

TRAINING PROTOCOL

# PHASE 3

## WEEK 6 OF 6

PROGRAM  
**Fitness**

PHASE  
**3**








WEEK  
**6 of 6**

FOCUS  
**Active Recovery**

### • Active Recovery Week – Lower Volume & Intensity

This final week of Phase 3 is designed to absorb the last five weeks of training. Your body does not get stronger or improve endurance during training – it improves when you feed it high-quality food and allow for adequate rest. Monday and Friday are complete rest days. Tuesday, Wednesday, Thursday, Saturday, and Sunday feature low-intensity Bike: Even Tempo rides followed by Core Work. There is no weight workout this week.

#### WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day #1</b> Full Recovery	<b>Bike AM</b> Even Tempo 1 hr + Core Work	<b>Bike AM</b> Even Tempo 90 min	<b>Bike AM</b> Even Tempo 1 hr + Core Work	<b>Rest Day #2</b> Full Recovery	<b>Bike AM + Nap</b> Even Tempo 90 min + Core Work	<b>Bike AM + Nap</b> Even Tempo 1 hr + Core Work

**Note on Heart Rate:** If your heart rate is up by four or more beats over last week's average on any given day – **do not train**. Sleep and eat instead. Your body is telling you it needs more recovery time. Honor that signal.

**Psychology – “Why I Yawn”:** Watch this video in a place where you have zero distractions for 2:15 (the length of the video). This concept is foundational to understanding how your nervous system responds to training stress and recovery.



# Monday

Rest Day #1 – Full Recovery

REST

## The Key to Long-Term Improvement

The key to long-term improvement in your health, wellness, and ultimately your performance is to improve something every day by 1%. What makes this concept so powerful now is the fact that you have a foundation that makes your 1% improvement that much more powerful. The bigger the base of accomplishment, the more momentum you will gain – especially when you are void of injury or illness.

Remember that the muscles, tendons, ligaments, and blood chemistry are a result of what you eat and drink over the next six months – the amount of time to completely replace your body. Plan with your eating: purchasing, prepping, and actually consuming the food that is high in vitamins, minerals, and clean protein sources for amino acids.

## EVENING MENTAL PROTOCOLS

Watch the [“Why I Yawn”](#) psychology concept video in a place where you have zero distractions for 2:15 (the length of the video).

## 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

AEROBIC

Morning – Bike: Even Tempo / Aerobic Enhancement (1 Hour) + Core Work

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

Don't eat prior to this ride. 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.

**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 (10 MIN)

**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 – 40 MIN (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 10 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

## WARM DOWN – 10 MIN (HR ZONE 1)

**Cadence:** 70-80 (no higher/lower)

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

## ► Immediately Following Your Bike Workout – Core Work

Complete each of the following exercises for 15 seconds; your rest interval is 15 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** – [click here for video](#)

**Abdominal Pike on Fit Ball** – [click here for video](#)

**Abdominal Roll Out on Fit Ball** – [click here for video](#)

**Ab Crunch on Fit Ball** – [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

Same as previous days.



# Wednesday

AEROBIC

Morning – Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

Don't eat prior to this ride. 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.

**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 (20 MIN)

**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 – 60 MIN (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 10 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

## WARM DOWN – 10 MIN (HR ZONE 1)

**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

Same as previous days.



# Thursday

AEROBIC

Morning – Bike: Even Tempo / Aerobic Enhancement (1 Hour)

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

Don't eat prior to this ride. 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.

**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 (10 MIN)

**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 – 40 MIN (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 10 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

## WARM DOWN – 10 MIN (HR ZONE 1)

**Cadence:** 70-80 (no higher/lower)

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

## ► Immediately Following Your Bike Workout – Core Work

Complete each of the following exercises for 15 seconds; your rest interval is 15 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** – [click here for video](#)

**Abdominal Pike on Fit Ball** – [click here for video](#)

**Abdominal Roll Out on Fit Ball** – [click here for video](#)

**Ab Crunch on Fit Ball** – [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

Same as previous days.



# Friday

Rest Day #2 – Full Recovery

REST

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

## The Benefits of a Rest Day

The benefits of a rest day are larger than your hard workout days; this is because your body doesn't get any stronger or improve regarding your endurance during training. Your body actually improves physically when you feed it high quality, high quantity food and allow for adequate rest (7–8 hours of evening sleep and if logistically possible, 1–2-hour naps during the day).

When your body sleeps deeply, for a long period of time and uninterrupted, your pituitary gland releases human growth hormone (hGH). hGH is responsible for rebuilding and repairing your muscle fibers, tendons, ligaments, and bones. This is why sleep is so critical to your long-term improvement. Without adequate sleep, you are literally slowing down your rate of improvement.

**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.

## EVENING PROTOCOLS

Same as previous days.



# Saturday

AEROBIC

Morning – Bike: Even Tempo / Aerobic Enhancement (90 Minutes) + Core Work + Nap

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

Don't eat prior to this ride. 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.

**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 (20 MIN)

**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 – 60 MIN (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 10 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

## WARM DOWN – 10 MIN (HR ZONE 1)

**Cadence:** 70-80 (no higher/lower)

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

## ► Immediately Following Your Bike Workout – Core Work

Complete each of the following exercises for 15 seconds; your rest interval is 15 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** – [click here for video](#)

**Abdominal Pike on Fit Ball** – [click here for video](#)

**Abdominal Roll Out on Fit Ball** – [click here for video](#)

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

## 😴 2-Hour Nap After Post-Ride Meal

The benefit of a nap is the release of hGH (human growth hormone). With this in mind, eat a post-ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours without waking up hungry. If you wake up hungry, you need to note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver – if it runs out of sugar, you will be woken up!

## 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

**AEROBIC**

Morning – Bike: Even Tempo / Aerobic Enhancement (1 Hour) + Core Work + Nap

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

Don't eat prior to this ride. 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.

**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 (10 MIN)

**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 – 40 MIN (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 10 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

## WARM DOWN – 10 MIN (HR ZONE 1)

**Cadence:** 70-80 (no higher/lower)

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

## ► Immediately Following Your Bike Workout – Core Work

Complete each of the following exercises for 15 seconds; your rest interval is 15 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** – [click here for video](#)

**Abdominal Pike on Fit Ball** – [click here for video](#)

**Abdominal Roll Out on Fit Ball** – [click here for video](#)

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

## 2-Hour Nap After Post-Ride Meal

The benefit of a nap is the release of hGH (human growth hormone). With this in mind, eat a post-ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours without waking up hungry. If you wake up hungry, you need to note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver – if it runs out of sugar, you will be woken up!

## POST-WORKOUT & EVENING PROTOCOLS

Same as Saturday.