



## The RTS “Big Bench” Workout

<u>Week of</u>	<u>Training Phase</u>	<u>Workout #1</u>	<u>Workout #2</u>
Week 1	Accumulation 1	<b>Eccentric Bench Press (601 Tempo)</b> 3x5, RPE 8, 1-2 minutes rest	<b>Eccentric Close Grip Bench (601 Tempo)</b> 3x5, RPE 8, 1-2 minutes rest
Week 2	Accumulation 2	<b>Eccentric Bench Press (601 Tempo)</b> 4x5, RPE 9, 1-2 minutes rest	<b>Eccentric Close Grip Bench (601 Tempo)</b> 4x5, RPE 9, 1-2 minutes rest
Week 3	Accumulation 3	<b>ISO Bench Press (231 Tempo)</b> 3x5, RPE 8, 1-2 minutes rest	<b>ISO Close Grip Bench (231 Tempo)</b> 3x5, RPE 8, 1-2 minutes
Week 4	Accumulation 4	<b>ISO Bench Press (231 Tempo)</b> 4x5, RPE 9, 1-2 minutes rest	<b>ISO Close Grip Bench (231 Tempo)</b> 4x5, RPE 9, 1-2 minutes
<b>Week 5</b>	<b>Deload</b>	<b>Work up to an easy set of 5</b>	<b>Work up to an easy set of 5</b>
Week 6	Intensification 1	<b>Paused Bench Press (211 Tempo)</b> 3x5, RPE 9, 3 minutes rest	<b>Touch and Go Bench (201 Tempo)</b> 3x5, RPE 9, 3 minutes rest
Week 7	Intensification 2	<b>Paused Bench Press (211 Tempo)</b> 4x4, RPE 9, 3 minutes rest	<b>Touch and Go Bench (201 Tempo)</b> 4x4, RPE 9, 3 minutes rest
Week 8	Intensification 3	<b>Paused Bench Press (211 Tempo)</b> 4x3, RPE 9, 3 minutes rest	<b>Touch and Go Bench (201 Tempo)</b> 4x3, RPE 9, 3 minutes rest
<b>Week 9</b>	<b>Deload</b>	<b>Paused Bench Press (211 Tempo)</b> Work up to a light Triple	<b>Touch and Go Bench (201 Tempo)</b> Work up to a light Triple
Week 10	Realization 1	<b>Competition Bench</b> Work up to 90% of your old max	<b>Paused Floor Press (211 Tempo)</b> Work up to a Heavy Triple Drop to 90% of that set, 2x3
Week 11	Realization 2	<b>Competition Bench</b> Work up to 95% of your old max	<b>Paused Floor Press (211 Tempo)</b> Work up to a Heavy Single Drop to 90% of that set 2x1
Week 12	Realization 3	<b>Competition Bench</b> Work up to 90% of your old max	<b>Paused Floor Press (211 Tempo)</b> Work up to a very light Triple
<b>Test Week</b>		<b>Work up to 60% for a Single</b>	<b>Work up to a new PR!</b>



**Notes:**

- Tempo is noted by three numbers for the bench press:
  - The first number is the eccentric, or lowering, portion of the lift.
  - The second number is the seconds you will pause in the bottom of the lift.
  - The third number is the concentric, or lifting, portion of the lift.
  - For example on the first week you'll follow a 601 tempo. That requires a 6-second lowering phase, no pause in the bottom, and a one-second lifting portion
- The RPE is your rating of perceived exertion. Here's how it would break down:
  - If you have an RPE of 8 for that training day, work up to a weight where you have 2 reps left in the tank.
  - If you have an RPE of 9, work up to a weight where you have 1 rep left in the tank.
  - An RPE of 10 would constitute a max effort lift.
- On weeks 10-12, do not worry about the tempo on your main training day. Instead, just focus on great technique as the weight gets heavy.
- Follow each bench workout with one vertical pulling exercise (chin-up/pull-up/lat pulldown) and one horizontal pulling exercise (any rowing variation).
- Weeks 5 and 9 are your deloads. Don't try and be a super-hero in the gym. Go light and rest up for the following week!
- Week 13 you'll go light your first workout, and then set a new max/personal record on the second. IF you're working up on the second workout and it feels heavy, go light again and rest for 2-3 more days.
- *When* you hit a PR on this program, please shoot us a quick e-mail or testimonial to [info@robertsontrainingsystems.com](mailto:info@robertsontrainingsystems.com). We'd love to hear from you!