

TRAINING PROTOCOL

PHASE 4








WEEK 5 OF 8

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Fitness	PHASE 4	WEEK 5 of 8	FOCUS Re-Assessment
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This is your **Re-Evaluate week** – you will re-test your Plyometric Baseline, Row Assessment, and Bike 10-Mile Time Trial to measure your progress since Phase 4 Week 1. Use the same conditions as your original tests for accurate comparison. Every result becomes the data that drives your personalized training zones for the remaining weeks of Phase 4.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Plyometric Assessment 3 Sets · 60 sec	Row AM 1000m Time Trials 4 × 1000m	Bike or Row Bike 60 min Row 30 min	Bike AM 10-Mile Time Trial	Rest Day Full Recovery	Bike or Row + Nap Bike 60 min Row 30 min + 2-Hr Nap	Bike or Row + Nap Bike 60 min Row 30 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

Near-maximum effort. Used only during testing intervals to capture true lactate threshold and max heart rate. Breathing is labored; conversation is not possible.



MONDAY

Plyometric Assessment – Phase 4 Baseline Re-Test

TESTING AM

Log your body analysis data in your Coach Robb Body Analysis Spreadsheet before beginning. This is a pure re-assessment – the goal is to record how many reps you can complete in **60 seconds** per exercise. Use the **Plyometric Baseline Assessment (P4) Spreadsheet** to record all data. Three sets per exercise, 30 sec rest between sets, 1 min rest before the next exercise.

ASSESSMENT PROTOCOL

Plyometric Assessment – Structure

- **Duration per exercise:** 60 seconds maximum effort
- **Sets per exercise:** 3 sets
- **Rest between sets:** 30 seconds
- **Rest between exercises:** 1 minute
- **Record:** Total reps per set for each exercise in the Plyometric Baseline Assessment (P4) Spreadsheet
- **Goal:** Compare results to Week 1 to measure strength progress over Phase 4

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior to assessment to top off calories and electrolytes.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar & repair tissue.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching after shower.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed –feeds brain overnight, improves sleep quality, makes you leaner (releases hGH).



TUESDAY

CRS Row Assessment – 1000 Meter Time Trials

TESTING AM

Log your body analysis data in your Coach Robb Body Analysis Spreadsheet before beginning. Complete **4 × 1000 Meter Intervals** as fast as you can. Strive not to lose your mental focus – lead with your legs first and then complete the pull with a good solid pull back. At any time during this workout, if you feel something tightening up, stop and stretch/foam roll. [Refer to the **Row Assessment spreadsheet** at the back of this document]

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume **8–10 oz of Energy Fuel** 10–15 min prior to top off calories and electrolytes.

1000 METER ROW ASSESSMENT STRUCTURE

WARM-UP – 2000M (HR ZONE 1)

Load Level: 2

Focus: Good form; mentally prepare for demands ahead

Misc: Stop and stretch if you feel any tight muscles

Intensity: < 40%

MAIN SET – 4 × 1000M (AS FAST AS POSSIBLE)

Load Level: 5

Display: Distance

Protocol: 1000m for time; pull easy for half of elapsed time between intervals

Record: Elapsed time, Avg HR, Max HR for each interval

WARM DOWN – 1000M (HR ZONE 1)

Pull Rate: < 25 for entire duration

Intensity: < 40%

Misc: Very easy pulling throughout

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



WEDNESDAY

Active Recovery – Bike 60 Min or Row 30 Min (Prior to Breakfast)

ACTIVE RECOVERY

Complete one (1) active recovery bike workout prior to breakfast. To maximize the productivity of these workouts, have your heart rate monitor where you can easily see it. By staying below 70% throughout, you will notice that your body will become relaxed and progressively get faster at the same effort.

CHOOSE ONE OF THE FOLLOWING ACTIVE RECOVERY WORKOUT PRIOR TO BREAKFAST: BIKE OR ROW

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

BIKE – 60 MIN (HR ZONE 1-2)

Intensity: Less than 70% – active recovery

Every 10 min: Stand up and pedal in a tall gear easily for 1 min

Hydration: Drink every 15 min throughout ride

ROW EVEN TEMPO (30 MIN)

Warm-Up: 5 min (HR Zone 1)

Main Set: 20 min (HR Zone 2) – damper 3, comfortable rate

Warm Down: 5 min (HR Zone 1) – slow pull rate

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



THURSDAY

CRS Bike Assessment – 10-Mile Time Trial

TESTING AM

Log your body analysis data in your Coach Robb Body Analysis Spreadsheet before beginning. Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout. [Update the **Performance Report Card – Phase 4 – Time Trials** with the results of this information]

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

10-MILE BIKE ASSESSMENT STRUCTURE

10-Mile Field Test Protocol

Pre-Testing Body Weight: _____

Warm Up: 10 minutes even spin; stretch low back, quads and hamstrings to eliminate any tightness.

Transition Set: 10 minutes as follows:

- 2 minutes – 100+ cadence (move around on the seat, toggle between aero and non-aero)
- 3 minutes – <80 cadence; active recovery with relevant stretching

Test Block – 10 Mile Field Test (Ideally 5 Miles Out and Back): Keep cadence in the 80–85 range. Once you begin, be aggressive – work on maintaining perfect form to get max power out of your legs (use all muscle groups, not just quads).

ELAPSED TIME

AVG. HR

ENDING HR

MAX HR

TOTAL FLUIDS

POST-TEST WEIGHT

Cool Down: Re-hydrate and ride for a minimum of 10 minutes easy spin/active recovery. Stretch head to toe for a minimum of 15 minutes. Consume 8–10 oz liquid sports drink/recovery calories & a complete meal within 20 minutes to replenish glycogen reserves.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



FRIDAY

Complete Rest Day – Body Analysis & Recovery

RECOVERY

Today is a complete rest day. 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) and replace them with complex carbohydrates in the form of fruits and vegetables. Think about your fruits and vegetables as fresh antioxidants to offset the negative side effects of aerobic exercise – free radicals are released during respiration, and the longer and harder you train, the greater the number of free radicals produced. Consume brightly colored fruits and vegetables.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes and hydration.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep – breathe through a straw with nose closed. ▶ [Watch](#)



SATURDAY

Bike 60 Min or Row 30 Min (Prior to Breakfast) – Afternoon: 2-Hour Power Nap

ACTIVE RECOVERY

Complete one (1) active recovery bike workout prior to breakfast. To maximize the productivity of these workouts, have your heart rate monitor where you can easily see it. By staying below 70% throughout, you will notice that your body will become relaxed and progressively get faster at the same effort.

CHOOSE ONE OF THE FOLLOWING ACTIVE RECOVERY WORKOUTS PRIOR TO BREAKFAST: BIKE OR ROW

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

BIKE – 60 MIN (HR ZONE 1-2)

Intensity: Less than 70% – active recovery

Every 10 min: Stand up and pedal in a tall gear easily for 1 min

Hydration: Drink every 15 min throughout ride

ROW EVEN TEMPO (30 MIN)

Warm-Up: 5 min (HR Zone 1)

Main Set: 20 min (HR Zone 2) – damper 3, comfortable rate

Warm Down: 5 min (HR Zone 1) – slow pull rate

POWER NAP – 2 HOURS

△ 2-Hour Power Nap / Recovery Protocols

Just like your notes for your evening sleep, strive to consume a nutrient dense smoothie prior to lying down – the high-quality nutrients will enhance your immunity, muscles, and various vascular systems. The beauty of high quality fruits and vegetables is that they are nutrient rich, calorically low, fill your belly up, and provide stable blood sugar levels for up to three hours after you consume them.

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



SUNDAY

ACTIVE RECOVERY

Bike 60 Min or Row 30 Min (Prior to Dinner) – Afternoon: 2-Hour Power Nap

Complete one (1) active recovery workout prior to dinner. With the residual fatigue from this week's testing, it will be helpful to take a cold bath for 10–15 minutes when you wake up from your nap; eat a good-sized meal and then stretch passively – hold the range of motion for any tight muscles for 3–5 seconds.

CHOOSE ONE OF THE FOLLOWING ACTIVE RECOVERY WORKOUTS PRIOR TO DINNER: BIKE OR ROW

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior.

BIKE – 60 MIN (HR ZONE 1-2)

Intensity: Less than 70% – active recovery

Every 10 min: Stand up and pedal in a tall gear easily for 1 min

Hydration: Drink every 15 min throughout ride

ROW EVEN TEMPO (30 MIN)

Warm-Up: 5 min (HR Zone 1)

Main Set: 20 min (HR Zone 2) – damper 3, comfortable rate

Warm Down: 5 min (HR Zone 1) – slow pull rate

POWER NAP – 2 HOURS

△ **2-Hour Power Nap / Recovery Protocols**

With the residual fatigue from this week's testing, it will be helpful if you take a cold bath for 10–15 minutes when you wake up; eat a good-sized meal and then take some ibuprofen. Schedule pending, take a hot shower and then stretch passively feeling for any hot spots – hold the range of motion for these muscles for 3–5 seconds.

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



CRS ROW ASSESSMENT

1000 Meter Time Trials – Workout Focus: Fastest Times Possible for 4 Intervals

SPREADSHEET

SET	DESCRIPTION	INTENSITY
Warm Up 2000 Meters	Focus: Gradual Warm Up Load Level: Two Focus on good form and mentally prepare for the demands that you are going to face! Stop and stretch if you feel any tight muscles.	< 40%
Main Set #1 1000 Meter Interval	Focus: Muscular Power Resistance Level: Five Display Setting: Distance Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate Work Interval: 1000 Meters for Time: _____ Avg. Heart Rate: _____ Max Heart Rate: _____ Pull easy for half of the elapsed time to complete the interval	As Fast As Possible
Main Set #2 1000 Meter Interval	Focus: Muscular Power Resistance Level: Five Display Setting: Distance Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate Work Interval: 1000 Meters for Time: _____ Avg. Heart Rate: _____ Max Heart Rate: _____ Pull easy for half of the elapsed time to complete the interval	As Fast As Possible
Main Set #3 1000 Meter Interval	Focus: Muscular Power Resistance Level: Five Display Setting: Distance Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate Work Interval: 1000 Meters for Time: _____ Avg. Heart Rate: _____ Max Heart Rate: _____ Pull easy for half of the elapsed time to complete the interval	As Fast As Possible
Main Set #4 1000 Meter Interval	Focus: Muscular Power Resistance Level: Five Display Setting: Distance Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate Work Interval: 1000 Meters for Time: _____ Avg. Heart Rate: _____ Max Heart Rate: _____ Pull easy for half of the elapsed time to complete the interval	As Fast As Possible
Warm Down 1000 Meters	Very easy pulling – keep the stroke rate less than 25 for entire duration <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; text-align: center;">BEGINNING WEIGHT -----</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; text-align: center;">ENDING WEIGHT -----</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; text-align: center;">LOSS / GAIN -----</div> </div> UPLOAD ALL OF THIS INFORMATION INTO YOUR REPORT CARD	< 40%