

TRAINING PROTOCOL

# PHASE 1

## WEEK 6 OF 6

ACTIVE RECOVERY – MENTALLY & PHYSICALLY

PROGRAM

**Weekend Warrior**

PHASE

**1**

WEEK








**6 of 6**

FOCUS

**Active Recovery**

Week 6 is your active recovery week – the final week of Phase 1. The goal is to allow your body to fully absorb the training stimulus from the past five weeks while maintaining movement and aerobic activity. Intensity is reduced across all sessions. Monday is a complete rest day. Tuesday and Thursday combine a light Combo Weight session (20% less load) with a 50-minute Bike Even Tempo. Wednesday and Friday are Bike Even Tempo days with Core Work. Saturday and Sunday share the same 60-minute aerobic bike ride followed by a 2-hour recovery nap.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day</b>	<b>Weights + Bike</b>	<b>Bike + Core</b>	<b>Weights + Bike</b>	<b>Bike + Core</b>	<b>Bike + Nap</b>	<b>Bike + Nap</b>
Complete Rest No Training	Combo Weights 20% Less + Bike 50 min	Even Tempo 45 Min + Core Work	Combo Weights 20% Less + Bike 50 min	Even Tempo 45 Min + Core Work	Even Tempo 60 Min + 2-Hr Nap	Even Tempo 60 Min + 2-Hr Nap

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.

● **Strength – Amber Workouts**

Maximum strength development. Combo weight circuits and timed challenges. Focus on proper form and controlled breathing throughout each set.



# MONDAY

Complete Rest Day

REST DAY

## BODY ANALYSIS

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

## ⚠️ HEART RATE CHECK

**Note:** If your heart rate is up by four or more beats over last week's average – **do not train**. Sleep and eat instead.

## COMPLETE REST DAY

Allowing yourself to sleep and not wake up with an alarm will decrease cortisol in your blood. Cortisol is a hormone released when the body is highly stressed – referred to as a "fat magnet." Waking without an alarm helps determine your optimum sleep amount given how your body is responding to training volume and intensity.

Remember: it is not what you do in training that makes you stronger, but rather what you do regarding nutrition and hydration.

## EVENING PROTOCOLS

### EVENING

- ▶ **Flexibility:** 10 min, legs and lower body. ▶ [Video List](#)
- ▶ **Nutrition:** 8-10 oz cold/filtered water; consume a raw snack/meal.



# TUESDAY

Combo Weight Workout (20% Less) · Bike Even Tempo – 50 Min

WEIGHTS + BIKE

## BODY ANALYSIS

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

## ⚠️ HEART RATE CHECK

**Note:** If your heart rate is up by four or more beats over last week's average – **do not train**. Sleep and eat instead.

## MORNING – COMBO WEIGHT WORKOUT (20% LESS)

Same exercises as the last 5 weeks. Reduce weight/load by 20% – each set should feel **extremely easy**. Stretch between cycles to maintain range of motion.

## Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (20% Less)

**Pre-Hydration:** 8–10 oz [Energy Fuel](#) 10–15 min prior      **Speed of Lift:** Fast off bottom of each range of motion

**Repetitions:** 6–8 Reps Max      **Sets:** 2      **Rest Interval:** 30 sec between exercises; 1 min between cycles

**Weight:** Extremely light – no struggling

## IMMEDIATELY AFTER STRENGTH WORKOUT – BIKE EVEN TEMPO (50 MINUTES)

Immediately get into even tempo spin without going too hard. Stay relaxed and focus on good pedal mechanics. Productivity is still high when you hit both intensity and duration levels.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of [Energy Fuel](#).

### WARM-UP – 5 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

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

**Misc:** Stretch and hydrate

### MAIN PERFORMANCE BLOCK – 45 MIN (HR ZONE 2)

**Cadence:** 85–95

**Focus:** Optimized pedal mechanics

**Misc:** Stand and stretch every 20 min; hydrate every 20 min

### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

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

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling for optimum recovery. ▶ [Watch](#)
- ▶ **Nutrition:** 8–10 oz iced cold [Energy Fuel](#) + Premium Muscle Builder (1 scoop each) mixed with almond milk.

### EVENING

- ▶ **Flexibility:** 10 min, legs and lower body. ▶ [Video List](#)
- ▶ **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack/meal.



# WEDNESDAY

Bike Even Tempo – 45 Min · Core Work

ZONE 2

## BODY ANALYSIS

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

## ⚠️ HEART RATE CHECK

**Note:** If your heart rate is up by four or more beats over last week's average – **do not train**. Sleep and eat instead.

## MORNING (BEFORE BREAKFAST) – BIKE EVEN TEMPO (45 MINUTES)

Warm up slowly, settle into HR Zone 2 (no higher). Set watch to remind you to drink and stretch.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of [Energy Fuel](#).

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85

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

**Misc:** Stretch and hydrate

### MAIN PERFORMANCE BLOCK – 30 MIN (HR ZONE 2)

**Intensity:** Stay within upper range of HR Z2

**Focus:** Optimized pedal mechanics, belly breathing

**Misc:** Stand and stretch every 5 min

### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80

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

## IMMEDIATELY FOLLOWING BIKE – CORE WORK

COMPLETE EACH EXERCISE FOR 40 SECONDS · 20 SEC REST BETWEEN · REPEAT ENTIRE SET × 2

▶ [Standing Abdominal Twists](#)

▶ [Abdominal Pike on Fit Ball](#)

▶ [Abdominal Roll Out on Fit Ball](#)

▶ [Ab Crunch on Fit Ball](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling for optimum recovery. ▶ [Watch](#)
- ▶ **Nutrition:** 8–10 oz iced cold [Energy Fuel](#) + Premium Muscle Builder (1 scoop each) mixed with almond milk.

### EVENING

- ▶ **Flexibility:** 10 min, legs and lower body. ▶ [Video List](#)
- ▶ **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack/meal.



# THURSDAY

Combo Weight Workout (20% Less) · Bike Even Tempo – 50 Min

WEIGHTS + BIKE

## BODY ANALYSIS

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

## ⚠️ HEART RATE CHECK

**Note:** If your heart rate is up by four or more beats over last week's average – **do not train**. Sleep and eat instead.

## MORNING – COMBO WEIGHT WORKOUT (20% LESS)

Same exercises as the last 5 weeks. Reduce weight/load by 20% – each set should feel **extremely easy**. Stretch between cycles to maintain range of motion.

## Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (20% Less)

**Pre-Hydration:** 8–10 oz [Energy Fuel](#) 10–15 min prior      **Speed of Lift:** Fast off bottom of each range of motion

**Repetitions:** 6–8 Reps Max      **Sets:** 2      **Rest Interval:** 30 sec between exercises; 1 min between cycles

**Weight:** Extremely light – no struggling

## IMMEDIATELY AFTER STRENGTH WORKOUT – BIKE EVEN TEMPO (50 MINUTES)

Immediately get into even tempo spin without going too hard. Stay relaxed and focus on good pedal mechanics. Productivity is still high when you hit both intensity and duration levels.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of [Energy Fuel](#).

### WARM-UP – 5 MIN (HR ZONE 1)

**Cadence:** 80–85 (no higher/lower)

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

**Misc:** Stretch and hydrate

### MAIN PERFORMANCE BLOCK – 45 MIN (HR ZONE 2)

**Cadence:** 85–95

**Focus:** Optimized pedal mechanics

**Misc:** Stand and stretch every 20 min; hydrate every 20 min

### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80 (no higher/lower)

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

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling for optimum recovery. ▶ [Watch](#)
- ▶ **Nutrition:** 8–10 oz iced cold [Energy Fuel](#) + Premium Muscle Builder (1 scoop each) mixed with almond milk.

### EVENING

- ▶ **Flexibility:** 10 min, legs and lower body. ▶ [Video List](#)
- ▶ **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack/meal.



# FRIDAY

Bike Even Tempo – 45 Min · Core Work

ZONE 2

## BODY ANALYSIS

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

## ⚠️ HEART RATE CHECK

**Note:** If your heart rate is up by four or more beats over last week's average – **do not train**. Sleep and eat instead.

## MORNING (BEFORE BREAKFAST) – BIKE EVEN TEMPO (45 MINUTES)

Warm up slowly, settle into HR Zone 2 (no higher). Set watch to remind you to drink and stretch.

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of [Energy Fuel](#).

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85

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

**Misc:** Stretch and hydrate

### MAIN PERFORMANCE BLOCK – 30 MIN (HR ZONE 2)

**Intensity:** Stay within upper range of HR Z2

**Focus:** Optimized pedal mechanics, belly breathing

**Misc:** Stand and stretch every 5 min

### COOL DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80

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

## IMMEDIATELY FOLLOWING BIKE – CORE WORK

COMPLETE EACH EXERCISE FOR 40 SECONDS · 20 SEC REST BETWEEN · REPEAT ENTIRE SET × 2

▶ [Standing Abdominal Twists](#)

▶ [Abdominal Pike on Fit Ball](#)

▶ [Abdominal Roll Out on Fit Ball](#)

▶ [Ab Crunch on Fit Ball](#)

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling for optimum recovery. ▶ [Watch](#)
- ▶ **Nutrition:** 8–10 oz iced cold [Energy Fuel](#) + Premium Muscle Builder (1 scoop each) mixed with almond milk.

### EVENING

- ▶ **Flexibility:** 10 min, legs and lower body. ▶ [Video List](#)
- ▶ **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack/meal.



# SATURDAY & SUNDAY

Bike Even Tempo – 60 Min · 2-Hour Recovery Nap

ZONE 2 + NAP

## BODY ANALYSIS

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

## ⚠️ HEART RATE CHECK

**Note:** If your heart rate is up by four or more beats over last week's average – **do not train**. Sleep and eat instead.

## MORNING – BIKE EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

Don't eat prior to this ride. Keep HR easy (HR Z2 or less). Play around with gearing while staying within HR Z2 – you may find you can adjust gearing, increase speed and not increase HR: "this is free money on race day!"

▲ **PRE-HYDRATION:** 10–15 min prior, consume 8–10 oz of [Energy Fuel](#).

### WARM-UP – 10 MIN (HR ZONE 1)

**Cadence:** 80–85

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

**Misc:** Stretch and hydrate

### MAIN PERFORMANCE BLOCK – 45 MIN (HR ZONE 2)

**Cadence:** 75–85

**Gearing:** Tallest gearing maintaining chain tension and cadence zone

**Misc:** Stand and stretch every 10 min

### WARM DOWN – 5 MIN (HR ZONE 1)

**Cadence:** 70–80

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

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

## POST-WORKOUT PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling for optimum recovery. ▶ [Watch](#)
- ▶ **Nutrition:** 8–10 oz iced cold [Energy Fuel](#) + Premium Muscle Builder (1 scoop each) mixed with almond milk.

## 2-HOUR RECOVERY NAP – AFTER MID-DAY MEAL

### ☾ 2-Hour Recovery Nap – After Lunch

Snacks are key to the quality of your nap. A multi-grain bagel with almond butter and avocado provides quality fat and protein to satisfy appetite and feed muscles for additional muscle growth.

## EVENING PROTOCOLS

### EVENING

- ▶ **Flexibility:** 10 min, legs and lower body. ▶ [Video List](#)
- ▶ **Nutrition:** 8–10 oz cold/filtered water; consume a raw snack/meal.



# COMBO WEIGHT WORKOUT

P1 Timed Challenges (20% Less) – Tue AM & Thu AM

**STRENGTH**

**Warm Up:** Concept 2™ Rower or Spin on Bike – 10 minutes Easy

EXERCISE	DATE	DATE	DATE
<b>CYCLE ONE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Pike – Push Up – Pike (30 Seconds)</b>			
<a href="#">Instructional Video: Pike-Push Up-Pike</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Isolated Leg &amp; Frankenstein's on Bench</b>			
<a href="#">Instructional Video: Isolated Leg on Bench</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>CYCLE TWO</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Air Squats</b>			
<a href="#">Instructional Video: Air Squats</a>			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Hamstring Press-Extension on Fit Ball</b>			
<a href="#">Instructional Video: Hamstring Press with Extension</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>CYCLE THREE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Overhead Extension-Triceps Press (Not Fast – Good Form)</b>			
<a href="#">Instructional Videos: Overhead Extension-Triceps Press</a>			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			

EXERCISE	DATE	DATE	DATE
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Step Up &amp; Calf Raises (no weight)</b>			
<a href="#">Instructional Video: Step up &amp; Calf Raise</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			

<b>CYCLE FOUR</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)</b>			
<a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a>			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Individual Chest Press on Fit Ball</b>			
<a href="#">Instructional Video: Individual Chest Press on Fit Ball</a>			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>CYCLE FIVE</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Incline Press on Fit Ball</b>			
<a href="#">Instructional Video: Incline Press on Fit Ball</a>			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
<b>Rear Deltoid</b>			
<a href="#">Instructional Videos: Rear Deltoid</a>			
Weight (Light – easy muscle to tear)			
Set 1 (Goal 6-8 reps with perfect form – no momentum)			
Weight (Slightly heavier than Set 1)			
Set 2 (Goal 6-8 reps with perfect form – no momentum)			
<b>CYCLE SIX</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Chest Fly with Deep Pause on Fit Ball</b>			
<a href="#">Instructional Video: Chest Fly with Deep Pause on Fit Ball</a>			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			

<b>Side Skaters</b>			
<a href="#">Instructional Videos: Side Skaters (Inner Thigh)</a>			
Set 1 (good form – land lightly)			
Set 2 (good form – land lightly – strive to surpass Set #1)			
<b>CYCLE SEVEN</b>		<b>Date</b>	<b>Date</b>
<b>Abs: Knees to Chest</b>			
<a href="#">Instructional Video: Hanging Knees to Chest</a>			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
<b>Abs: Open Rotation</b>			
<a href="#">Instructional Videos: Abs-Open Rotation</a>			
Set 1 (as many as you can complete in 30 seconds – PER SIDE)			
Set 2 (as many as you can complete in 30 seconds – PER SIDE)			
<b>Abs: Hip Risers</b>			
<a href="#">Instructional Videos: Hip Risers</a>			
Set 1 (as many as you can complete in 30 seconds – PER SIDE)			
Set 2 (as many as you can complete in 30 seconds – PER SIDE)			
<b>10 Minutes – Bike Intervals</b>		<b>Date</b>	<b>Date</b>
Warm up for 2 Minutes – Low Intensity (Light Load Levels)			
<b>Note: increase the load levels to MODERATE</b>			
1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower) – Measure how far you travel in 1 Minute			
1 Minute Rest Interval (cool down)			
<b>Pre-Riding Weight: ____ Post-Riding Weight: ____ Total Fluids Consumed: ____ Loss/Gain:</b>			
____			