

TRAINING PROTOCOL

PHASE 4








WEEK 3 OF 8

RACE SPECIFIC SPEED & ENDURANCE

PROGRAM Fitness	PHASE 4	WEEK 3 of 8	FOCUS Race Specific Speed & Endurance
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This week continues building race-specific speed and endurance. **Timed Challenges P4 (40" on / 20" off)** appear on Tuesday, Thursday, and Sunday to maintain high-intensity strength work. Wednesday and Saturday feature HR Pacing Blocks (Row or Bike) to push your aerobic engine to its fullest extent before tripping into the lactate tolerance zone. Friday is an aerobic Even Tempo session (Bike 50 min or Row 8,000m) with Core Work. Saturday also includes a 2-Hour Nap for hGH recovery. 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	Row or Bike + Core HR Pacing Blocks 60 min + Core	Timed Challenges P4 40" on / 20" off 5 Cycles AM	Bike or Row + Core Even Tempo 50 min or Row 8,000m + Core	Nap + Row or Bike 2-Hr Nap + HR Pacing Blocks 35 min	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 and HR Pacing Blocks. Breathing is labored; conversation is not possible.



MONDAY

Complete Rest Day – Body Analysis & Mental Protocols

REST DAY

Today is a complete rest day. Review your personal goals and objectives. Prepare fresh food for the week – fresh fruit, vegetables, and lean protein. Pay close attention to hunger levels and ensure you are eating every two hours.

EVENING PROTOCOLS

MENTAL RECOVERY

- ▶ **Belly Breathing:** Breathe through a straw in and out for 30 sec; then 90 sec without straw; repeat 5 times.
- ▶ **Mental Imagery:** Take 10–15 deep belly breaths and visualize your next race from start to finish.
- ▶ **Shin Stripping:** Thumb press along shin bone from ankle to knee; hold knots 5–10 sec; slide further up.

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.
▶ [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; move back to exercise #1, then #2. Move 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 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:** 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 evening protocol notes.



WEDNESDAY

Row or Bike: HR Pacing Blocks (60 Min) + Core Work

PACING AM

Log your body analysis data before beginning. Push your aerobic engine to its fullest extent prior to tripping into the lactate tolerance zone. Complete the entire duration of each recovery interval. Stretch and hydrate during recovery.

CHOOSE ONE OF THE FOLLOWING OPTIONS PRIOR TO DINNER:

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

OPTION A – ROW: HR PACING BLOCKS (60 MINUTES)

WARM-UP – 10 MIN (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 30

Form: Straight back, legs then arms

Misc: Stretch head to toe

MAIN SET – HR PACING BLOCKS (LOAD 5, RATE 25+)

Block 1: 10 min at low end of HR Zone 3

Block 2: 5 min at high end of HR Zone 3

Block 3: 5 min at low end of HR Zone 4

Recovery: 5 min – dismount and stretch; rehydrate with Energy Fuel

Repeat: Complete the 20-minute block a second time

COOL DOWN – 5 MIN (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc: Stretch head to toe

OPTION B – BIKE: FRAGMENTED PACING WORKOUT (60 MINUTES)

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear

Cadence: 80–85

Misc: Stretch & hydrate before main set

MAIN SET – HR PACING BLOCKS

Block 1: 10 min at low end of HR Zone 3 (adjust gearing & cadence)

Block 2: 5 min at high end of HR Zone 3 (maintain cadence, push taller gear)

Block 3: 5 min at low end of HR Zone 4 (stand and accelerate if necessary)

Recovery: 5 min – dismount and stretch; rehydrate with Energy Fuel

Repeat: Complete the 20-minute block a second time

WARM DOWN – 5 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear

Cadence: 70–80

CORE & LOWER BACK WORK (IMMEDIATELY AFTER WORKOUT)

Complete each exercise for the specified duration. 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 & Pushups on Fit Ball

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 evening protocol notes.



THURSDAY

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

STRENGTH AM

Log your body analysis data 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 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. ▶ [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 evening protocol notes.



FRIDAY

Bike Even Tempo (50 Min) or Row 8,000m + Core Work

CARDIO + CORE

Log your body analysis data before beginning. Complete one of the following workouts prior to a meal (ideally before dinner). Keep your heart rate in HR Zone 2 or less for maximum fat-burning and aerobic development. Follow with Core Work immediately after.

PRE-WORKOUT

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

MORNING WORKOUT – BIKE: EVEN TEMPO / ACTIVE RECOVERY (50 MINUTES)

WARM-UP – 5 MIN (HR ZONE 2 OR LESS)

Gearing: Small chain ring up front, middle rear

Cadence: 80-85

Misc: Stretch & hydrate

MAIN SET – 40 MIN (LOW END OF HR ZONE 3)

Cadence: 75-85

Gearing: Tallest gear you can maintain while keeping chain tension tight

Every 10 min: Stand and stretch hamstrings, quads, calves, lower back; hydrate with Energy Fuel

WARM DOWN – 5 MIN (HR ZONE 2 OR LESS)

Gearing: Small chain ring up front, middle rear

Cadence: 70-80

EVENING WORKOUT – ROW: EVEN TEMPO / ACTIVE RECOVERY (8,000 METERS)

WARM-UP – 1,000M (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc: Stretch head to toe

MAIN SET – 6,000M EVEN TEMPO (MIDDLE OF HR ZONE 2)

Load Level: 5

Pull Rate: 25+

HR Zone: Middle of HR Zone 2 the entire time

COOL DOWN – 1,000M (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc: Stretch head to toe

CORE & LOWER BACK WORK (IMMEDIATELY AFTER WORKOUT)

CORE EXERCISES (2 SETS)

Ab Crunch on Fit Ball (pause 5 sec)

Pike & Pushup 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 evening protocol notes.



SATURDAY

2-Hour Nap + Row or Bike: HR Pacing Blocks (35 Min)

NAP + PACING PM

Log your body analysis data before beginning. Complete the HR Pacing Blocks workout prior to dinner (similar to Wednesday but shorter in duration). Take your 2-Hour Nap after your post-ride meal. The nap releases hGH – eat a post-ride meal high in carbohydrates, fall asleep quickly, and stay asleep 2–3 hours. If woken hungry, note it in your food & training journal.

△ 2-Hour Nap After Post-Workout Meal

Eat a post-workout meal high in carbohydrates (natural sleep aid). Fall asleep as quickly as possible and stay asleep 2–3 hours. If you wake up hungry, note it in your food & training journal – your brain is fed by your liver, and if it runs out of sugar, you will be woken up.

CHOOSE ONE OF THE FOLLOWING OPTIONS PRIOR TO DINNER:

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

OPTION A – ROW: HR PACING BLOCKS (35 MINUTES)

WARM-UP – 10 MIN (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 30

Misc: Stretch head to toe

MAIN SET – HR PACING BLOCKS (LOAD 5, RATE 25+)

Block 1: 10 min at low end of HR Zone 3

Block 2: 5 min at high end of HR Zone 3

Block 3: 5 min at low end of HR Zone 4

COOL DOWN – 5 MIN (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc: Stretch head to toe

OPTION B – BIKE: FRAGMENTED PACING WORKOUT (35 MINUTES)

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear

Cadence: 80–85

Misc: Stretch & hydrate

MAIN SET – HR PACING BLOCKS

Block 1: 10 min at low end of HR Zone 3

Block 2: 5 min at high end of HR Zone 3

Block 3: 5 min at low end of HR Zone 4

WARM DOWN – 5 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear

Cadence: 70–80

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 evening protocol notes.



SUNDAY

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

STRENGTH AM

⚠️ **Heart Rate Check:** If your resting heart rate is within 3 beats of normal, complete the following workout. If not – no training at all today!

Log your body analysis data before beginning. Same protocol as Tuesday and Thursday – 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 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. ▶ [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 evening protocol notes.



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%