

TRAINING PROTOCOL

PHASE 4








WEEK 5 OF 8

RE-EVALUATE STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Fulltime	PHASE 4	WEEK 5 of 8	FOCUS Re-Evaluate
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This week you re-evaluate your strength, endurance, and lactate tolerance using the same assessments from Phase 4 Week 1. Compare your results directly to Week 1 to measure your progress. The goal is to see improvements in your plyometric output, rowing time trials, bike time trial, and MX speed – evidence that your training is working. Record all results in your **Coach Robb Performance Report Card**.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Plyometric Assessment Phase 2 Plyometric Assessment	Row Assessment 4 × 1000m Time Trials	Bike or Row + MX Bike 60 min AM Row 30 min + MX Aerobic #1 PM	Bike Assessment 10-Mile Time Trial	Rest Day Full Recovery	MX + Nap MX Aerobic #2 AM 2-Hour Power Nap	MX + Nap MX Speed Assessment AM 2-Hour Power 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

Builds strength, speed, and lactate tolerance. Burns stored sugar as primary fuel. Breathing is labored; conversation is not possible. Use your personalized HR zones from Week 1 testing.



MONDAY

Complete Racing Solutions Phase 2 Plyometric Assessment

ASSESSMENT

Please download the **Plyometric Baseline Assessment (P4) spreadsheet**. The goal is to determine how many repetitions you can complete within 60 seconds. You will complete 3 sets of each exercise with 30 seconds rest in between exercises; 1-minute rest before moving to the next exercise listed.

PRE-WORKOUT

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
 - ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar & repair muscle tissue.

EVENING PROTOCOLS

FLEXIBILITY

- ▶ After your shower, upper body and lower body trigger point, foam rolling and stretching exercises.

NUTRITION

- ▶ Consume a high-quality smoothie 30 minutes before bed – feeds your brain throughout the night improving sleep quality and making you leaner (released hGH).

BREATHING

- ▶ Diaphragmatic breathing: breathe through a straw with nose closed for 10 min before sleep. ▶ [Watch](#)



TUESDAY

Complete Racing Solutions Row Assessment: 1000 Meter Time Trials

ASSESSMENT

Please refer to the **Row Assessment spreadsheet** at the bottom of this document. 4 × 1000 Meter Intervals as fast as you can complete. Strive not to lose your mental focus and end up pulling something – 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.

PRE-WORKOUT

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

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

EVENING

- ▶ Please reference Monday's evening protocols and video links.



WEDNESDAY

BIKE AM · ROW + MX PM

AM: Bike 60 min (1-min Standing Intervals) + Row Even Tempo 30 min – PM: MX Aerobic Workout #1

Complete one (1) active recovery bike workout prior to breakfast, then a Row Even Tempo and MX Aerobic Workout #1 in the afternoon.

MORNING: BIKE ACTIVE RECOVERY – 1-MINUTE STANDING INTERVALS (60 MINUTES)

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior. Wear HR monitor – keep intensity under 70%.

RIDE PROTOCOL – 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 (distribute weight over pedals, avoid bottoming out), then transition back to seated, lighten gearing, spin easily for 9 min

Hydration: Drink every 15 min throughout ride

POST-BIKE PROTOCOLS

Flexibility: Pay close attention to hips, glutes, shoulder blades

Nutrition: Immediately consume 8–10 oz Best Whey Protein

AM WORKOUT 2: ROW EVEN TEMPO (30 MIN)

Warm-Up: 5 min (HR Zone 1) – low damper (1–2), easy pull rate

Main Set: 20 min (HR Zone 2) – damper 3, comfortable rate, proper form; breathe in while coiling, exhale while pushing legs and pulling back; stretch and hydrate every 5 min

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

AFTERNOON: MX AEROBIC WORKOUT #1

During this workout ask yourself if you are producing speed through "thinking" or "flowing." The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your 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 on the bike. [Refer to **MX Aerobic Workout #1 spreadsheet** at the back of this document]

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling for optimum recovery. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

EVENING

- ▶ Please reference Monday's evening protocols and video links.



THURSDAY

Complete Racing Solutions Bike Assessment – 10-Mile Time Trial

TESTING AM

Please update your **Coach Robb Performance Report Card** with the results of this information. 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.

PRE-WORKOUT

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

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 and your effort level under control. Once you begin your time trial, be aggressive – work on maintaining perfect form to get the max power out of your legs (use all of your muscle groups – not just your 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. Following the assessment, stretch from 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

- ▶ Please reference Monday's evening protocols and video links.



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, etc.) 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. Free radicals harm the health of the cells resulting in disease, premature aging and declines in athletic performance.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of cold water with fresh lemon; consume a smoothie & take your evening vitamins.
- ▶ **Foam Roller & Trigger Point Therapy:** Follow this sequence for 10 minutes. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Follow this breathing exercise while putting yourself to sleep. ▶ [Watch](#)



SATURDAY

AM: MX Aerobic Workout #2 – 2-Hour Power Nap

MX AM · NAP

Please complete the following based on your track availability – seat time is always preferred. To maximize the productivity of this workout (i.e. keep you from going too hard), have your heart rate monitor where you can easily see it. By staying below 80% throughout the moto (based on heart rate), you will notice that your body will become relaxed and progressively get faster at the same effort (80%). [Refer to **MX Aerobic Workout #2 spreadsheet** at the back of this document]

MORNING: MX AEROBIC WORKOUT #2

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

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

☾ 2-Hour Power Nap

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 but fill your belly up and provide stable blood sugar levels for up to three hours after you consume.

EVENING PROTOCOLS

EVENING

- ▶ Please reference Monday's evening protocols and video links.



SUNDAY

AM: MX Speed Assessment – 2-Hour Power Nap

MX AM · NAP

Please reference the spreadsheet at the bottom of this document for your workout outline. This workout is going to be very intense so plan ahead with your food – ideally your last meal 3 hours before you begin this workout. Consume a banana or energy gel prior to the start of this workout to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. [Refer to **MX Speed Assessment spreadsheet** at the back of this document]

MORNING: MX SPEED ASSESSMENT

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

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

☾ 2-Hour Power Nap / Recovery Protocols

With the residual fatigue from this week's testing, it will be helpful if you would 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

- ▶ Please reference Monday's evening protocols and video links.



CRS ROW ASSESSMENT

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

SPREADSHEET

SET	DESCRIPTION & NOTES	PERFORMANCE DATA	INTENSITY
Warm Up 2000 Meters	Focus: Gradual Warm Up. Load Level Two. Focus on good form and mentally prepare for the demands ahead. Stop and stretch if you feel any tight muscles.		< 40%
Main Set #1 1000 Meter Interval	Focus: Muscular Power. Resistance Level 5. Display Setting: Distance. Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate. Pull easy for half of the elapsed time to complete the interval.	Time: _____ Avg HR: _____ Max HR: _____	AS FAST AS POSSIBLE
Main Set #2 1000 Meter Interval	Focus: Muscular Power. Resistance Level 5. Display Setting: Distance. Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate. Pull easy for half of the elapsed time to complete the interval.	Time: _____ Avg HR: _____ Max HR: _____	AS FAST AS POSSIBLE
Main Set #3 1000 Meter Interval	Focus: Muscular Power. Resistance Level 5. Display Setting: Distance. Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate. Pull easy for half of the elapsed time to complete the interval.	Time: _____ Avg HR: _____ Max HR: _____	AS FAST AS POSSIBLE
Main Set #4 1000 Meter Interval	Focus: Muscular Power. Resistance Level 5. Display Setting: Distance. Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate. Pull easy for half of the elapsed time to complete the interval.	Time: _____ Avg HR: _____ Max HR: _____	AS FAST AS POSSIBLE
Warm Down 1000 Meters	Very easy pulling – keep the stroke rate less than 25 for entire duration.		< 40%

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

Upload all of this information into your Report Card.



CRS MX AEROBIC WORKOUT #1

Workout Focus: Holding Aerobic Pace as Duration Decreases

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Generate Blood Flow	Concept 2™ Rower – 10 minutes: low intensity pulling. Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel.	< 40%
Main Set #1 Focus: Moving the Bike with Your Core	10 Starts using only your inner leg; hold onto the bars BARELY – only with your fingertips. 5 Starts – look ahead and move the bike with your thighs. 5 Starts – put a rock down about 10 yards out from your front wheel; see if you can run over it. Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	VERY RELAXED
Main Set #2 Focus: Muscular Endurance	30 Minute Moto – Even Paced (Beginning to End) Note: protocols based on lap time of approximately 2 minutes – adjust to fit your track. Don't allow your pace to fall off by more than 2 seconds throughout the moto. Moto Specific HR Zone – Low #: _____ High #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Lap Times: L11:___ L12:___ L13:___ L14:___ L15:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85%
Main Set #3 Focus: Muscular Endurance	30 Minute Moto – Even Paced (Beginning to End) Strive to maintain the same pace as Set #2. Moto Specific HR Zone – Low #: _____ High #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Lap Times: L11:___ L12:___ L13:___ L14:___ L15:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85%
Main Set #4 Focus: Muscular Endurance & Speed	20 Minute Moto – Negative Split 2nd Half of Moto Moto Specific HR Zone – Low #: _____ High #: _____	80-95%

SET	DESCRIPTION & PROTOCOLS	INTENSITY
	Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ (80–85%) Lap Times: L6:___ L7:___ L8:___ L9:___ L10:___ (90–95%) Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	
Main Set #5 Focus: Body Balance	10 Starts using only your inner leg; hold onto the bars BARELY – only with your fingertips. 5 Starts – look ahead and move the bike with your thighs. 5 Starts – put a rock down about 10 yards out from your front wheel; see if you can run over it.	<div style="border: 1px solid #0070C0; border-radius: 5px; padding: 2px 10px; display: inline-block;"> VERY RELAXED </div>
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure). Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	<div style="border: 1px solid #0070C0; border-radius: 5px; padding: 2px 10px; display: inline-block;"> < 40% </div>

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN



CRS MX AEROBIC WORKOUT #2

Workout Focus: Muscular Endurance / Mental Focus / Internal Pacing

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual Warm Up	Easy Riding – very low intensity; keep a close eye on your HR throughout. Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel.	< 40%
Main Set #1 Focus: Moving the Bike with Your Core	10 Starts using only your inner leg; hold onto the bars BARELY – only with your fingertips. 5 Starts – look ahead and move the bike with your thighs. 5 Starts – close your eyes for 2 seconds and "feel" for the bike to deviate (less is better). Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with sports drink.	RELAXED
Main Set #2 Focus: Muscular Endurance	20 Minute Moto – Even Paced (Beginning to End) Note: protocols based on lap time of approximately 2 minutes – adjust to fit your track. Don't allow your pace to fall off by more than 2 seconds throughout the moto. Moto Specific HR Zone – Low #: _____ High #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with sports drink.	80-85%
Main Set #3 Focus: Muscular Endurance	20 Minute Moto – Even Paced (Beginning to End) Strive to maintain the same pace as Set #2. Moto Specific HR Zone – Low #: _____ High #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with sports drink.	80-85%
Main Set #4 Focus: Muscular Endurance	20 Minute Moto – Even Paced (Beginning to End) Strive to maintain the same pace as Set #2. Moto Specific HR Zone – Low #: _____ High #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with sports drink.	80-85%

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Main Set #5 Focus: Body Balance	10 Starts using only your inner leg; hold onto the bars BARELY – only with your fingertips. 5 Starts – put a rock down about 10 yards out from your front wheel; see if you can run over it. 5 Starts – close your eyes for 2 seconds and "feel" for the bike to deviate (less is better).	<div style="border: 1px solid #add8e6; border-radius: 5px; padding: 2px 10px; display: inline-block;">RELAXED</div>
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure). Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	<div style="border: 1px solid #add8e6; border-radius: 5px; padding: 2px 10px; display: inline-block;">< 40%</div>

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN



CRS MX SPEED ASSESSMENT

Workout Focus: Consistent Race Speed – Total Ride Time: 60 Minutes

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual 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.	< 50%
Main Set #1 Focus: Smooth Start & Fast 5 Laps	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps. Moto Specific HR Zone – Low #: _____ High #: _____ 5 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate 5 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate	90-95%
Main Set #2 Focus: Smooth Start & Fast 3 Laps	Your goal is to match or beat your fastest lap from Set #1. Moto Specific HR Zone – Low #: _____ High #: _____ 3 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate 3 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate	90-95%
Main Set #3 Focus: Smooth Start & Fast 2 Laps	Your goal is to match or beat your fastest lap from Set #2. Moto Specific HR Zone – Low #: _____ High #: _____ 2 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____ Rest For 3 Minutes – Stretch from head to toe / Re-hydrate 2 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____	90-95%
Warm Down	Easy riding – nothing structured or intense; allow the HR to come down slowly.	< 40%

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN
