

TRAINING PROTOCOL

PHASE 3

WEEK 1 OF 6

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM

Fulltime

PHASE

3

WEEK








1 of 6

FOCUS

Testing

This is a **re-evaluation week** – the goal is to re-test all four disciplines from Phase 2 Week 1 to measure your progress. Note that the Plyometric Assessment exercises have been slightly adjusted for added difficulty. Record your numbers carefully: plyometric reps, row split times, bike time trial, and MX lap speeds. These results drive your personalized training zones for the next 5 weeks.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Plyo Test	Row AM	Row or Bike AM	Row or Bike AM	Rest Day	Bike AM	MX Speed
Assessment 3 Sets - 30 sec	500m Time Trials 10 x 500m	HR Blocks + MX Aerobic PM	HR Blocks Even Tempo	Full Recovery	10-Mile Time Trial	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**

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 – Slight Exercise Adjustments for Added Difficulty

TESTING AM

Coach's Note: This is a pure assessment – not a workout. The goal is to record how many reps you can complete in 30 seconds per exercise. Use the **Plyometric Assessment spreadsheet** to record all data. Three sets per exercise, 30 sec rest between sets, 1 min rest before the next exercise. Review each exercise carefully – slight adjustments have been made for added difficulty. Ensure you have the necessary equipment before beginning.

▲ **Pre-Workout:** Consume **8-10 oz of ice cold Energy Fuel** 10-15 min prior to assessment.

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 for each exercise in the Plyometric Assessment spreadsheet
- **Goal:** Compare to Phase 2 Week 1 baseline – track your strength progress

EXERCISES

Plyometric Exercises – Slightly Adjusted from Phase 2

Please download the Plyometric Assessment spreadsheet and review each exercise video to confirm equipment needed before beginning. ► [Plyometric & Stretch Routine Reference](#)

POST-WORKOUT

- **Flexibility:** Full stretch – hips, hamstrings, quads.
► [Flexibility Playlist](#)
- **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately

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



TUESDAY

Row 500m Time Trials – 10 Intervals (Increased from 5)

TESTING AM

Coach's Note: Complete 10 × 500m intervals at near-maximum effort. The interval count has increased from 5 to 10 – this measures your improved lactate threshold and endurance. Record elapsed time and ending max HR for each interval. Rest 1 minute between each. If anything tightens up, stop and stretch, then resume easy for 10 minutes.

▲ **Pre-Workout:** Consume **8–10 oz of Energy Fuel** 10–15 min prior to testing.

TESTING PROTOCOL

Row 500m Time Trials – Structure

- **Warm-Up:** 10 minutes easy rowing (Load Level 3 or less), then stretch head to toe
- **Load Level:** 5 for all intervals
- **Intervals:** 10 × 500m at near-maximum effort
- **Rest:** 1 minute between each interval
- **Record:** Elapsed time + ending max HR for each 500m interval
- **Goal:** Compare to Phase 2 Week 1 split times – measure your lactate threshold improvement

INTERVAL RECORD

INTERVAL 1 – TIME _____	MAX HR #1 _____	INTERVAL 2 – TIME _____	MAX HR #2 _____	INTERVAL 3 – TIME _____
MAX HR #3 _____	INTERVAL 4 – TIME _____	MAX HR #4 _____	INTERVAL 5 – TIME _____	MAX HR #5 _____
INTERVAL 6 – TIME _____	MAX HR #6 _____	INTERVAL 7 – TIME _____	MAX HR #7 _____	INTERVAL 8 – TIME _____
MAX HR #8 _____	INTERVAL 9 – TIME _____	MAX HR #9 _____	INTERVAL 10 – TIME _____	MAX HR #10 _____

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads.
 - ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Practice slow, deep breathing using your diaphragm.



WEDNESDAY

Row or Bike HR Intensity Blocks (AM) + MX Aerobic Workout #1 (PM)

AEROBIC AM/PM

Coach's Note: Complete one of the two morning options (Row or Bike). For maximum productivity, pay close attention to your intensity levels throughout this workout. The afternoon MX Aerobic session focuses on flowing – not thinking. Stay relaxed, use belly breathing, and let your lap times come down naturally as your heart rate stays low.

▲ **Pre-Workout:** Consume **8-10 oz of Energy Fuel** 10-15 min prior to each session.

MORNING OPTION A – ROW HR INTENSITY BLOCKS (30 MINUTES)

WARM-UP · HR ZONE 1

Load Level: 3 · Duration: 10 min · Pull Rate: <25
Straight back, lead with legs, arms finish at chest. Stretch head to toe.

MAIN SET #1 · HR BLOCKS

Load Level: 5 · Pull Rate: 25-35
5 min – moderate effort (can sing/talk)
5 min – breathing harder (can still talk)
5 min – moderate effort (can sing/talk)

COOL-DOWN · HR ZONE 1

Load Level: 2 · Duration: 5 min · Pull Rate: <25
Stretch head to toe. Consume Recovery Fuel.

– OR –

MORNING OPTION B – BIKE HR INTENSITY BLOCKS (45 MINUTES)

WARM-UP · HR ZONE 1

Duration: 10 min · Cadence: 80-85
Gearing: Small chain ring, middle rear. Stretch and hydrate.

MAIN PERFORMANCE BLOCK · 30 MIN

HR Zone 2 · Cadence: 75-85
Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

WARM-DOWN · HR ZONE 1

Duration: 5 min · Cadence: 70-80
Stretch lower back, calves, quads before dismounting.

AFTERNOON – MX AEROBIC WORKOUT #1-REFERENCE SPREADSHEET AT THE BACK OF DOCUMENT

Ask yourself: are you producing speed through "thinking" or "flowing"? The combination of staying relaxed while riding fast will keep the heart rate down and keep average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate – the overall goal of this workout. Please refer to the MX Aerobic Workout #1 spreadsheet at the back of this document.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads. ▶ [Playlist](#)
- ▶ **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately after each session



THURSDAY

Row or Bike AM – Complete the Option You Did Not Do Wednesday

AEROBIC AM

Coach's Note: Complete the morning option you did not do on Wednesday. Keep a close eye on your HR throughout to ensure you stay in HR Zone 2 or less for maximum productivity: burn fat and enhance your aerobic engine.

▲ **Pre-Workout:** Consume **8-10 oz of Energy Fuel** 10-15 min prior to each session.

MORNING OPTION A – ROW HR INTENSITY BLOCKS (30 MINUTES)

WARM-UP · HR ZONE 1

Load Level: 3 · Duration: 10 min · Pull Rate: <25
Straight back, lead with legs, arms finish at chest. Stretch head to toe.

MAIN SET #1 · HR BLOCKS

Load Level: 5 · Pull Rate: 25-35
5 min – moderate effort (can sing/talk)
5 min – breathing harder (can still talk)
5 min – moderate effort (can sing/talk)

COOL-DOWN · HR ZONE 1

Load Level: 2 · Duration: 5 min · Pull Rate: <25
Stretch head to toe. Consume Recovery Fuel.

- OR -

MORNING OPTION B – BIKE EVEN TEMPO AEROBIC ENHANCEMENT (45 MINUTES)

WARM-UP · HR ZONE 1

Duration: 10 min · Cadence: 80-85
Gearing: Small chain ring, middle rear. Stretch and hydrate.

MAIN PERFORMANCE BLOCK · 30 MIN

HR Zone 2 · Cadence: 75-85
Tallest gearing with chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

WARM-DOWN · HR ZONE 1

Duration: 5 min · Cadence: 70-80
Stretch lower back, calves, quads before dismounting.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads.
 - ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately

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



FRIDAY

Complete Rest Day – Active Recovery & Nutrition Focus

REST

Coach's Note: 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. Brightly colored fruits and vegetables offset the negative side effects of free radicals and improve your health and ultimately performance from the inside out.

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



SATURDAY

Bike 10-Mile Time Trial – Pacing Assessment

TESTING AM

Coach's Note: 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. Be aggressive – work on maintaining perfect form to get maximum power from all muscle groups, not just your quads.

▲ **Pre-Workout:** Consume **8-10 oz of Energy Fuel** 10-15 min prior to testing. Record pre-testing body weight.

10-MILE TIME TRIAL PROTOCOL

WARM-UP (10 MIN)

Even spin, very easy. Stretch lower back, quads, and hamstrings as needed to eliminate any tightness in all muscle groups.

TRANSITION SET (10 MIN)

2 min: 100+ cadence (move around on seat, toggle aero/non-aero)
3 min: <80 cadence, active recovery with relevant stretching
Repeat 2x to bring HR up for testing block.

COOL-DOWN (10+ MIN)

Re-hydrate and ride easy spin for minimum 10 min. Stretch head to toe for minimum 15 min. Consume 8-10 oz Recovery Fuel + complete meal within 20 min.

TEST BLOCK – 10-MILE FIELD TEST

10-Mile Time Trial – Record All Data

During a 5-mile out-and-back course, keep cadence in the 80-85 range. Once you begin, be aggressive and maintain perfect form for maximum power output. Update your Coach Robb Performance Report Card with the results.

PRE-TEST BODY WEIGHT	ELAPSED TIME	AVG HR	ENDING HR	MAX HR	POST-TEST BODY WEIGHT	TOTAL FLUIDS CONSUMED
_____	_____	_____	_____	_____	_____	_____

☀ **Power Nap – 2 Hours**

Growth hormones are the biggest byproduct of napping. Eat a clean, dense meal before lying down in a cool, dark room. When you wake up, start with 8-10 oz of cold water to re-hydrate.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads.
 - ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8-10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



SUNDAY

MX Speed & Max HR Assessment – 3 Main Sets

TESTING AM

Coach's Note: This workout is very intense – plan your food carefully. Ideally your last meal should be 3 hours before you begin. Consume a banana or energy gel 15 min prior to start. If you hit the indicated intensity levels, you will feel residual fatigue by the end. With the residual fatigue from this week's testing, take a cold bath for 10–15 minutes when you wake up from your nap; eat a large salad topped with high quality protein to help offset muscle inflammation.

▲ **Pre-Workout:** Consume **8–10 oz of Energy Fuel** 10–15 min prior to testing.

MX SPEED ASSESSMENT – REFERENCE SPREADSHEET

MX Speed Assessment – Workout Overview

Please reference the **MX Speed Assessment spreadsheet** at the back of this document for all set details, elapsed time fields, and weight record.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads.
▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8–10 oz [Recovery Fuel](#) immediately

EVENING

- ▶ **Nutrition:** 8 oz [Energy Fuel](#) to top off electrolytes
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.

☀ **Power Nap – 2 Hours**

With the residual fatigue from this week's testing, set yourself up for maximum recovery. Eat a clean, dense meal before lying down in a cool, dark room. When you wake up, start with 8–10 oz of cold water to re-hydrate.



MX AEROBIC WORKOUT #1

Workout Focus: Aerobic Enhancement – Total Duration: 2 Hours

AEROBIC

Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Duration: 2 Hours		
Set	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
	Concept 2™ Rower – 10 minutes: low intensity pulling Stretch passively (no bouncing) from head to toe	Less Than <40%
Main Set #1	Set Focus: Reaction Time & First Turn Aggression	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
	<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>	
Main Set #2	Set Focus: Aerobic Enhancement / Internal Pacing	
	Complete your interval with a start and then settle into the track at a pace you can maintain (less than a two second deviation) for 30 minutes. Note: first fifteen minutes take the optimum lines and maintain optimum momentum; last fifteen minutes take the non-optimum lines & focus on belly breathing	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	85-90%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____		
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #3	Set Focus: Reaction Time & First Turn Aggression	
	Complete 10 starts and into the first turn as aggressively as you can implement safely. Focus on control between the clutch, brake and throttle to maximize your momentum.	N/A
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #4	Focus: Aerobic Enhancement / Internal Pacing	
Same notes as Set #2 – 30-minute straight moto with consistent lap times beginning to end.		

Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Duration: 2 Hours		
Set	Description	Intensity
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	85-90%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
Main Set #5	Set Focus: Sprint Speed	
	Complete a start and then merge onto the track just like a race. Over the next 2 laps, hold a pace that challenges you (don't ride over your head and make an injury provoking mistake). REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	2 Lap Elapsed Time Int. #1: _____ 2 Lap Elapsed Time Int. #2: _____	95-100%
	2 Lap Elapsed Time Int. #3: _____ 2 Lap Elapsed Time Int. #4: _____	95-100%
	Fastest Lap Time: _____ Average Lap Pace: _____ Avg. Heart Rate: _____ Max HR: _____ _____	
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)	<40%
Pre-Riding Weight: _____ Post-Riding Weight: _____ Total Fluids Consumed: _____ Loss/Gain: _____		



MX SPEED WORKOUT #1

Workout Focus: Opening Speed – Total Ride Time: 60 Minutes

SPEED

Complete Racing Solutions MX Speed Workout #1		Workout Focus: Opening Speed Total Ride Time: 60 Minutes		
Set	Description	Intensity		
Set Focus: Gradual Warm Up				
Warm Up	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 Energy Fuel	Less Than 50%		
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate			
Set Focus: Pre-Race Routine				
Main Set #1	Complete 10 starts with your emphasis being on implementing your complete pre-race routine. On race day, your body will emulate what you practice so stay mentally focused & specific.	Too Short To Evaluate		
	Rest For 10 Minutes – Stretch from head to toe / Re-hydrate			
Set Focus: Opening Lap Speed				
Main Set #2	This set will emulate what a race should feel like; be mentally prepared to come to the line with the fastest and smoothest lines possible. Mentally rehearse these two laps. Consistency is the key to maximizing your productivity.			
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____			
	Rest Interval: 5 Minutes (no more or less) – Stretch and hydrate as necessary			
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
	Lap 1 Time: _____	Lap 2 Time: _____	Avg. Time: _____ Avg. HR: _____	90-95%
Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____				
Rest For 10 Minutes – Stretch from head to toe / Re-hydrate				
Set Focus: Hold Consistent Times At An Aerobic Effort				
Main Set #3	Hold your pace for 30 minutes Pay close attention to your heart rate; if you push too hard, you will negatively affect the next set of high-quality pacing intervals.			

Complete Racing Solutions MX Speed Workout #1

Workout Focus: Opening Speed Total Ride Time: 60 Minutes

Set	Description	Intensity
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	80-85%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____	
<i>Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</i>		
Main Set #4	Set Focus: Hold Consistent Times At An Aerobic Effort	
	Hold your pace for 30 minutes With the residual fatigue from the last three sets, strive to be smooth everywhere to keep your heart rate as low as possible. If you do, your speed will surprise you at a low heart rate.	
	Moto Specific Heart Rate Zone – Low #: _____ High #: _____	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	80-85%
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	85-90%
	Performance Recap: Fastest Lap Time: _____ Average Lap Pace: _____ Average Heart Rate: _____	
Warm Down	5 min/easy riding – nothing structured or intense; watch the HR and wait for it to come down	<40%
Pre-Riding Weight: _____ Post-Riding Weight: _____ Total Fluids Consumed: _____ Loss/Gain: _____		