

TRAINING PROTOCOL

PHASE 1








WEEK 1 OF 6

EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Fitness	PHASE 1	WEEK 1 of 6	FOCUS Testing
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This is a **testing week** – the goal is to establish your baseline numbers across all disciplines. Monday captures your strength baseline with the Plyometric Assessment. Tuesday tests your rowing lactate threshold with 500m time trials. Wednesday and Thursday build your aerobic base with Zone 2 bike sessions. Friday is a complete rest day. Saturday is your 10-mile bike time trial. Sunday is a Zone 2 bike session followed by a 2-hour recovery nap. 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
						
Plyometric Assessment 3 Sets · 30 sec	Row AM 500m Time Trials 5 × 500m	Bike AM Even Tempo 60 Min · Zone 2	Bike AM Even Tempo 60 Min · Zone 2	Rest Day Full Recovery	Bike AM 10 Mile Time Trial	Bike AM Even Tempo 60 Min + 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.



MONDAY

Plyometric Assessment – Establish Strength Baseline

TESTING AM

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.
- ▶ **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.
- ▶ **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.

BIKE: EVEN TEMPO

WARM UP – 10 MIN (ZONE 1)

Duration: 10 minutes

Gearing: Small chain ring front, middle rear

Cadence: 80–85 RPM

Misc: Stretch and hydrate before moving into main set

MAIN SET – 40 MIN (ZONE 2)

Duration: 40 minutes

Cadence: 75–85 RPM

Gearing: Tallest gear you can maintain with tight chain tension

Notes: Every 10 min stand and stretch hamstrings, quads, calves & lower back

WARM DOWN – 10 MIN (ZONE 1)

Duration: 10 minutes (no shorter)

Gearing: Small chain ring front, middle rear

Cadence: 70–80 RPM

Misc: Stretch lower back, calves & 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.
- ▶ **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.

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.

BIKE: EVEN TEMPO

WARM UP – 10 MIN (ZONE 1)

Duration: 10 minutes

Gearing: Small chain ring front, middle rear

Cadence: 80–85 RPM

Misc: Stretch and hydrate before moving into main set

MAIN SET – 40 MIN (ZONE 2)

Duration: 40 minutes

Cadence: 75–85 RPM

Gearing: Tallest gear you can maintain with tight chain tension

Notes: Every 10 min stand and stretch hamstrings, quads, calves & lower back

WARM DOWN – 10 MIN (ZONE 1)

Duration: 10 minutes (no shorter)

Gearing: Small chain ring front, middle rear

Cadence: 70–80 RPM

Misc: Stretch lower back, calves & 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.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



FRIDAY

Complete Rest Day – Active Recovery & Nutrition Focus

REST DAY

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 your fruits and vegetables as the key to fresh antioxidants to offset the negative side effects of aerobic exercise. Free radicals are released during respiration – the longer and harder you train, the greater the amount of free radicals produced. Free radicals harm the health of the cells, resulting in disease, premature aging, and declines in athletic performance. So the next time you sit down to a plate of brightly colored fruits and vegetables, keep in mind that you are offsetting the negative side effects of free radicals and improving your health and ultimately your 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.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



SATURDAY

Bicycle 10-Mile Time Trial – Pacing Assessment

BIKE TEST AM

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.

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.

PRE-TESTING

PRE-TESTING BODY WEIGHT

WARM UP

Warm Up (Very Easy) – 10 Minutes

Even spin for 10 minutes. Stretch your lower back, quads, and hamstrings as necessary to eliminate any tightness in all muscle groups.

TRANSITION SET

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 this sequence as needed to fill the 10-minute transition window.

TEST BLOCK – 10 MILE FIELD TEST

10-Mile Field Test – Maximum Effort

During a 5-mile block (out and back ideally), keep your cadence in the 80–85 range and your effort level under control at the start. Once you begin your time trial, be aggressive – work on maintaining perfect form to get maximum power from your legs (use all muscle groups, not just your quads).

DATA TO RECORD

ELAPSED TIME

AVG. HR

ENDING HR

MAX HR

TOTAL FLUIDS

POST-TEST BODY WT.

COOL DOWN

Cool Down – Minimum 10 Minutes

When finished, re-hydrate and ride for a minimum of 10 minutes – easy spin/active recovery. Following the assessment, stretch from head to toe for a minimum of 15 minutes to relax any tight muscles. Consume 8–10 oz of liquid sports drink/recovery calories and a complete meal within 20 minutes of this ride to replenish glycogen reserves in the muscles and liver.

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.
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- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



SUNDAY

Morning Workout – Bike: Even Tempo (60 Minutes) + 2-Hour Recovery Nap

BIKE AM + NAP

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.

BIKE: EVEN TEMPO

WARM UP – 10 MIN (ZONE 1)

Duration: 10 minutes

Gearing: Small chain ring front, middle rear

Cadence: 80–85 RPM

Misc: Stretch and hydrate before moving into main set

MAIN SET – 40 MIN (ZONE 2)

Duration: 40 minutes

Cadence: 75–85 RPM

Gearing: Tallest gear you can maintain with tight chain tension

Notes: Every 10 min stand and stretch hamstrings, quads, calves & lower back

WARM DOWN – 10 MIN (ZONE 1)

Duration: 10 minutes (no shorter)

Gearing: Small chain ring front, middle rear

Cadence: 70–80 RPM

Misc: Stretch lower back, calves & quads prior to dismounting

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.

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.

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.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



PLYOMETRIC ASSESSMENT

TESTING

Workout Focus: Establish Strength Baseline – Total Duration: 30–40 Minutes – Monday AM

Structure: 3 sets per exercise · 30 seconds maximum effort per set · 30 seconds rest between sets · 1 minute rest between exercises

EXERCISE	SET 1 REPS	SET 2 REPS	SET 3 REPS	NOTES
GROUP 1 – LOWER BODY & CORE				
Air Squats (30 Seconds)				
Instructional Video: Air Squats				
Set 1 (as many as you can in 30 seconds)				
Set 2 (match or beat Set 1)				
Set 3 (match or beat Set 2)				
Pike - Push Up - Pike (30 Seconds)				
Instructional Video: Pike-Push Up-Pike				
Set 1 (as many as you can in 30 seconds)				
Set 2 (match or beat Set 1)				
Set 3 (match or beat Set 2)				
Side Skaters – Inner Thigh (30 Seconds)				
Instructional Video: Side Skaters				
Set 1 (as many as you can in 30 seconds)				
Set 2 (match or beat Set 1)				
Set 3 (match or beat Set 2)				
GROUP 2 – UPPER BODY & CORE				
Hanging Knees to Chest (30 Seconds)				
Instructional Video: Hanging Knees to Chest				
Set 1 (as many as you can in 30 seconds)				
Set 2 (match or beat Set 1)				
Set 3 (match or beat Set 2)				
Abs – Open Rotation (30 Seconds)				
Instructional Video: Open Abdominals / Rotation				
Set 1 (as many as you can in 30 seconds)				
Set 2 (match or beat Set 1)				
Set 3 (match or beat Set 2)				

EXERCISE	SET 1 REPS	SET 2 REPS	SET 3 REPS	NOTES
Ab & Hip Risers (30 Seconds)				
Instructional Video: Ab & Hip Risers				
Set 1 (as many as you can in 30 seconds)				
Set 2 (match or beat Set 1)				
Set 3 (match or beat Set 2)				

GROUP 3 – FULL BODY

¾ Sit Up (30 Seconds)				
Instructional Video: ¾ Sit Up				
Set 1 (as many as you can in 30 seconds)				
Set 2 (match or beat Set 1)				
Set 3 (match or beat Set 2)				

Ab Criss Cross (30 Seconds)				
Instructional Video: Ab Criss Cross				
Set 1 (as many as you can in 30 seconds)				
Set 2 (match or beat Set 1)				
Set 3 (match or beat Set 2)				

Pre-Assessment Weight: _____ **Post-Assessment Weight:** _____ **Total Fluids Consumed:** _____



ROW 500M TIME TRIALS

TESTING

Workout Focus: Lactate Threshold & Max HR Assessment – Total Duration: 45–50 Minutes – Tuesday AM

Warm Up: 10 minutes easy rowing at Load Level 3 or less, then stretch from head to toe before starting intervals.

INTERVAL	PROTOCOL	ELAPSED TIME	MAX HR	INTENSITY
Warm Up	10 min easy rowing – Load Level 3 or less. Stretch head to toe.			Zone 1-2
Interval #1	500m – Near-maximum effort (Load Level 5). Rest 1 minute after.			Zone 3+
Interval #2	500m – Near-maximum effort (Load Level 5). Rest 1 minute after.			Zone 3+
Interval #3	500m – Near-maximum effort (Load Level 5). Rest 1 minute after.			Zone 3+
Interval #4	500m – Near-maximum effort (Load Level 5). Rest 1 minute after.			Zone 3+
Interval #5	500m – Near-maximum effort (Load Level 5). Final interval.			Zone 3+
Warm Down	10 min easy rowing – allow HR to come down slowly. Stretch from head to toe.			Zone 1

Pre-Rowing Weight: _____ Post-Rowing Weight: _____ Total Fluids Consumed: _____ Loss/
Gain: _____