity Blocks (23 Miles)

SPEED

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

To maximize the productivity of this workout, have Energy Fuel available every 15 minutes. During the early part of each performance block, stay within the indicated intensity levels – no matter what it takes. When you begin your fast intervals, refrain from becoming "scared" of riding fast – instead focus on how efficient you are pedaling when you pick up the pace.

**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 Z1/Z2

**Duration:** 1 mile HR Z1 for 2 miles – Z2 for 3 miles

**Cadence:** 80 or less

**Gearing:** Small up front – middle back

## MAIN SET #1 (10 MILES) + MAIN SET #2 (10 MILES)

3 Miles at HR Z3 (85–90 cadence) – 2 Miles at HR Z4 (90+ cadence) – Repeat 2 times

**Transition:** Z1 for 1 mile – Z2 for 1 mile – stretch & rehydrate

3 Miles at HR Z3 (85–90 cadence) – 2 Miles at HR Z4 (90+ cadence) – Repeat 2 times

## COOL DOWN – HR Z2/Z1

**Duration:** 1 mile HR Z2 for 2 miles – Z1 for 3 miles

**Cadence:** 80 or less

## 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

Follow the links on previous days.

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins.

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes.

**Diaphragmatic Breathing:** follow this breathing exercise while putting yourself to sleep.



# Sunday

Morning – Row: HR Intensity Blocks (60–70 Minutes)

SPEED

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

This workout will acclimate your body to staying comfortable while working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

**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

**Load Level:** 3 **Distance:** 2000 Meters

**Pull Rate:** 20–25 Stretch from head to toe

## MAIN SET #1 & #2

**Set #1:** 1000 Meters – picking up the pace every 200 meters up to HR Z3 (no higher) – Repeat 5x

**Load Level:** 5 **Pull Rate:** 25–35

**Transition:** 1000 Meters at HR Z2 – stretch & rehydrate

**Set #2:** 5 x 1000 meters at HR Z3 (no higher or lower) – 500 meter Active Recovery at HR Z2 or less

**Load Level:** 5 **Pull Rate:** 25+

## COOL DOWN – HR ZONE 1

**Load Level:** 3 **Duration:** 1000 Meters

**Pull Rate:** less than 25 Stretch from head to toe



## 2-Hour Nap After Mid-Day Meal

Once you wake up from your 2–3-hour nap, take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.

## 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

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins. **Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes. **Diaphragmatic Breathing:** follow this breathing exercise while putting yourself to sleep.



# COMBOWEIGHTWORKOUT

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
<b>WARM UP</b>			
<b>10-Minute Warm Up:</b> Easy spin on the bicycle or even tempo pull on the Concept 2 rower.			
<b>LOWER BODY CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)</b>			
<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
<b>CORE &amp; LOWER BACK CYCLE (NO REST BETWEEN EXERCISES – 1 MIN REST AFTER COMPLETE CYCLE)</b>			
<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
<b>UPPER BODY CYCLE (NO REST BETWEEN EXERCISES)</b>			

Exercise	Set 1 – Date: _____	Set 2 – Date: _____	Notes
<a href="#"><u>Clean &amp; Jerk/Shoulder Press on Indo Board™</u></a> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
<a href="#"><u>Single Leg – Bent Over Row</u></a> 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
<a href="#"><u>Push Ups on Indo-Board</u></a> (or on the floor with your eyes closed)	Reps: ___	Reps: ___	As many as possible in 30 seconds
<a href="#"><u>Rotator Cuff Rotation on Fit Ball</u></a> Weight: Light	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Slow movement entire range
<a href="#"><u>Lat Drop – Triceps Press on Fit Ball</u></a> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
<a href="#"><u>Rear Deltoid on Single Leg</u></a> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down

### UPPER BODY CYCLE 2 (NO REST BETWEEN EXERCISES)

<a href="#"><u>Deep Squats/Bicep Curl</u></a> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
<a href="#"><u>Incline on Fit Ball</u></a> Weight: Moderate	Wt: ___ Reps: ___	Wt: ___ Reps: ___	8–10 reps · Quick up / 3-count down
<a href="#"><u>Frankenstein’s – Front/Middle Deltoids on Indo-Board</u></a> (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
<b>2-minute interval</b> at 80–85% effort	Distance Covered: _____		
1-minute rest interval			
<b>2-minute interval</b> at 80–85% effort	Distance Covered: _____		
1-minute rest interval			
<b>2-minute interval</b> at 80–85% effort	Distance Covered: _____		
1-minute rest interval			
<b>2-minute interval</b> at 80–85% effort	Distance Covered: _____		
1-minute rest interval			
<b>2-minute interval</b> at 80–85% effort	Distance Covered: _____		