

TRAINING PROTOCOL

PHASE 4








WEEK 2 OF 8

RACE SPECIFIC SPEED & ENDURANCE

PROGRAM Fitness	PHASE 4	WEEK 2 of 8	FOCUS Race Specific Speed & Endurance
---------------------------	-------------------	-----------------------	---

This week you will be building race-specific speed and endurance through a combination of high-intensity **Timed Challenges P4** (40" on / 20" off) on Tuesday, Thursday, and Sunday, and aerobic **Bike 80-minute Even Tempo** sessions on Wednesday, Friday, and Saturday. The Timed Challenges use 5 cycles of paired exercises to keep intensity high. The bike sessions are focused on fat-burning aerobic development. Follow all protocols precisely and record all data in your spreadsheets.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day <i>Full Recovery</i>	Timed Challenges P4 40" on / 20" off 5 Cycles AM	Bike + Core Even Tempo 80 min Core Work AM	Timed Challenges P4 40" on / 20" off 5 Cycles AM	Bike + Core Even Tempo 80 min Core Work PM	Bike + Core + Nap Even Tempo 80 min AM Core + 2-Hr Nap	Timed Challenges P4 40" on / 20" off 5 Cycles AM

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Builds your aerobic engine. Burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout.

● HR Zone 3+ – Red Workouts

Builds strength, speed & lactate tolerance. Burns stored sugar as primary fuel. Near-maximum effort during Timed Challenge intervals. Breathing is labored; conversation is not possible.



MONDAY

Complete Rest Day – Body Analysis & Mental Protocols

REST DAY

Today is a complete rest day. Pay close attention to your hunger levels. If you are eating clean (fresh fruits, vegetables, lean protein) at every meal, evaluate whether you are consuming enough calories. Being hungry is an easy way to evaluate if you need to bump up your calorie intake slightly. Strive to eat every two hours; if you are getting hungry before that two-hour window, bump up your intake of calories – specifically fat and protein. Protein and fat are the only two things that satisfy your appetite.

MENTAL PROTOCOLS

Psychology Concept Video – “Calculating Your Sweat Rate”

Watch this video in a place where you have zero distractions for 3:30 minutes.

▶ [Watch: Calculating Your Sweat Rate](#)

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes and hydration.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep – breathe through a straw with nose closed. ▶ [Watch](#)



TUESDAY

Timed Challenges P4 – 40" On / 20" Off – 5 Cycles

STRENGTH AM

Log your body analysis data in your Coach Robb Body Analysis Spreadsheet before beginning. Complete Racing Solutions Combo Weight Workout: **Timed Challenges P4 (40" on – 20" off)**. Each cycle consists of two exercises designed intentionally to keep intensity high. Complete 40 seconds of one exercise, rest for 20 seconds, then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain blood sugar and maximize productivity. [Please reference the **Timed Challenges P4 spreadsheet** at the back of this document]

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior to top off calories and electrolytes.

WORKOUT NOTES

WEIGHT SELECTION

Set 1: Choose a weight you can complete 8 reps comfortably within 40 seconds

Set 2: Bump weight up slightly so you are working hard at the end of 40 seconds

INTERVAL PROTOCOL

Work: 40 seconds maximum effort

Rest: 20 seconds between exercises

Between sets: 30 seconds / stretch & hydrate

Between cycles: 1:00 / stretch & hydrate

POST-WORKOUT

Flexibility: Hips, glutes, shoulder blades

Nutrition: 8–10 oz Best Whey Protein immediately

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar & repair tissue.

EVENING

- ▶ **Nutrition:** High-quality smoothie 30 min before bed –feeds brain overnight, improves sleep quality, makes you leaner.
- ▶ **Mental:** Reference Monday's psychology video link.



WEDNESDAY

Bike: Even Tempo Aerobic Enhancement (80 Min) + Core Work

BIKE + CORE AM

This workout is all about burning fat for fuel and enhancing capillary beds within the belly of the muscle tissue. Keep your heart rate in focus for the entire ride to ensure you don't go too hard – you will lose your capillary bed development if you let this happen.

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

BIKE: EVEN TEMPO AEROBIC ENHANCEMENT (80 MINUTES)

WARM-UP – 15 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear gearing

Cadence: 80–85 (no higher / no lower)

HR Zone: Zone 1

MAIN PERFORMANCE BLOCK – 60 MIN (HR ZONE 2)

Gearing: Tallest gear possible while staying within HR Zone 2

Cadence: 80–90 (no higher / no lower)

HR Zone: Upper end of Zone 2 – within 2–3 beats of top number

Every 15 min: Stand up and stretch hamstrings, quads, calves, lower back. Hydrate with Energy Fuel.

COOL DOWN – 5 MIN (HR ZONE 2 OR LESS)

Gearing: Easiest combination that gets cadence above 90

Cadence: 85–90

HR Zone: Zone 2 or less

CORE & LOWER BACK WORK (IMMEDIATELY AFTER BIKE)

Complete 10 reps of each exercise and hold the bike for 1 minute. 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.

CORE EXERCISES

Ab Crunch on Fit Ball (pause 5 sec)

Pike & Push Up on Fit Ball

Plyometric Push-Ups

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday's psychology video link.



THURSDAY

Timed Challenges P4 – 40" On / 20" Off – 5 Cycles

STRENGTH AM

Log your body analysis data in your Coach Robb Body Analysis Spreadsheet before beginning. Same protocol as Tuesday– Complete Racing Solutions Combo Weight Workout: **Timed Challenges P4 (40" on – 20" off)**. Each cycle consists of two exercises. Complete 40 seconds, rest 20 seconds, complete the second exercise. Move quickly to the next cycle within 1 minute; stretch and hydrate. [Please reference the **Timed Challenges P4 spreadsheet** at the back of this document]

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

WORKOUT NOTES

WEIGHT SELECTION

Set 1: Choose a weight you can complete 8 reps comfortably within 40 seconds

Set 2: Bump weight up slightly so you are working hard at the end of 40 seconds

INTERVAL PROTOCOL

Work: 40 seconds maximum effort

Rest: 20 seconds between exercises

Between sets: 30 seconds / stretch & hydrate

Between cycles: 1:00 / stretch & hydrate

POST-WORKOUT

Flexibility: Hips, glutes, shoulder blades

Nutrition: 8–10 oz Best Whey Protein immediately

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday's psychology video link.



FRIDAY

Bike: Even Tempo Aerobic Enhancement (80 Min) + Core Work

BIKE + CORE PM

Log your body analysis data in your Coach Robb Body Analysis Spreadsheet before beginning. Same protocol as Wednesday – all about burning fat for fuel and enhancing capillary beds. Keep your heart rate in focus for the entire ride to ensure you don't go too hard.

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

BIKE: EVEN TEMPO AEROBIC ENHANCEMENT (80 MINUTES)

WARM-UP – 15 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear gearing

Cadence: 80–85 (no higher / no lower)

HR Zone: Zone 1

MAIN PERFORMANCE BLOCK – 60 MIN (HR ZONE 2)

Gearing: Tallest gear possible while staying within HR Zone 2

Cadence: 80–90 (no higher / no lower)

HR Zone: Upper end of Zone 2 – within 2–3 beats of top number

Every 15 min: Stand up and stretch hamstrings, quads, calves, lower back. Hydrate with Energy Fuel.

COOL DOWN – 5 MIN (HR ZONE 2 OR LESS)

Gearing: Easiest combination that gets cadence above 90

Cadence: 85–90

HR Zone: Zone 2 or less

CORE & LOWER BACK WORK (IMMEDIATELY AFTER BIKE)

Complete 10 reps of each exercise and hold the bike for 1 minute. Rest interval is 20 seconds. Total of 2 sets.

CORE EXERCISES

Ab Crunch on Fit Ball (pause 5 sec)

Pike Position with Eyes Closed

Plyometric Push-Ups

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday's psychology video link.



SATURDAY

Bike 80 Min + Core Work – Afternoon: 2-Hour Power Nap

BIKE + CORE AM · NAP PM

Log your body analysis data in your Coach Robb Body Analysis Spreadsheet before beginning. Same bike protocol as Wednesday and Friday – all about burning fat for fuel and enhancing capillary beds. Keep heart rate in focus throughout. After your post-ride meal, take a 2-hour power nap to maximize recovery and hGH release.

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior.

BIKE: EVEN TEMPO AEROBIC ENHANCEMENT (80 MINUTES)

WARM-UP – 15 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear gearing
Cadence: 80–85
HR Zone: Zone 1

MAIN PERFORMANCE BLOCK – 60 MIN (HR ZONE 2)

Gearing: Tallest gear possible while staying within HR Zone 2
Cadence: 80–90
HR Zone: Upper end of Zone 2
Every 15 min: Stand up and stretch. Hydrate with Energy Fuel.

COOL DOWN – 5 MIN

Cadence: 85–90
HR Zone: Zone 2 or less

CORE & LOWER BACK WORK (IMMEDIATELY AFTER BIKE)

CORE EXERCISES – 2 SETS

Ab Crunch on Fit Ball (pause 5 sec)

Pike & PushUp on Fit Ball

Plyometric Push-Ups

POWER NAP – 2 HOURS

△ 2-Hour Power Nap / Recovery Protocols

The benefit to 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, then you need to make a 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!

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday's psychology video link.



SUNDAY

Timed Challenges P4 – 40" On / 20" Off – 5 Cycles

STRENGTH AM

Log your body analysis data in your Coach Robb Body Analysis Spreadsheet before beginning. Same protocol as Tuesday and Thursday – Complete Racing Solutions Combo Weight Workout: **Timed Challenges P4 (40" on – 20" off)**. Each cycle = two exercises. 40 seconds on, 20 seconds rest, second exercise. Move quickly to next cycle within 1 minute; stretch and hydrate. [Please reference the **Timed Challenges P4 spreadsheet** at the back of this document]

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

WORKOUT NOTES

WEIGHT SELECTION

Set 1: Choose a weight you can complete 8 reps comfortably within 40 seconds

Set 2: Bump weight up slightly so you are working hard at the end of 40 seconds

INTERVAL PROTOCOL

Work: 40 seconds maximum effort

Rest: 20 seconds between exercises

Between sets: 30 seconds / stretch & hydrate

Between cycles: 1:00 / stretch & hydrate

POST-WORKOUT

Flexibility: Hips, glutes, shoulder blades

Nutrition: 8–10 oz Best Whey Protein immediately

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday's psychology video links.



TIMED CHALLENGES P4

Combo Weight Workout – 40" On / 20" Off – Cycles 1-3

SPREADSHEET

Warm Up: Concept 2™ Row or Spin on Bike – 10 minutes easy.

EXERCISE	PROTOCOL	DATE: _____ SET 1 REPS	DATE: _____ SET 2 REPS
CYCLE ONE			
Pike – Push Up – Pike ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		
Isolated Leg & Frankenstein’s on Bench ▶ Instructional Video	Wt (heavy but manageable) Rep 1: as many in 40 sec Wt (slightly heavier) Rep 2: as many in 40 sec		
CYCLE TWO			
Air Squats ▶ Instructional Video	Wt (heavy but manageable) Rep 1: as many in 40 sec Wt (slightly heavier) Rep 2: as many in 40 sec		
Hamstring Press-Extension on Fit Ball ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		
CYCLE THREE			
Stars – 30 Seconds As Fast As Possible ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		
Military Spiders Off Bench ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		



TIMED CHALLENGES P4 – CONTINUED

Combo Weight Workout – 40" On / 20" Off – Cycles 4–5

SPREADSHEET

EXERCISE	PROTOCOL	DATE: _____ SET 1 REPS	DATE: _____ SET 2 REPS
CYCLE FOUR			
Dips Off of Bench ▶ Instructional Video	Wt (heavy but manageable) Rep 1: as many in 40 sec Wt (slightly heavier) Rep 2: as many in 40 sec		
Bicep Curls Up to 90 Degrees ▶ Instructional Video	Wt (heavy but manageable) Rep 1: as many in 30 sec Wt (slightly heavier) Rep 2: as many in 30 sec		
CYCLE FIVE			
Side Skaters ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		
Abdominal Crunch on Fit Ball ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		

SPREADSHEET



BICYCLE SPRINTS ON TRAINER

5 × 2-Minute Sprints – 90–95% Effort – Moderate Load

SPREADSHEET

SET	PROTOCOL	INTENSITY
Warm-Up 2 Minutes	Low intensity – light load levels. Spin easy to prepare muscles for sprint efforts.	LOW
Sprint #1 2 Minutes	Increase load to MODERATE. Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #1 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #2 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #2 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #3 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #3 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #4 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #4 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #5 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Warm Down	Easy spinning until HR returns to Zone 1.	< 40%