

TRAINING PROTOCOL

PHASE 3

WEEK 1 OF 6

RE-ASSESS STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM
Fitness








PHASE
3

WEEK
1 of 6

FOCUS
Re-Assessment

Welcome to Phase 3 of your Fitness Training Program. This first week is dedicated to **re-evaluating your strength, aerobic endurance, and lactate tolerance** so you can measure your progress from Phase 2 and set your training targets for the weeks ahead. You will complete a Plyometric Assessment on Monday, Row 500-meter Time Trials on Tuesday, aerobic conditioning on Wednesday and Thursday, a complete rest day on Friday, and more aerobic conditioning on Saturday and Sunday. Approach each test with the same preparation you would bring to race day – proper nutrition, warm-up, and mental focus.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Testing AM Plyometric Assessment	Row AM 500m TT ×10	Row or Bike HR Intensity Blocks	Row or Bike HR Intensity Blocks	Rest Day Full Recovery	Bike or Row + Nap	Row or Bike + Nap

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Builds your aerobic engine. Burns fat as primary fuel source. You should be able to hold a conversation. These sessions enhance recovery and lay the foundation for higher-intensity efforts.

● HR Zone 3+ – Red Workouts

Near-maximum effort. Used during speed, strength, and lactate tolerance assessments. Proper nutrition and warm-up are critical before these sessions to ensure accurate test results.



MONDAY

Plyometric Assessment – Slight Adjustments to Exercises

TESTING AM

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

▶ Complete Racing Solutions Plyometric Assessment

Note: The exercises in this assessment have been slightly adjusted from Phase 2 to add difficulty. Maintain the same work-to-rest ratios as before and focus on executing each movement with precision.

Please use the [Plyometric Assessment Spreadsheet](#) at the end of this document for your complete testing protocols and record sheets.

▲ **PRE-HYDRATION & NUTRITION:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to workout. Cold fluids absorb faster and help pre-cool your core.

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 sugar.

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes.
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy on calves, quads, and glutes.
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed.



TUESDAY

Row 500-Meter Time Trials – Number of Intervals Increases to 10

TESTING AM

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Please refer to the [Row 500-Meter Time Trial spreadsheet](#) at the bottom of this document for your complete testing protocols.

▲ **PRE-HYDRATION & NUTRITION:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to workout.

► Complete Racing Solutions Row: 500-Meter Time Trials

Workout Notes: Complete **10 × 500 meters** with 1:00 rest between each interval (Load Level 5). Begin with a 10-minute warm-up at Load Level 3 or less.

- Document your elapsed time and ending max HR at the end of each 500-meter interval.
- If you feel tightening in your lower back or hamstrings, stop immediately and stretch; resume at an easy effort for 10 minutes.

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 sugar.

EVENING

- **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes.
- **Recovery:** [Foam roller](#) & trigger point therapy.
- **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed.



WEDNESDAY

Row or Bike HR Intensity Blocks (Morning)

AEROBIC AM

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Morning Workout: Complete **one (1)** of the following options. Pay close attention to the indicated intensity levels.

▲ **PRE-HYDRATION & NUTRITION:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to workout.

► **Option A: Complete Racing Solutions Row: HR Intensity Blocks (30 Minutes)**

Workout Notes: Pay close attention to intensity levels. Focus on diaphragmatic breathing through your stomach and then your chest. Lead with your legs for maximum power output.

WARM-UP – 10 MIN

Load Level: 3 | **Pull Rate:** <25

Focus: Straight back, legs finish, arms to chest

Stretch passively from head to toe

MAIN SET – 15 MIN

Load Level: 5 | **Pull Rate:** 25–35

5 min moderate (can sing/talk without problem)

5 min effort (breathing harder but still able to talk)

5 min moderate

HR Zone: Settle in as quickly as possible

COOL-DOWN – 5 MIN

Load Level: 2 | **Pull Rate:** <25

Focus: Straight back

Stretch passively from head to toe

-- OR --

► **Option B: Complete Racing Solutions Bike: HR Intensity Blocks (45 Minutes)**

Workout Notes: Keep HR on the easy side (Zone 2 or less) to burn fat and enhance your aerobic engine. Adjust gearing to keep leg turnover in the 80–90 RPM range.

WARM-UP – 10 MIN

HR Zone: 1 | **Cadence:** 80–85

Gearing: Small chain ring, middle rear

Stretch & hydrate

MAIN SET – 30 MIN

HR Zone: 2 | **Cadence:** 75–85

Gearing: Tallest gearing you can maintain

Every 10 min stand up & stretch

WARM-DOWN – 5 MIN

HR Zone: 1 | **Cadence:** 70–80

Gearing: Small chain ring, middle rear

Stretch lower back, calves, quads

Follow the same post-workout and evening protocols as Monday and Tuesday.



THURSDAY

Row HR Intensity Blocks OR Bike Even Tempo – Aerobic Enhancement

AEROBIC AM

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Morning Workout: Complete **one (1)** of the following options – ideally the option you did *not* complete on Wednesday.

▲ **PRE-HYDRATION & NUTRITION:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to workout.

► **Option A: Complete Racing Solutions Row: HR Intensity Blocks (30 Minutes)**

Same structure as Wednesday Option A. Focus on maintaining consistent pull rate and HR zone targets.

WARM-UP – 10 MIN

Load Level: 3 | Pull Rate: <25
Straight back, legs finish, arms to chest

MAIN SET – 15 MIN

Load Level: 5 | Pull Rate: 25–35
5 min moderate / 5 min effort / 5 min moderate

COOL-DOWN – 5 MIN

Load Level: 2 | Pull Rate: <25
Stretch passively from head to toe

-- OR --

► **Option B: Complete Racing Solutions Bike: Even Tempo – Aerobic Enhancement (45 Minutes)**

Workout Notes: Keep HR Zone 2 or less to burn fat and enhance your aerobic engine. Adjust gearing to maintain 80–90 RPM leg turnover.

WARM-UP – 10 MIN

HR Zone: 1 | Cadence: 80–85
Gearing: Small chain ring, middle rear

MAIN SET – 30 MIN

HR Zone: 2 | Cadence: 75–85
Every 10 min stand up & stretch

WARM-DOWN – 5 MIN

HR Zone: 1 | Cadence: 70–80
Stretch lower back, calves, quads

POST-WORKOUT

- **Flexibility:** Complete an [entire stretch routine](#).
- **Nutrition:** Immediately consume [Recovery Fuel](#).

EVENING

- **Nutrition:** 8 oz [Energy Fuel](#).
- **Recovery:** [Foam roller](#) & trigger point therapy.
- **Breathing:** [Diaphragmatic breathing](#).



FRIDAY

Complete Rest Day

RECOVERY

Complete Rest Day. Avoid simple sugars and white starchy foods today. Replace them with complex carbohydrates from fruits and vegetables. Free radicals are released during respiration – offset their effects by consuming brightly colored fruits and vegetables, which are rich in antioxidants.

EVENING

- ▶ Please reference Monday's evening protocol notes and video links.
- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes.
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy.
- ▶ **Breathing:** [Diaphragmatic breathing](#) – breathe through a straw with nose closed.



SATURDAY

Row or Bike HR Intensity Blocks (Morning) + 2-Hour Nap

AEROBIC AM + NAP

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Morning Workout: Complete **one (1)** of the following options. Pay close attention to the indicated intensity levels.

▲ **PRE-HYDRATION & NUTRITION:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to workout.

► **Option A: Complete Racing Solutions Row: HR Intensity Blocks (30 Minutes)**

Workout Notes: Pay close attention to intensity levels. Focus on diaphragmatic breathing through your stomach and then your chest. Lead with your legs for maximum power output.

WARM-UP – 10 MIN

Load Level: 3 | **Pull Rate:** <25

Focus: Straight back, legs finish, arms to chest

Stretch passively from head to toe

MAIN SET – 15 MIN

Load Level: 5 | **Pull Rate:** 25–35

5 min moderate (can sing/talk without problem)

5 min effort (breathing harder but still able to talk)

5 min moderate

HR Zone: Settle in as quickly as possible

COOL-DOWN – 5 MIN

Load Level: 2 | **Pull Rate:** <25

Focus: Straight back

Stretch passively from head to toe

-- OR --

► **Option B: Complete Racing Solutions Bike: HR Intensity Blocks (45 Minutes)**

Workout Notes: Keep HR on the easy side (Zone 2 or less) to burn fat and enhance your aerobic engine. Adjust gearing to keep leg turnover in the 80–90 RPM range.

WARM-UP – 10 MIN

HR Zone: 1 | **Cadence:** 80–85

Gearing: Small chain ring, middle rear

Stretch & hydrate

MAIN SET – 30 MIN

HR Zone: 2 | **Cadence:** 75–85

Gearing: Tallest gearing you can maintain

Every 10 min stand up & stretch

WARM-DOWN – 5 MIN

HR Zone: 1 | **Cadence:** 70–80

Gearing: Small chain ring, middle rear

Stretch lower back, calves, quads

☾ **2-Hour Power Nap**

Misc. Notes: Growth hormones are the biggest by-product of napping. Eat a clean, dense meal prior to your nap to enhance quality. Sleep in a dark room. When you wake up, drink 8 oz of cold water to facilitate re-hydration.



SUNDAY

Row HR Intensity Blocks OR Bike Even Tempo – Aerobic Enhancement + 2-Hour Nap

AEROBIC AM + NAP

Body Analysis: Please use your Coach Robb Report Card to log this information for evaluation purposes.

Morning Workout: Complete **one (1)** of the following options – ideally the option you did *not* complete on Wednesday.

▲ **PRE-HYDRATION & NUTRITION:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to workout.

► **Option A: Complete Racing Solutions Row: HR Intensity Blocks (30 Minutes)**

Same structure as Wednesday Option A. Focus on maintaining consistent pull rate and HR zone targets.

WARM-UP – 10 MIN

Load Level: 3 | Pull Rate: <25
Straight back, legs finish, arms to chest

MAIN SET – 15 MIN

Load Level: 5 | Pull Rate: 25–35
5 min moderate / 5 min effort / 5 min moderate

COOL-DOWN – 5 MIN

Load Level: 2 | Pull Rate: <25
Stretch passively from head to toe

-- OR --

► **Option B: Complete Racing Solutions Bike: Even Tempo – Aerobic Enhancement (45 Minutes)**

Workout Notes: Keep HR Zone 2 or less to burn fat and enhance your aerobic engine. Adjust gearing to maintain 80–90 RPM leg turnover.

WARM-UP – 10 MIN

HR Zone: 1 | Cadence: 80–85
Gearing: Small chain ring, middle rear

MAIN SET – 30 MIN

HR Zone: 2 | Cadence: 75–85
Every 10 min stand up & stretch

WARM-DOWN – 5 MIN

HR Zone: 1 | Cadence: 70–80
Stretch lower back, calves, quads

☾ **2-Hour Power Nap**

Misc. Notes: Growth hormones are the biggest by-product of napping. Eat a clean, dense meal prior to your nap to enhance quality. Sleep in a dark room. When you wake up, drink 8 oz of cold water to facilitate re-hydration.