



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 3
6 Weeks
6/6

Active Recovery: Lower Volume & Intensity – Absorb Last 5 Weeks of Training

Intensity Note:

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

Monday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes
- **Rest Day #1**

Misc. Notes the key to long term improvement in your health, wellness and ultimately your performance is to improve something every day by 1%. We have discussed this together previously, but 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 this video in a place where you have zero distractions for 2:15 (the length of the video).
Psychology: concept video “[Why I Yawn](#)” – [video link](#)

Tuesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet 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!
- **Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (1 hour)**

Workout Notes: 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

Duration: 10 minutes

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 minutes (HR Zone 2)

Set Notes: 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 Minutes (HR Zone 1)

Duration: 10 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

- **(Immediately following your bike workout) Complete Racing Solutions Core Work**

Workout notes: 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 the video link](#)

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 (making tomorrow's workouts more productive).

- **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 ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep



Wednesday

- **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!
- **Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (90')**
Workout Notes: 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
Duration: 20 minutes
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 minutes (HR Zone 2)
Set Notes: 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 Minutes (HR Zone 1)
Duration: 10 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
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 (making tomorrow's workouts more productive).
- **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 ([click here](#) for video sequence)
Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep

Thursday

- **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!
- **Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (1 hour)**
Workout Notes: 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
Duration: 10 minutes
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 minutes (HR Zone 2)
Set Notes: 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 Minutes (HR Zone 1)
Duration: 10 minutes (no shorter)
Cadence: 70-80 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: stretch your lower back, calves and quads prior to dismounting
- **(Immediately following your bike workout) Complete Racing Solutions Core Work**
Workout notes: 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 Roll Out on Fit Ball: [click here for video](#)
Abdominal Pike on Fit Ball: [click here for video](#)
Ab Crunch on Fit Ball: [click here for the video link](#)
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 (making tomorrow's workouts more productive).
- **Evening Protocols** – please reference Monday's notes & links.



Friday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete Rest Day #2**

Mental Notes: 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 body releases the much-needed human growth hormone (HGH) naturally and you wake up leaner, stronger and have an improved immune system. Please embrace your rest day as if it was one of your harder workout days; your body will appreciate it.

- **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 ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep

Saturday

- **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!

Please complete the following based on your track availability – Note: seat time is always preferred

- **Complete Racing Solutions MX Workout #1**

[Please reference the spreadsheet at the bottom of this document]

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.

Workout Notes: Familiar protocols - strive to be consistent for all three main sets. If you have more than a two second deviation, then your average speed needs to increase slightly, or you need to slow down your initial pace. Remember, the idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. If possible, try to wear your HR monitor to help keep you honest throughout this workout.

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 (making tomorrow's workouts more productive).

- **2 Hour Nap After Post Ride Meal**

Misc. Notes: 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 (schedule pending) 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!

- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (90')**

Workout Notes: 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

Duration: 20 minutes

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 minutes (HR Zone 2)

Set Notes: 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 Minutes (HR Zone 1)

Duration: 10 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

- **(Immediately following your bike workout) Complete Racing Solutions Core Work**

Workout notes: 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](#)

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Ab Crunch on Fit Ball: [click here for the video link](#)

- **Evening Protocols** – please reference Monday's notes and links.



Sunday

- **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!

Please complete the following based on your track availability – Note: seat time is always preferred

- **Complete Racing Solutions MX Aerobic Workout #2**

[PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE]

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.

Workout Overview: : To get the most out of this workout, make sure that you allow yourself some room to pick up the pace the second half of your main intervals. If possible, wear a HR monitor to keep you from going too hard initially - pay close attention to the indicated intensity levels. Proper hydration will be imperative for you to optimize your time on the motorcycle - mental clarity will be important for the last interval of starts.

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 (making tomorrows workouts more productive).

- **2 Hour Nap After Post Ride Meal**

Misc. Notes: 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 (schedule pending) 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!

- **(Afternoon Workout) Complete Racing Solutions Bike: Even Tempo/Aerobic Enhancement (1 hour)**

Workout Notes: 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

Duration: 10 minutes

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 minutes (HR Zone 2)

Set Notes: 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 Minutes (HR Zone 1)

Duration: 10 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

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

- **(Immediately following your bike workout) Complete Racing Solutions Core Work**

Workout notes: 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.

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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 (making tomorrows workouts more productive).

- **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 ([click here](#) for video sequence)

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Complete Racing Solutions Aerobic MX Workout #1							Workout Focus: Muscular Endurance and Strength				
		Description					Intensity				
Warm Up - 10 Minutes		Focus: Gradual Warm Up									
Protocols:		Row or Bike for 10 minutes - break a solid sweat prior to moving over to your motorcycle Stretch for 5 minutes - head to toe; hydrate if needed					40%				
Main Set #1		Focus: Starts & Transitions					Intensity				
Protocols:		10 Minutes of starts - use your core; keep your upper body relaxed 10 Minutes of first turn transition - push with the outer knee and keep the inner knee pressed up Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					N/A N/A				
Main Set #2		Focus: Intensive Endurance					Intensity				
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes									
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	80-85%				
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	80-85%				
Elapsed Times:		Fastest Lap Time:		Average Lap Pace:							
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel									
Main Set #3		Focus: Intensive Endurance					Intensity				
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes									
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	80-85%				
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	80-85%				
Elapsed Times:		Fastest Lap Time:		Average Lap Pace:							
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel									
Main Set #4		Focus: Intensive Endurance					Intensity				
Workout Protocol:		Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes									
Elapsed Times:		Lap 1 Time:	Lap 2 Time:	Lap 3 Time:	Lap 4 Time:	Lap 5 Time:	80-85%				
Elapsed Times:		Lap 6 Time:	Lap 7 Time:	Lap 8 Time:	Lap 9 Time:	Lap 10 Time:	80-85%				
Elapsed Times:		Fastest Lap Time:		Average Lap Pace:							
		Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with SPORTS DRINK									
Elapsed Times:		Fastest Time:		Slowest Time:		Average Time:					
		Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with SPORTS DRINK									
Main Set #5		Focus: Starts & Transitions					Intensity				
Protocols:		10 Minutes of starts - use your core; keep your upper body relaxed 10 Minutes of first turn transition - push with the outer knee and keep the inner knee pressed up Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel					N/A N/A				
Warm Down		10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)					40%				
		Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.									
		Beginning Weight:		Ending Weight:		Loss Gain (Loss):					

Complete Racing Solutions Aerobic MX Workout #2		
Workout Focus: Aerobic Enhancement / Pacing		
	Description	Intensity
Warm Up	Focus: generate blood flow into all the working muscles	
Elapsed Time	Ride either your bike on the trainer or row for 10 minutes - even tempo / sweating when finished Stretch passively (no bouncing) from head to toe	40%
Main Set #1-Starts	Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Complete 10 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off you're breathing. Begin to internalize what your "pace" feels like when nail your starts.	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	N/A
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:	N/A
Elapsed Times:	Fastest Interval: Average Interval:	
	Rest For 10 Minutes - Stretch from head to toe / / Re-hydrate with Energy Fuel	
Main Set #2-20 Minute Moto	Focus: Aerobic Enhancement / Negative Split	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 20 minutes. At the halfway point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
	Fastest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3-20 Minute Moto	Focus: Aerobic Enhancement / Negative Split	Intensity
Workout Protocol:	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 20 minutes. At the halfway point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto.	
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	75-80%
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	80-85%
	Fastest Lap Time: Average Lap Pace:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4-Starts	Focus: Body Balance and Reaction Time	Intensity
Workout Protocol:	Complete 10 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off you're breathing. Begin to internalize what your "pace" feels like when nail your starts.	
Elapsed Times:	Interval 1: Interval 2: Interval 3: Interval 4: Interval 5:	N/A
Elapsed Times:	Interval 6: Interval 7: Interval 8: Interval 9: Interval 10:	N/A
Elapsed Times:	Fastest Interval: Average Interval:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Warm Down	15 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%