

TRAINING PROTOCOL








# PHASE 1 WEEK 1 OF 6

EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM <b>Weekend Warrior</b>	PHASE <b>1</b>	WEEK <b>1 of 6</b>	FOCUS <b>Testing</b>
-----------------------------------	-------------------	-----------------------	-------------------------

This is a **testing week** – the goal is to establish your baseline numbers across all disciplines. Monday and Tuesday capture your strength and rowing benchmarks. Wednesday and Thursday build your aerobic base with two Zone 2 bike sessions. Friday is a complete rest day. Saturday is your 10-mile bike time trial and Sunday is your MX speed and maximum heart rate assessment. Keep accurate records – these numbers drive your training zones for the entire 6-week program.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Plyometric</b> Assessment 3 Sets · 30 sec	<b>Row AM</b> 500m Time Trials 5 × 500m	<b>Bike AM</b> Even Tempo 60 Min · Zone 2	<b>Bike AM</b> Even Tempo 60 Min · Zone 2	<b>Rest Day</b> Full Recovery	<b>Bike AM</b> 10 Mile Time Trial	<b>MX Speed</b> Assessment 3 Main Sets

TRAINING INTENSITY GUIDE

**● HR Zone 2 or Below – Blue Workouts**

Builds your aerobic engine. Burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout.

**● HR Zone 3+ – Red Workouts**

High-intensity effort. Used for speed intervals, strength circuits, and lactate threshold work. Breathing is labored; conversation is difficult.



# MONDAY

Plyometric Assessment – Establish Strength Baseline

PLYOMETRICS

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

The goal of this assessment is to determine how many repetitions you can complete within 30 seconds for each exercise. You will complete 3 sets of each exercise with 30 seconds rest between sets and a 1-minute rest before moving to the next exercise. Record your total reps per set in the Plyometric Assessment Spreadsheet – these numbers establish your strength baseline and will track your progress over 6 weeks.

## PRE-WORKOUT

▲ **PRE-WORKOUT:** 10–15 minutes prior to this workout, consume 8–10 oz of [Energy Fuel](#) to top off your calories and provide the much-needed electrolytes.

## ASSESSMENT PROTOCOL

### Plyometric Assessment – Structure

- **Duration per exercise:** 30 seconds maximum effort
- **Sets per exercise:** 3 sets
- **Rest between sets:** 30 seconds
- **Rest between exercises:** 1 minute
- **Record:** Total reps per set in the Plyometric Assessment Spreadsheet
- **Goal:** Establish baseline rep counts – these numbers track your strength progress over 6 weeks

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **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 glycogen.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)

## NUTRITION SPOTLIGHT: SODIUM & HYDRATION

### Why Sodium Matters for Performance (Bob Seebohar, Sports Dietician)

**3–5.5g**

Sodium lost/hr (intensity, temp & humidity)

**3–4g**

Sodium preload 12–24 hrs before hard workouts or races

**800–1,500mg**

Sodium per hour during training or racing

Research reviewed by sports dietician Bob Seebohar – 8 peer-reviewed articles + world-class athlete consultation (Joanna Zeiger). Low sodium symptoms: dizziness, nausea, vomiting, throbbing headache, swollen hands, bloated stomach. **Energy Fuel** provides 160mg sodium per serving.



# TUESDAY

Row 500m Time Trials – Lactate Threshold & Max HR Assessment

ROWING AM

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

Complete 5 × 500m intervals at near-maximum effort with 1 minute rest between each (Load Level 5). Warm up for 10 minutes at Load Level 3 or less, then stretch from head to toe before starting. The goal is to be as close to maximum effort as possible for each interval. Document your elapsed time and maximum heart rate at the end of each 500m. If at any time you feel something tighten up, stop immediately and stretch; resume at an easy effort for 10 minutes.

## PRE-WORKOUT

▲ **PRE-WORKOUT:** 10–15 minutes prior to this workout, consume 8–10 oz of [Energy Fuel](#) to top off your calories and provide the much-needed electrolytes.

## MAIN SET – 5 × 500M TIME TRIALS

### 5 × 500m – Near-Maximum Effort (Zone 3+)

Complete 5 intervals of 500m each at near-maximum effort (Load Level 5). Rest **1 minute** between each interval. For each interval, record your **elapsed time** and **maximum heart rate**. Start each interval fresh – do not carry fatigue from the previous rep.

## DATA TO RECORD

INT. 1 TIME

INT. 1 MAX HR

INT. 2 TIME

INT. 2 MAX HR

INT. 3 TIME

INT. 3 MAX HR

INT. 4 TIME

INT. 4 MAX HR

INT. 5 TIME

INT. 5 MAX HR

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **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 glycogen.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# WEDNESDAY

Morning Workout – Bike: Even Tempo (60 Minutes)

BIKE AM · ZONE 2

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

Do not eat prior to this ride. Keep a close eye on your HR throughout to ensure you stay within HR Zone 2 or less – this burns fat and enhances your aerobic engine. To keep yourself mentally stimulated, play around with your gearing while staying within your HR Zone 2. You may surprise yourself to find that you can adjust your gearing, increase your speed, and not increase your HR.

## PRE-WORKOUT

▲ **PRE-WORKOUT:** 10–15 minutes prior to this workout, consume 8–10 oz of [Energy Fuel](#) to top off your calories and provide electrolytes for proper muscle contraction.

## Z2BIKE WORKOUT – 60 MINUTES TOTAL

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear  
**Misc:** Stretch and hydrate before moving into main set

### MAIN BLOCK – 40 MIN (HR ZONE 2)

**Cadence:** 75–85 (tallest gear, chain tension tight)  
**Every 10 min:** Stand up and stretch hamstrings, quads, calves, lower back

### WARM DOWN – 10 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)  
**Gearing:** Small chain ring up front, middle rear  
**Misc:** Stretch lower back, calves and quads prior to dismounting

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **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 glycogen.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# THURSDAY

Morning Workout – Bike: Even Tempo (60 Minutes)

BIKE AM · ZONE 2

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

Same protocol as Wednesday. Two consecutive Zone 2 sessions establish your aerobic baseline and practice pacing discipline. Do not eat prior to this ride. Keep HR in Zone 2 or less throughout – adjust gearing to increase speed without increasing HR. Stay easy – the testing days (Saturday and Sunday) require full energy reserves.

## PRE-WORKOUT

▲ **PRE-WORKOUT:** 10–15 minutes prior to this workout, consume 8–10 oz of [Energy Fuel](#) to top off your calories and provide electrolytes for proper muscle contraction.

## Z2BIKE WORKOUT – 60 MINUTES TOTAL

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

**Misc:** Stretch and hydrate before moving into main set

### MAIN BLOCK – 40 MIN (HR ZONE 2)

**Cadence:** 75–85 (tallest gear, chain tension tight)

**Every 10 min:** Stand up and stretch hamstrings, quads, calves, lower back

### WARM DOWN – 10 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

**Gearing:** Small chain ring up front, middle rear

**Misc:** Stretch lower back, calves and quads prior to dismounting

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **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 glycogen.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



## FRIDAY

Complete Rest Day – Pre-Test Recovery

RECOVERY

### BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

To complement your dedication to your workouts, go out of your way to avoid simple sugars and white starchy foods – white potatoes, spaghetti, bread, boxed cereals, chips, etc. – and replace them with complex carbohydrates in the form of fruits and vegetables. Think about brightly colored fruits and vegetables as the key to fresh antioxidants that offset the negative side effects of aerobic exercise. Free radicals harm the health of cells, resulting in disease, premature aging, and declines in athletic performance. Brightly colored fruits and vegetables improve your health and performance from the inside out.

### EVENING PROTOCOLS

#### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# SATURDAY

Bike 10-Mile Time Trial – Pacing & Lactate Threshold Assessment

BIKE TEST

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre- and post-testing. Have cold liquid – recovery calories ready to consume immediately following this workout. Please update your **Coach Robb Performance Report Card** with the results of this information.

## PRE-WORKOUT

▲ **PRE-WORKOUT:** 10–15 minutes prior to this workout, consume 8–10 oz of **Energy Fuel** to top off your calories and provide the much-needed electrolytes.

## WARM-UP & TRANSITION

### Warm-Up (Very Easy) – 10 Minutes

10 minutes even spin; [stretch your low back, quads and hamstrings](#) as necessary to eliminate any tightness in any and all muscle groups.

### TRANSITION SET – 10 MINUTES (BRING HR UP FOR TESTING BLOCK)

**2 minutes:** 100+ cadence – move around on the seat and toggle between aero and non-aero position.

**3 minutes:** <80 cadence – active recovery with relevant stretching. Repeat as needed to fill the 10-minute window.

## TEST BLOCK #1 – 10 MILE FIELD TEST

### 10-Mile Bike Time Trial – Out & Back (5 Miles Each Way)

During a 5-mile block (out and back ideally), keep your cadence in the **80–85 range** and your effort level under control.

Once you begin your time trial, be aggressive – work on maintaining perfect form to get the maximum power out of your legs (use all of your muscle groups, not just your quads).

## DATA TO RECORD

PRE-TEST BODY WEIGHT

ELAPSED TIME

AVG. HR

ENDING HR

MAX HR

TOTAL FLUIDS CONSUMED

POST-TEST BODY WEIGHT

## COOL-DOWN

When finished, re-hydrate and ride easy for a minimum of **10 minutes**. Following the assessment, [stretch from head to toe](#) for a minimum of 15 minutes. Consume 8–10 oz of liquid sports drink/recovery calories and a complete meal within 20 minutes of this ride to replenish glycogen reserves.

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **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 glycogen.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



# SUNDAY

MX Speed & Maximum Heart Rate Assessment

MX TEST

## BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

This workout is going to be very intense – plan ahead with your food. Ideally your last meal should be 3 hours before you begin. Consume a banana or energy gel prior to the start to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist premature fatigue from the inside out.

## PRE-WORKOUT

▲ **PRE-WORKOUT:** 10–15 minutes prior to this workout, consume 8–10 oz of [Energy Fuel](#) to top off your calories and provide the much-needed electrolytes.

## MX ASSESSMENT – SEE SPREADSHEET PAGE

### Complete Racing Solutions MX Speed Assessment – 60 Minutes Total

Refer to the MX Speed Assessment table on the following page for the full workout outline including set structure, elapsed time recording fields, and heart rate zones. The goal is to capture your **true maximum heart rate** on the track across 3 progressively harder sets.

## POST-WORKOUT PROTOCOLS

### POST-WORKOUT

- ▶ **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 glycogen.

### EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)

## 2-HOUR POWER NAP / RECOVERY PROTOCOLS

### 2-Hour Recovery Nap After Mid-Day Meal

With the residual fatigue from this week's testing, take a cold bath for 10–15 minutes when you wake up. Eat a large salad topped with high quality protein to help offset the tearing down of your muscles and associated inflammation. Schedule: take a hot shower and then stretch passively, feeling for any hot spots.



# MX SPEED ASSESSMENT

**MX SPEED**

Workout Focus: Consistent Race Speed – Total Ride Time: 60 Minutes

SET	WORKOUT PROTOCOL / DESCRIPTION	INTENSITY
Warm Up	<p><b>Set Focus: Gradual Warm Up</b>  <a href="#">Instructional Video: How to Set Up the Concept 2 Rower</a>                      Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo.                      Stretch passively (no bouncing) from head to toe / Re-hydrate with <a href="#">Energy Fuel</a>.</p>	Less Than 50%
Main Set #1	<p><b>Focus: Smooth start and fast five (5) laps</b>                      Complete a start and then merge onto the track just like a race. Over the next 5 laps, maintain the highest rate of speed while staying consistent for all 5 laps.                      Moto Specific Heart Rate Zone – Low #: _____ High #: _____</p> <p><b>Interval #1:</b> 5 Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____                      Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</p> <p><b>Interval #2:</b> 5 Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____                      Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</p>	90-95%
	<p><b>Focus: Smooth start and fast three (3) laps</b>                      Your goal is to maintain or beat your fastest lap from Set #1.                      Moto Specific Heart Rate Zone – Low #: _____ High #: _____</p> <p><b>Interval #1:</b> 3 Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____                      Rest For 5 Minutes – Stretch from head to toe / Re-hydrate</p> <p><b>Interval #2:</b> 3 Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____                      Rest For 5 Minutes – Stretch from head to toe / Re-hydrate</p>	
Main Set #3	<p><b>Focus: Smooth start and fast two (2) laps</b>                      Your goal is to maintain or beat your fastest lap from Set #2.                      Moto Specific Heart Rate Zone – Low #: _____ High #: _____</p> <p><b>Interval #1:</b> 2 Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____                      Rest For 3 Minutes – Stretch from head to toe / Re-hydrate</p> <p><b>Interval #2:</b> 2 Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____</p>	95-100%
	<p>Easy riding – nothing structured or intense; allow the HR to come down slowly.</p>	
<p><b>Pre-Riding Weight:</b> _____ <b>Post-Riding Weight:</b> _____ <b>Total Fluids Consumed:</b> _____  <b>Loss/Gain:</b> _____</p>		