

TRAINING PROTOCOL

PHASE 3

WEEK 5 OF 6

ENHANCED STRENGTH · SPEED · ENDURANCE

PROGRAM
Fitness








PHASE
3

WEEK
5 of 6

FOCUS
Strength + Endurance

Week 5 is the peak training week of Phase 3. Monday features a choice between **Bike: Even Tempo/High End Aerobic (60 min)** or **Row: Negative Split Pacing Blocks (6,000 meters)**, followed by Core & Lower Back Work. Tuesday and Thursday feature the **Combo Weight Workout: Muscular Endurance Phase 1**. Wednesday morning is a choice between **Bike: 3-Mile Speed Intervals** or **Row: Distance Intervals**, followed by Core Work. Friday is a complete rest day. Saturday is a **Bike: Fragmented Intensity Blocks (23 miles)** with a 2-hour nap. 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
						
Active AM Bike Even Tempo or Row Neg Split + Core Work	Weights AM Combo Weight Workout	Bike or Row AM Speed Intervals + Core Work	Weights AM Combo Weight Workout	Rest Day Full Recovery	Bike AM + Nap Fragmented Intensity	Row AM + Nap 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

AEROBIC

Morning – Choose One: Bike Even Tempo (60 min) OR Row: Negative Split Pacing Blocks

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 – Bike: Even Tempo/High End Aerobic Enhancement (1:00)

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

MAIN SET – 40 MINUTES (LOW END HR ZONE 3)

With your cadence between 75–85; 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 – 10 MIN (HR ZONE 2 OR LESS)

Duration: 10 minutes (no shorter)

Cadence: 70–80 (no higher/lower)

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

– OR –

Option B – Row: Negative Split Pacing Blocks (6,000 Meters)

This workout will hold you accountable both mentally and physically. Have your monitor set to 500 meters/1:00 minute rest interval. Adjust the load levels as indicated to avoid pulling a muscle or straining your lower back. Breathe in on the coil in and exhale on your leg extension.

WARM UP – HR ZONE 1

Load Level: 3 **Duration:** 1000 meters

Pull Rate: less than 30 Stretch from head to toe

MAIN SET #1 – DESCENDING BLOCKS

Adjust damper to 5 Pull Rate: 25–35

Complete 500 meters at 80–85% – capture elapsed time: this is your

Baseline Number

Complete 4000 meters in Descending Blocks:

Intervals #1 & #2 – maintain same pace as Baseline

Intervals #3 & #4 – 2 seconds faster than Baseline

Intervals #5 & #6 – maintain same pace as Baseline

Intervals #7 & #8 – 2 seconds faster than Baseline

COOL DOWN – HR ZONE 1

Load Level: 3 **Duration:** 500 Meters

Pull Rate: less than 30 Stretch from head to toe

► Immediately Following Your Workout – Core & Lower Back Work

Complete 10 reps of each & hold the bike for 1 minute; your 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 5 sec) – [click here for video](#)

Pike & Step Side to Side – [click here for video](#)

Honest Push-ups – [click here for video](#)

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.



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

Follow the video links from Monday.

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: Bike: 3-Mile Speed Intervals OR Row: 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 – Bike: 3-Mile Speed Intervals

This workout is all about tying in your intensity with your pace. As you bring your speed up to HR Z3, mentally focus on using your gearing, cadence, pedal mechanics, and your position on the seat: when the road goes up, your butt needs to slide back on the seat.

WARM UP – HR ZONE 1

Duration: 5 Miles

Cadence: 80-85 (no higher/lower)

Gearing: Small chain ring up front, middle rear gearing

REPEAT FOR 25 MILES TOTAL (HR ZONE 3)

3 Miles at High End of HR Zone 3: with optimized pedal mechanics, spin the tallest gear combination while staying in HR Zone 3 & cadence of 75-80 (pedal in full circles).

Recover by spinning easily for 2 miles (Goal: get HR down to HR Z2 or lower before beginning the next interval).

COOL DOWN – HR ZONE 1

Duration: 5 Miles

Cadence: 85-90

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

– OR –

Option B – Row: Distance Intervals

WARM UP – HR ZONE 1

Load Level: 3 **Distance:** 1000 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 3x

Load Level: 5 **Pull Rate:** 30+

Transition: 1000 Meters at HR Z2 – stretch & rehydrate

Set #2: 6 x 500 meters at HR Z3 (no higher or lower) – 500 meter Active Recovery at HR Z2 or less

Load Level: 5 **Pull Rate:** 30+

COOL DOWN – HR ZONE 1

Load Level: 3 **Duration:** 500 Meters

Pull Rate: less than 25 Stretch from head to toe

► Immediately Following Your Workout – Core & Lower Back Work

Complete 10 reps of each & hold the bike for 1 minute; your 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 5 sec) – [click here for video](#)

Pike & Step Side to Side – [click here for video](#)

Honest Push-ups – [click here for video](#)

EVENING PROTOCOLS

Follow the video links from Monday.

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 Monday's video links.

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

Mental Notes: Take 10 minutes and complete these two things (5 minutes each): Diaphragmatic Breathing & pressing your lower back to the floor. Repeat throughout the day as often as your schedule permits.

Diaphragmatic Breathing: Learning how to control your breathing and change your style of breathing: either through your chest or your belly. Belly breathing – activating the diaphragm muscle – is more effective in delivering oxygen to your working muscles.

Pressing your Lower Back: To release the tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), you need to foam roll your quads and then isolate and stretch the quadriceps.



Saturday

SPEED

Morning – Bike: Fragmented Intensity Blocks (23 Miles) + Nap

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. Watch for energy robbing mechanics: choppy pedal mechanics, shoulders bobbing, looking down at your legs (versus ahead 20 yards).

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

2-Hour Nap After Mid-Day Meal

At this point in the week, your body should be eager to catch a few extra hours of sleep. With this in mind, strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant – once fed the child doses off immediately. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.

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

Same as previous days.



Sunday

SPEED

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

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

Same as previous days.



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: _____		