



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 8
6 Weeks
2/6
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: make the most out of every hour of every day. For example, at the top of every hour (logistics pending), complete 25 push-ups and 25 crunches and refill an eight ounce of glass of filtered water. At the end of an 8-hour day, you will have completed 100 push-ups and crunches. You will also be on track to consuming your goal of water – half of your body weight in ounces of water. Little habits like this can yield huge performance benefits during training and ultimately racing.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [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 – Power Phase 1**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are somewhat familiar but in a different order with a completely new outline of repetitions and number of sets (see the spreadsheet below for specifics associated with each exercise). You need to push through the fatigue and refrain from stopping and resting during the set. Stop the exercise when the form falls apart – jeopardizing your form is going to increase your risk of injury.
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
Sets: 3
Rep Count: 6-12 reps (varies by exercise)
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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [video link](#)

Wednesday

- **Body Analysis: please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike: 1 Mile Aerobic Intervals (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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 20 minutes (no shorter) **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 Mile Intervals at HR Z2 (No Higher): 60 Minutes
1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**
½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**
Repeat for 60 minutes
Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes
Duration: 10 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:** 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



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 – Power Phase 1**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are somewhat familiar but in a different order with a completely new outline of repetitions and number of sets (see the spreadsheet below for specifics associated with each exercise). You need to push through the fatigue and refrain from stopping and resting during the set. Stop the exercise when the form falls apart – jeopardizing your form is going to increase your risk of injury.
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
Sets: 3
Rep Count: 6-12 reps (varies by exercise)
Speed of Lift: explosive off the bottom, slow back to starting point
Rest Interval: none in between exercises; 1:00 in between cycles
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [video link](#)

Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Bike Workout: 5 Minute Intensity Blocks (65 Minutes)**
Misc. Notes: these intervals are designed to push you both mentally & physically so begin this work out fresh: hydrated, rested, properly fed and topped off with your Energy Fuel (for optimum muscle contraction). As you go through the first 5-minute set, remember that you have to complete 9 more intervals, so don't blow yourself up by going too hard!
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
Warm up: HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning
Duration: 10 minutes
Cadence: 80-90 (no higher/lower)
Gearing: small chain ring up front, middle rear gearing
Misc.: stretch and hydrate before moving into your main set
Main Set: Intensity Based Intervals: 10 x 5 Minutes
2 Minute Interval: Fastest pace you can maintain while in the lower end of **HR Z2**
2 Minute Interval: Pick up the pace by 1 mile per hour and slip into the upper end of **HR Z3**
1 Minute Standing Interval: Pick up the pace and maintain for 1 minute (dig deep here!) **NO HR LIMIT**
Repeat the 5 Minute blocks 10 times for a total of 50 minutes
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:** 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
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
Psychology: concept video "[Periodization – how to plan for a successful season](#)" – [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 – Power Phase 1**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
 - Workout Notes:** these exercises are somewhat familiar but in a different order with a completely new outline of repetitions and number of sets (see the spreadsheet below for specifics associated with each exercise). You need to push through the fatigue and refrain from stopping and resting during the set. Stop the exercise when the form falls apart – jeopardizing your form is going to increase your risk of injury.
 - 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:** 3
 - Rep Count:** 6-12 reps (varies by exercise)
 - Speed of Lift:** explosive off the bottom, slow back to starting point
 - Rest Interval:** none in between exercises; 1:00 in between cycles
 - 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
- **2 Hour Nap After Mid-Day Meal**
 - Misc. Notes:** s you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
 - Psychology:** concept video “[Periodization – how to plan for a successful season](#)” – [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 Bike: 1 Mile Aerobic Intervals (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 [Energy Fuel](#) to top off both your calories and provide you the much-needed electrolytes
 - Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning
 - Duration:** 20 minutes (no shorter)
 - 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 Mile Intervals at HR Z2 (No Higher): 60 Minutes**
 - 1 Mile Interval: Tallest gear you can maintain while settling into **HR Z2**
 - ½ Mile Recovery: Lighten your gear combination to bring your **HR into Z1**
 - Repeat for 60 minutes**
 - Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**
 - Duration:** 10 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:** 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
- **2 Hour Nap After Mid-Day Meal**
 - Misc. Notes:** if you would like to improve your VO2 Max numbers, take a nap! When calculating your VO2 max (the volume of oxygen you are able to take in) number, your percentage of body fat is factored into the calculation. As you know, when you nap, your body releases HGH naturally (human growth hormone) which is the hormone necessary to decrease your percentage of body fat. On the flip side of this equation, if you push your body too hard (mentally or physically), your body produces excessive amounts of free radicals along with elevated levels of cortisol (aka – fat magnet). So do yourself a favor and do all that you can to get this two hour nap in – your health and performance will thank you later!
- **Mental Protocols:** watch this video in a place where you have zero distractions for 10 minutes (the length of the video).
 - Psychology:** concept video “[Periodization – how to plan for a successful season](#)” – [video link](#)

Strength & Plyometric Program - Power Phase 1			
Warm Up			
Trigger Point Therapy and Foam Rolling			
CYCLE ONE	Date	Date	Date
Shoulder Press			
Instructional Video: Shoulder Press			
Weight (Light)			
Reps Set #1 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Sit Ups on Fit Ball			
Instructional Video: Abdominal Crunch on Fit Ball			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Air Squats			
Instructional Video: Air Squats			
Weight (Light)			
Reps Set #1 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE TWO	Date	Date	Date
Front and Side Deltoids			
Instructional Video: Front & Middle Deltoids			
Weight (Light)			
Reps Set #1 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Pike - Push Up - Pike (30 Seconds)			
Instructional Video: Pike-Push Up-Pike			
Rep 1 (as many as you can complete in 30 seconds)			
Rep 2 (as many as you can complete in 30 seconds)			
Rep 3 (as many as you can complete in 30 seconds)			
Hamstring Press on Fit Ball			
Instructional Video: Hamstring Press with Extension			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			



CYCLE THREE	Date	Date	Date
Bicep Curls			
Instructional Video: Bicep Curls			
Weight (Light)			
Reps Set #1 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Open Abs			
Instructional Video: Open Ab Rotation			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Calf Raises			
Instructional Video: Calf Raises			
Weight (Light)			
Reps Set #1 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE FOUR	Date	Date	Date
Triceps Kickbacks			
Instructional Video: Triceps Kickbacks			
Weight (Light)			
Reps Set #1 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Hip Risers			
Instructional Video: Hip Risers			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Inner Thigh			
Instructional Video: Side Skaters			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			



CYCLE FIVE	Date	Date	Date
Diamond Push Up			
Instructional Video: Diamond Push Ups			
Weight (Light)			
Reps Set #1 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 1)			
Reps Set #2 (Goal: 10-12 Reps)			
Weight (Slightly heavier than Set 2)			
Reps Set #3 (Goal: 6-8 Reps)			
Pull Up with a Pause			
Instructional Video: Pull Up with a Pause			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Abs: Pike - Push Up - Pike on Fit Ball			
Instructional Video: Pike-Push Up-Pike			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
CYCLE SIX	Date	Date	Date
Push Up-Knee to Chest on Fit Ball			
Instructional Video: Knee to Chest on Fit Ball			
Reps Set #1 (Goal: 10-12 Reps)			
Reps Set #2 (Goal: 10-12 Reps)			
Reps Set #3 (Goal: 6-8 Reps)			
Stars			
Instructional Video: Stars			
Set #1 - as many as you can do in 30 seconds			
Set #2 - as many as you can do in 30 seconds			
Set #3 - as many as you can do in 30 seconds			
Single Armed Swim Drills with Stretch Cord			
Instructional Video: Swim Strokes with Stretch Cords			
Set #1 - as many as you can do in 30 seconds			
Set #2 - as many as you can do in 30 seconds			
Set #3 - as many as you can do in 30 seconds			