



Training Cycle:

Cycle Duration:

Work Week

Focus:

Phase 6

6 Weeks

4/6

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: your rest day is where your body has the opportunity to “catch up” and absorb the last six days of training volume and intensity. During your rest day, continue to consume the same volume of food and fluids as if you were training. This will allow your body the opportunity to top off on electrolytes, vitamins, minerals and water – naturally. Dedicate a minimum of 20 minutes to [trigger point therapy](#) and isolated muscle stretches.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video “[Why Train by Heart Rate?](#)” – [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. Note: cold fluids absorb better than warm fluids helping hydration.
Sets: 2
Rep Count: 6-8 reps (unless otherwise noted)
Post Workout Protocols
 - **Flexibility:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
 - **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video “[Why Train by Heart Rate?](#)” – [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: Heart Rate Ladders (90 Minutes)**
Misc. Notes: for this workout you will need to know your **HR Z3 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. Note: cold fluids absorb better than warm fluids helping hydration.
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: 20 Minutes Pull Rate: less than 25
Main Set (HR Z3): Heart Rate Ladder Blocks: 65 minutes
Load Level: 5 Duration: 65 Minutes Pull Rate: between 25-35
Set Notes: increase your effort until you hit your top number at the top of HR Z3; once you hit this number slow down your effort until your HR hits the lowest number in Z3; re-accelerate back up to the top of HR Z3. Repeat this cycle for 65 minutes with good form. Stop to stretch and hydrate as necessary to maintain proper form, intensity and range of motion.
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 cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.
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 Set: Heart Rate Ladder Blocks (HR Zone 3): 1:05

Set Notes: increase your effort until you hit your top number at the top of HR Z3; once you hit this number slow down your effort until your HR hits the lowest number in Z3; re-accelerate back up to the top of HR Z3. Repeat this cycle for 65 minutes with good form. Keep your cadences between 85-95 focusing with 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**

- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Why Train by Heart Rate?](#)" – [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 & 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. Note: cold fluids absorb better than warm fluids helping hydration.

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:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video "[Why Train by Heart Rate?](#)" – [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) – same as last week intentionally

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

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

- **Complete Racing Solutions Bike: 1 Minute Explosive Intervals (1 Hour) – same as last week intentionally**

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

Warm up (HR Zone 1):

Duration: 20 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 (30 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: 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:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk



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. Note: cold fluids absorb better than warm fluids helping hydration.

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 between each cycle

Post Workout Protocols

- **Flexibility:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: focus on eating high quality fats (avocados, extra virgin olive oil, coconut, raw nuts and fish oil) to provide your body the much-needed high quality fat to offset the load levels of intensity. Remember, if you are hungry within 2 hours of eating, you are not eating enough high-quality fats and protein – the only things that suppress appetite.
- **Mental Protocols:** watch this video in a place where you have zero distractions for 4 minutes (the length of the video).
Psychology: concept video “[Why Train by Heart Rate?](#)” – [video link](#)

Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Complete One (1) of the Following for your Morning Workout:**

- **Complete Racing Solutions Row: 1 Minute Explosive Intervals (50 Minutes) – same as last week intentionally**

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. Note: cold fluids absorb better than warm fluids helping hydration.

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

- **Complete Racing Solutions Bike: 1 Minute Explosive Intervals (1 Hour) – same as last week intentionally**

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. Note: cold fluids absorb better than warm fluids helping hydration.

Warm up (HR Zone 1):

Duration: 20 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 (30 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: 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:** after your shower, implement some foam rolling and trigger point therapy – [click here](#)
- **Nutrition:** within 15 minutes of this workout; consume 10 ounces of Energy Fuel or Chocolate Milk
- **2 Hour Nap After Mid-Day Meal**
Misc. Notes: focus on eating high quality fats (avocados, extra virgin olive oil, coconut, raw nuts and fish oil) to provide your body the much-needed high quality fat to offset the load levels of intensity. Remember, if you are hungry within 2 hours of eating, you are not eating enough high-quality fats and protein – the only things that suppress appetite.
- **Mental Protocols:** watch this video in a place where you have zero distractions over 4 minutes (the length of the video)
Psychology: concept video “[Why Train by Heart Rate?](#)” – [video link](#)



Combo Weight Workout – 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
Triceps Kick Backs (Pause at the Top)			
Instructional Videos: Triceps 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)			