



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 6
6 Weeks
3/6
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: most of our biggest frustrations are a result of letting the little things get by us; for example, when we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later: dishes in the sink, beds not made, etc. You jump in the car in a rush to “make up time” and as a result we end up using more gas, wearing our tires out faster and increase our risk of getting a ticket (for either speeding or running a red light) – which only increases the cost of our insurance. Ironically, all of these aggravations could have been alleviated if we had got up on time; however, this still isn't the actual issue. The reason why you went to bed late, which made you too tired to get up on time. The point here is step back two or three steps with each frustration that you are dealing with to maximize your complete potential.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video “[The Inverse Relationship between Volume and Intensity](#)” – [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 ice 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
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).
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video “[The Inverse Relationship between Volume and Intensity](#)” – [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 (CRS) Row: Heart Rate Pacing Blocks (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 ice 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 Even Tempo Bike (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 ice 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 your 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 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).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

Psychology: concept video "[The Inverse Relationship between Volume and Intensity](#)" – [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 ice 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

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).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

Psychology: concept video "[The Inverse Relationship between Volume and Intensity](#)" – [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 ice 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:** 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).

- **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 ice 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 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).

- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).

Psychology: concept video "[The Inverse Relationship between Volume and Intensity](#)" – [video link](#)

Saturday

- **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 (CRS) Row: Heart Rate Pacing Blocks (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 ice 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 Even Tempo Bike (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 ice 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 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 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 10 minutes (the length of the video).

Psychology: concept video "[The Inverse Relationship between Volume and Intensity](#)" – [video link](#)

Sunday

- **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 ice 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

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 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!



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



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



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