



*Training Cycle:*  
*Cycle Duration:*  
*Work Week*  
*Focus:*

*Phase 6*  
*6 Weeks*  
*1/6*  
*Explosive Power and Sprint Speed*

**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**
- **Complete Rest Day**  
**Misc. Notes:** to help improve your strength & endurance, spend a minimum of 10 minutes every day using a lacrosse ball and or a foam roller in between your shoulder blades, glutes (butt muscles), legs (front and back) along with your calves and feet. When you find a “hot spot” known as a trigger point, keep direct pressure on that hot spot until the knot lets go. When you are using the lacrosse ball, find a trigger point and then add movement. For example, when you find a hot spot in your shoulder, keep the ball in place and then move your arm up and across your body, over your head and back down. You will be surprised how movement will deepen the pressure on that trigger point and eventually remove the hot spot. [Here is a link](#) to a complete foam rolling and trigger point series of videos.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).  
**Psychology:** concept video “[Are Chiropractors Good or Bad](#)” – [video link](#)

**Tuesday**

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**  
**Workout Notes:** as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the workout.  
  
**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.  
**Sets:** 2 **Speed of Lift:** explosive off the bottom, slow back to starting point  
**Rep Count:** 6-8 reps (unless otherwise noted) **Rest Interval:** none in between exercises; 1:00 in between cycles
- **(Immediately after Combo Workout) Complete Racing Solutions Even Tempo Bike (30 Minutes)**  
**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).  
  
**Main Block (HR Zone 2): 25 Minutes**  
**Set Notes:** immediately get into HR Z2 and settle in; mentally focus on your breathing, pedal mechanics and positioning on the seat. Prior to getting off the bike, stretch out your calves and lower back; straight to the foam rolling to loosen up any tight muscles from the strength workout.  
  
**Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**  
**Duration:** 5 minutes **Gearing:** the easiest combination that gets you into **HR Z1**  
**Cadence:** 85-90 **Misc.:** don't dismount until your heart rate is within **HR Z1**  
**Post Workout Protocols**
  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).  
**Psychology:** concept video “[Are Chiropractors Good or Bad](#)” – [video link](#)



## Wednesday

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **Complete One of the Following for your Morning Workout:**
  - **Complete Racing Solutions Row: Even Tempo (80 Minutes)**

**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).

**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 Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3**      **Duration:** 15 Minutes      **Pull Rate:** less than 25

**Main Set (HR Z2): Heart Rate Pacing Blocks: 50 minutes**  
**Load Level: 5**      **Duration:** 60 Minutes      **Pull Rate:** between 25-35

**Cool Down (HR Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 2**      **Distance:** 5 Minutes      **Pull Rate:** less than 25      **Stretch from head to toe**
- **Complete Racing Solutions Bike: Even Tempo (90 Minutes)**

**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).

**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      **Gearing:** small chain ring up front, middle rear gearing  
**Cadence:** 80-85 (no higher/lower)      **Misc.:** stretch and hydrate before moving into your main set

**Main Performance Block (HR Zone 2): 1:15**  
**Set Notes:** Keep you cadence between 85-95 focusing on optimized pedal mechanics; stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes (at the least). Hydrate to maintain your blood sugar levels every 15 minutes.

**Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**  
**Duration:** 5 minutes      **Gearing:** the easiest combination that gets you into **HR Z1**  
**Cadence:** 85-90      **Misc.:** don't dismount until your heart rate is within **HR Z1**

**Post Workout Protocols**

  - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
  - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).  
**Psychology:** concept video "[Are Chiropractors Good or Bad](#)" – [video link](#)

## Thursday

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**

**Workout Notes:** as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the workout.

**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.

**Sets:** 2      **Speed of Lift:** explosive off the bottom, slow back to starting point  
**Rep Count:** 6-8 reps (unless otherwise noted)      **Rest Interval:** none in between exercises; 1:00 in between cycles
- **(Immediately after Combo Workout) Complete Racing Solutions Even Tempo Bike (30 Minutes)**

**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).

**Main Block (HR Zone 2): 25 Minutes**  
**Set Notes:** immediately get into HR Z2 and settle in; mentally focus on your breathing, pedal mechanics and positioning on the seat. Prior to getting off the bike, stretch out your calves and lower back; straight to the foam rolling to loosen up any tight muscles from the strength workout.

**Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**  
**Duration:** 5 minutes      **Gearing:** the easiest combination that gets you into **HR Z1**  
**Cadence:** 85-90      **Misc.:** don't dismount until your heart rate is within **HR Z1**
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).  
**Psychology:** concept video "[Are Chiropractors Good or Bad](#)" – [video link](#)



## Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **Complete one of the following for your Morning Workout:**
  - **Complete Racing Solutions Row: 1 Minute Explosive Intervals (50 Minutes)**

**Misc. Notes:** this workout will create high levels of lactic acid, come into this workout mentally focused, fed and hydrated.

**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 Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3      Duration:** 15 Minutes      **Pull Rate:** less than 25

**Main Set: 1 Minute Sprint Interval (30 minutes total)**  
**Load Level: 7      Duration:** 30 Minutes      **Pull Rate:** between 25-35

**Workload Protocols:** 1 minute at maximum effort and optimized form (to avoid pulling a muscle)  
**Recovery Protocols:** 1 minute easy (refrain from stopping)

**Cool Down (HR Z1):** you can't go too easy here  
**Load Level: 2      Distance:** 5 Minutes      **Pull Rate:** less than 25      **Stretch from head to toe**

**Post Workout Protocols**

    - **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
    - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar & repair muscle tissue
  - **Complete Racing Solutions Bike: 1 Minute Explosive Intervals (1 Hour)**

**Misc. Notes:** adjust your load levels for the main set to heavy.

**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:** 9 minutes      **Gearing:** small chain ring up front, middle rear gearing  
**Cadence:** 80-85 (no higher/lower)      **Misc.:** stretch and hydrate before moving into your main set

**Main Set: 1 Minute Sprint Interval (46 minutes total)**  
**Workload Protocols:** 1 minute at maximum effort and optimized pedal mechanics (avoid pulling a muscle)  
**Recovery Protocols:** 1 minute easy (refrain from stopping)

**Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**  
**Duration:** 5 minutes      **Gearing:** the easiest combination that gets you into **HR Z1**  
**Cadence:** 85-90      **Misc.:** don't dismount until your heart rate is within **HR Z1**

**Post Workout Protocols**

    - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
    - **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue
- **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).  
**Psychology:** concept video "[Are Chiropractors Good or Bad](#)" – [video link](#)

## Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout – Explosive Power**  
**[Please use the spreadsheet and associated videos listed at the bottom of this document]**

**Workout Notes:** as the header implies, you want to be creating a tremendous amount of power during these lifts. All muscle groups will be hit both directly and indirectly throughout the workout, so you will feel quite fatigued by the end of the workout.

**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.

**Sets:** 2      **Speed of Lift:** explosive off the bottom, slow back to starting point  
**Rep Count:** 6-8 reps (unless otherwise noted)      **Rest Interval:** none in between exercises; 1:00 in between cycles
- **(Immediately after Combo Workout) Complete Racing Solutions Even Tempo Bike (30 Minutes)**

**Misc. Notes:** for this workout you will need to know your **HR Z2 numbers** (high and low specific number).

**Main Block (HR Zone 2): 25 Minutes**  
**Set Notes:** immediately get into HR Z2 and settle in; mentally focus on your breathing, pedal mechanics and positioning on the seat. Prior to getting off the bike, stretch out your calves and lower back; straight to the foam rolling to loosen up any tight muscles from the strength workout.



**Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

**Cadence:** 85-90

**Gearing:** the easiest combination that gets you into **HR Z1**

**Misc.:** don't dismount until your heart rate is within **HR Z1**

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue

▪ **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** health is the foundation of performance; this nap will yield huge dividends in your body's ability to offset the negative side effects of high intensity training. Failure to rest and recovery adequately from high intensity workloads will lead to symptoms such as delayed recovery, frequent illness and decreased performance results.

▪ **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

**Psychology:** concept video "[Are Chiropractors Good or Bad](#)" – [video link](#)

**Sunday**

▪ **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**

**Complete one of the following for your Morning Workout: Note: No Nap No Second Workout Today**

▪ **Complete Racing Solutions Row: 1 Minute Explosive Intervals (50 Minutes)**

**Misc. Notes:** this workout will create high levels of lactic acid, come into this workout mentally focused, fed and hydrated.

**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 Z1):** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**

**Duration:** 15 Minutes

**Pull Rate:** less than 25

**Main Set: 1 Minute Sprint Interval (30 minutes total)**

**Load Level: 7**

**Duration:** 30 Minutes

**Pull Rate:** between 25-35

**Work load Protocols:** 1 minute at maximum effort and optimized form (to avoid pulling a muscle)

**Recovery Protocols:** 1 minute easy (refrain from stopping)

**Cool Down (HR Z1):** you can't go too easy here

**Load Level: 2**

**Distance:** 5 Minutes

**Pull Rate:** less than 25

**Stretch from head to toe**

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue

▪ **Complete Racing Solutions Bike: 1 Minute Explosive Intervals (1 Hour)**

**Misc. Notes:** adjust your load levels for the main set to heavy.

**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:** 9 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 Set: 1 Minute Sprint Interval (46 minutes total)**

**Workload Protocols:** 1 minute at maximum effort and optimized pedal mechanics (avoid pulling a muscle)

**Recovery Protocols:** 1 minute easy (refrain from stopping)

**Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

**Cadence:** 85-90

**Gearing:** the easiest combination that gets you into **HR Z1**

**Misc.:** don't dismount until your heart rate is within **HR Z1**

**Post Workout Protocols**

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of [Best Whey Protein](#) to replace depleted muscle sugar and repair muscle tissue

▪ **2 Hour Nap After Mid-Day Meal**

**Miss. Notes:** the benefit to a nap is the release of HGH (human growth hormone); with this in mind, eat a post run 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!

▪ **Mental Protocols:** watch this video in a place where you have zero distractions for 5 minutes (the length of the video).

**Psychology:** concept video "[Are Chiropractors Good or Bad](#)" – [video link](#)



<b>Phase 6 - Combo Weight Workout – Explosive Power</b>			
<b>Warm Up</b>			
Concept 2™ Row or Spin on Bike - 10 minutes Easy			
<b>CYCLE ONE</b>			
<b>Marching Bridge</b>			
<a href="#">Instructional Video: Marching Bridge</a>			
10 Reps with perfect form (squeeze your gluts at the top)			
10 Reps with perfect form (squeeze your gluts at the top)			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
<a href="#">Instructional Video: Isolated Leg &amp; Frankenstein's on Bench</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
<b>Weight (Slightly heavier than Set 1)</b>			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
<b>CYCLE TWO</b>			
<b>Single Leg Squats off Bench</b>			
<a href="#">Instructional Video: Single Leg Squats Off Bench</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
<b>Weight (Slightly heavier than Set 1)</b>			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
<b>Single Leg - Good Mornings (Hamstrings)</b>			
<a href="#">Instructional Video: Good Mornings (Hamstrings)</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (As many reps as you can do in 30 seconds-hold good form)			
<b>Weight (Slightly heavier than Set 1)</b>			
Rep 2 (As many reps as you can do in 30 seconds-hold good form)			
<b>CYCLE THREE</b>			
<b>Tricep Kick Backs (Pause at the Top)</b>			
<a href="#">Instructional Videos: Tricep Kickbacks</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
<b>Weight (Slightly heavier than Set 1)</b>			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
<b>Bicep Curls (Pause at top)</b>			
<a href="#">Instructional Video: Bicep Curls</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
<b>Weight (Slightly heavier than Set 1)</b>			



Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
<b>CYCLE FOUR</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)</b>			
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
<b>Weight (Slightly heavier than Set 1)</b>			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
<b>Diamond Push Ups</b>			
<a href="#">Instructional Video: Diamond Push Ups</a>			
Rep 1 (Goal 6-8 reps with slight pause at the bottom)			
Rep 2 (Goal 6-8 reps with slight pause at the bottom)			
<b>CYCLE FIVE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Incline Press on Fit Ball</b>			
<a href="#">Instructional Video: Incline Press on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
<b>Weight (Slightly heavier than Set 1)</b>			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
<b>Rear Deltoid</b>			
<a href="#">Instructional Videos: Rear Deltoid</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
<b>Weight (Slightly heavier than Set 1)</b>			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
<b>CYCLE SIX</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Chest Fly with Deep Pause on Fit Ball</b>			
<a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
<b>Weight (Slightly heavier than Set 1)</b>			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			
<b>Shoulder Press</b>			
<a href="#">Instructional Videos: Shoulder Press</a>			
<b>Weight (Heavy but manageable)</b>			
Rep 1 (Goal 6-8 reps with perfect form-no momentum)			
<b>Weight (Slightly heavier than Set 1)</b>			
Rep 2 (Goal 6-8 reps with perfect form-no momentum)			



**COMPLETE  
RACING  
SOLUTIONS**

**THE SCIENCE OF PERFORMANCE**

<b>CYCLE SEVEN</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Abs: Open Rotation</b>			
<a href="#">Instructional Videos: Abs-Open Rotation</a>			
<b>Rep 1 ("feel" for the rotation vs. dropping your elbow)</b>			
<b>Rep 2 ("feel" for the rotation vs. dropping your elbow)</b>			
<b>Abs: Hip Risers</b>			
<a href="#">Instructional Videos: Hip Risers</a>			
<b>Rep 1 (literally drop your hips and then rise them back up)</b>			
<b>Rep 2 (pause briefly at the top &amp; then slowly drop your hips back down)</b>			