

TRAINING PROTOCOL








PHASE 4 WEEK 6 OF 8

RACE SPECIFIC SPEED & ENDURANCE

PROGRAM Fitness	PHASE 4	WEEK 6 of 8	FOCUS Race Specific Speed & Endurance
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Week 6 ramps up race-specific speed and endurance – the week your engine learns to deliver power when it matters most. Timed Challenges P4 (40" on / 20" off) Tuesday, Thursday, and Sunday keep high-intensity strength gains rolling, while midweek Bike or Row intervals with Core Work push your aerobic ceiling higher. Thursday and Friday stack double sessions to build sustained power and lactate tolerance, and Saturday pairs a 2-hour recovery nap with Bike Speed Blocks to lock in hGH-driven gains. Follow the protocols and record your data – this is where race-day speed and stamina come together.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Timed Challenges 40" on / 20" off AM Timed Challenges	Bike or Row + Core Intensity Distance 75 min or Row 10,000m + Core	Timed Challenges 40" on / 20" off AM Timed Challenges	Bike + Row Bike Power Interval 70 min AM Row HR Intensity Blocks 60-70 min PM	Bike + Nap Bike Speed Blocks 60 min PM 2-Hour Nap	Timed Challenges + Nap 40" on / 20" off 5 Cycles 2-Hour Nap

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 Intensity sessions. 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

AM: Timed Challenges P4 (40" On / 20" Off) –

TIMED CHALLENGES

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]

MORNING: TIMED CHALLENGES P4 (BEFORE BREAKFAST)

▲ **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-MORNING 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

Bike Intensity Distance Intervals 75 min OR Row Incremental Pacing Intervals 10,000m + Core

CARDIO + CORE

Choose one of the following for your morning workout. Take your most up-to-date heart rate spreadsheet and commit to memory (or write on your arm) the low and high numbers for your HR Zone 3. Once finished with your warm-up, settle into HR Zone 3 (no higher or lower) for each interval. Focus on belly breathing to maximize oxygen uptake. **Choose one of the following for your morning workout.**

OPTION A – BIKE: INTENSITY DISTANCE INTERVALS (75 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 80–85 (no higher/lower)

Misc.: Stretch and hydrate before moving into main set

MAIN SET – HR PYRAMIDS: 4 × 15 MIN (10 MIN ON / 5 MIN OFF)

On Interval: Settle into HR Zone 3 and maintain for 10 minutes (interval doesn't begin until you hit HR Zone 3 – get there quickly)

Off Interval: Spin easy for 5 minutes in HR Zone 2 or less; repeat 4 times total

WARM DOWN – 5 MIN (HR ZONE 1)

Gearing: Easiest combination that allows 85–90 cadence & HR Zone 1

Cadence: 85–90

Misc.: Do not dismount until HR is within HR Zone 1

OPTION B – ROW: INCREMENTAL PACING INTERVALS (10,000 METERS)

Complete a 1000-meter interval at 80–85% effort after your warm-up; use this as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle tightening up, stop immediately, isolate and stretch it passively for 8–10 seconds while breathing deeply.

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

WARM-UP – 2000 METERS (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Baseline: 1000m at 80–85% effort; elapsed time: _____ / 1 min rest

MAIN SET – PACING INTERVALS (REPEAT 2×)

Load Level: 5 / Pull Rate: 25+

Interval 1: 1000m at Baseline + 10 seconds – Rest 1 min

Interval 2: 1000m at Baseline + 5 seconds – Rest 1 min

Interval 3: 1000m at Baseline Pace – Rest 1 min; hold yourself accountable!

COOL DOWN – 1000 METERS (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc.: Stretch from head to toe

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 (2 SETS)

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. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday/s evening protocol notes.



THURSDAY

AM: Timed Challenges P4 (40" On / 20" Off)

TIMED CHALLENGES

Same morning 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. Keep a close eye on your HR throughout the afternoon bike ride to ensure that you keep the intensity levels within HR Zone 3 for maximum productivity. [Please reference the **Timed Challenges P4 spreadsheet** at the back of this document]

MORNING: TIMED CHALLENGES P4 (BEFORE BREAKFAST)

▲ **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-MORNING WORKOUT

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

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 + ROW

AM: Bike Power Interval Workout 70 min – PM: Row HR Intensity Blocks 60–70 min

The key to maximizing productivity during the bike workout is to keep a close eye on your intensity levels (no higher than HR Zone 3); your leg turnover is going to be intentionally slow. Feel the various muscles working together to create power throughout the entire 360-degree pedal stroke – quads, hamstrings, calves, and glutes all firing to turn the pedals. For the afternoon row, pay close attention to your intensity levels throughout the workout. Your awareness of what each intensity level “feels” like increases your familiarity with the intensity and associated speed.

MORNING: BIKE – POWER INTERVAL WORKOUT (70 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 80–85 (no higher/lower)

Misc.: Stretch and hydrate before moving into main set

MAIN PERFORMANCE BLOCK – 55 MIN (HR ZONE 3) REPEAT 11*

3 min: Tall gear acceleration out of the saddle – big chain ring front, hardest rear; focus on keeping from “bottoming out” at the bottom of the pedal stroke; push until upper end of HR Zone 3

2 min: Seated even tempo – cadence above 90, lower end of HR Zone 3; deep belly breathing to ride as fast as possible without driving HR too high

Note: Repeat this 5-minute block 11 times for a total of 55 minutes

COOL DOWN – 5 MIN (HR ZONE 1)

Gearing: Easiest combination allowing 85–90 cadence & HR Zone 1

Cadence: 85–90

Misc.: Do not dismount until HR is within HR Zone 1

AFTERNOON: ROW – HR INTENSITY BLOCKS (60–70 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 25

Misc.: Stretch from head to toe; straight back, lead with legs

MAIN SET #1 – HR ZONE BLOCKS (REPEAT 2x)

Load Level: 5 / Pull Rate: 35+

10 min: Upper range of HR Zone 2 (5 beats of top number)

10 min: Lower range of HR Zone 3 (5 beats of low number)

10 min: Upper range of HR Zone 3 (5 beats of top number)

Transition: 5 min easy pulling – get HR into Zone 1 for majority of this time

Set #2: HR Acceleration – from HR Zone 2 accelerate to upper end of HR Zone 3 (no higher); recover by pulling easy until HR reaches lowest number in HR Zone 2; repeat 3x

COOL DOWN – 10 MIN (HR ZONE 1)

Load Level: 2

Pull Rate: Less than 25

Misc.: Stretch from head to toe

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.



SATURDAY

Bike Speed Blocks 60 min AM + 2-Hour Nap

BIKE AM · NAP PM

Complete the Bike Speed Blocks workout in the morning. Mentally focus on improving your aerobic base with fragmented effort levels; at no time do you want your HR to rise above HR Zone 3. Take your 2-Hour Nap post ride. The nap releases hGH – eat a meal high in carbohydrates, fall asleep quickly, and stay asleep 2–3 hours.

MORNING: BIKE – SPEED BLOCKS (60 MINUTES)

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

WARM-UP – 20 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 80–85 (no higher/lower)

Misc.: Stretch and hydrate before moving into main set

PERFORMANCE BLOCKS (HR ZONE 2-3)

Block 1 (30 min): 10 min in tallest gear combo while staying within HR Zone 3 (no higher); 5-min easy spin (HR Zone 2 or lower). Repeat 4x.

Block 2 (35 min): Cadence 75–85; tallest gearing maintaining chain tension and cadence zone; every 10 min stand up and stretch hamstrings, quads, calves, lower back; hydrate with Energy Fuel every 15 min

WARM DOWN – 5 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 70–80 (no higher/lower)

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

△ 2-Hour Nap (Afternoon - Post Ride)

Eat a 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.

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.
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SUNDAY

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

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!

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.
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EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
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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%