

TRAINING PROTOCOL

PHASE 2








WEEK 5 OF 8

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Weekend Warrior	PHASE 2	WEEK 5 of 8	FOCUS Re-Evaluation
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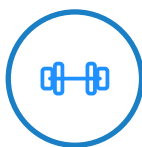
Week 5 is your Re-Evaluation week – your chance to measure how far your strength, endurance, and lactate tolerance have come over the first four weeks. Expect a Plyometric Assessment for explosive power, Row 500m Time Trials to test top-end output, midweek HR Intensity Blocks, a Bicycle 10-Mile Time Trial, and the MX Speed Assessment to cap the week. Friday is complete rest. Update your Coach Robb Performance Report Card with every result – these numbers prove your progress and set the targets for what comes next. **Update your Coach Robb Performance Report Card with all assessment results.**

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
 Plyometric Assessment 3 Sets / 30 Sec Each	 Row 500m Time Trials 5 x 500m Max Effort	 Row or Bike HR Intensity Blocks 30-45 Min	 Row or Bike HR Intensity Blocks 30-45 Min	 Rest Day Full Recovery	 Bike 10-Mile TT + Nap Pacing Assessment	 MX Speed Assessment + Nap 90-95% / 95-100%

TRAINING INTENSITY GUIDE

<p>● Blue Zone – HR Zone 2 or Below</p> <p>Wednesday and Thursday HR Intensity Blocks stay in Zone 2 or below. The goal is to build your aerobic engine and burn fat as a primary fuel source. Stay disciplined – do not drift above Zone 2 on these days.</p>	<p>● Red Zone – Max Effort Assessment Days</p> <p>Tuesday (Row 500m TT), Saturday (Bike 10-Mile TT), and Sunday (MX Speed Assessment) are all maximum effort days. These are your benchmark workouts – push to your absolute limit and document every result carefully.</p>
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MONDAY

Plyometric Assessment

ASSESSMENT DAY

Coach's Note: The goal of the Plyometric Assessment is to determine how many repetitions you can complete within 30 seconds. You will complete **3 sets of each exercise** with 30 seconds rest in between exercises and 1 minute rest before moving to the next exercise listed. Please download and use the Plyometric Spreadsheet to record your results. Pay close attention to areas that you may not think about stretching – hips, glutes, shoulder blades, etc.

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

PLYOMETRIC ASSESSMENT

Complete Racing Solutions Plyometric Assessment

Structure: 3 sets per exercise | 30 seconds per set | 30 seconds rest between sets | 1 minute rest before next exercise

Goal: Determine maximum repetitions within 30 seconds for each exercise. Record all results in your Plyometric Spreadsheet and update your Coach Robb Performance Report Card.

Max Effort – Record All Results

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas that you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.



TUESDAY

Row 500 Meter Time Trials

TIME TRIAL DAY

Coach's Note: Complete **5 × 500 meters** with 1:00 rest (Load Level 5) after warming up for 10 minutes (Load Level 3 or less) and then stretching from head to toe. The goal is to be at close to **maximum effort** as possible for each 500-meter interval. Document your elapsed time along with your ending maximum heart rate at the end of each interval. If at any time you feel something tighten up, stop immediately and stretch; resume at an EASY effort for 10 minutes.

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

ROW 500M TIME TRIALS – 5 INTERVALS

Complete Racing Solutions Row: 500 Meter Time Trials

WARM-UP

Duration: 10 min
Load Level: 3 or less
Stretch from head to toe after warm-up.

MAIN SET: 5 × 500M

Load Level: 5
Rest: 1:00 between each interval
Maximum effort each interval.
Document elapsed time and max HR for each 500m.

COOL-DOWN

Easy rowing for 10 minutes after final interval.
Stretch from head to toe.

Maximum Effort – Record All Results

500M #1 TIME

500M #1 MAX HR

500M #2 TIME

500M #2 MAX HR

500M #3 TIME

500M #3 MAX HR

500M #4 TIME

500M #4 MAX HR

500M #5 TIME

500M #5 MAX HR

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades – pay close attention to tight areas.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel.

EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.



WEDNESDAY

Row HR Intensity Blocks or Bike HR Intensity Blocks

HR INTENSITY BLOCKS

Coach's Note: For maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels like" increases your familiarity of the intensity and associated speed. This awareness also provides you feedback regarding how long you can maintain the various intensity levels – keep in mind the inverse relationship of volume and intensity: the higher the intensity, the lower the duration you can maintain.

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

MORNING WORKOUT – CHOOSE ONE (PRIOR TO BREAKFAST)

Option A – Row: HR Intensity Blocks (30 Minutes)

WARM-UP (VERY EASY)

Duration: 10 min | **Load Level:** 3

Pull Rate: <25

Stretch from head to toe.

MAIN SET #1 (15 MIN)

Load Level: 5 | **Pull Rate:** 25-35

5 min: Moderate effort – able to sing or talk

5 min: Harder effort – breathing harder but still able to talk

5 min: Back to moderate effort

COOL-DOWN (VERY EASY)

Duration: 5 min | **Load Level:** 2

Pull Rate: <25

Stretch from head to toe.

HR Zone 2 or Below

– OR –

Option B – Bike: HR Intensity Blocks (45 Minutes)

WARM-UP (HR ZONE 1)

Duration: 10 min

Cadence: 80-85

Stretch and hydrate before main set.

MAIN PERFORMANCE BLOCK (30 MIN, HR ZONE 2)

Cadence: 75-85

Tallest gearing you can maintain while keeping chain tension tight. Every 10 min, stand up and stretch hamstrings, quads, calves and lower back.

WARM-DOWN (HR ZONE 1)

Duration: 5 min | **Cadence:** 70-80

Stretch lower back, calves and quads before dismounting.

HR Zone 2 or Below

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades — pay close attention.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**



THURSDAY

Row HR Intensity Blocks or Bike Even Tempo Aerobic

HR INTENSITY BLOCKS

Coach's Note: Ideally complete whichever workout you did NOT do on Wednesday. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (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 workout.

MORNING WORKOUT – CHOOSE ONE (PRIOR TO BREAKFAST)

Option A – Row: HR Intensity Blocks (30 Minutes)

WARM-UP (VERY EASY)

Duration: 10 min | **Load Level:** 3
Pull Rate: <25 | Stretch from head to toe.

MAIN SET #1 (15 MIN)

Load Level: 5 | **Pull Rate:** 25-35
5 min moderate → 5 min harder → 5 min moderate

COOL-DOWN (VERY EASY)

Duration: 5 min | **Load Level:** 2
Stretch from head to toe.

HR Zone 2 or Below

– OR –

Option B – Bike: Even Tempo Aerobic Enhancement (45 Minutes)

WARM-UP (HR ZONE 1)

Duration: 10 min | **Cadence:** 80-85
Stretch and hydrate before main set.

MAIN PERFORMANCE BLOCK (30 MIN, HR ZONE 2)

Cadence: 75-85
Tallest gearing maintaining chain tension. Every 10 min stand up and stretch.

WARM-DOWN (HR ZONE 1)

Duration: 5 min | **Cadence:** 70-80
Stretch lower back, calves and quads.

HR Zone 2 or Below

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades – pay close attention.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.



FRIDAY

Complete Rest Day

RECOVERY

Coach's Note: When it comes to performing at an optimum level, it is the elimination of mistakes that will result in optimum results – not throwing more effort into your attempt. Simple performance elements like those outlined on your Body Analysis spreadsheet are the elements that you have the most control over and they yield huge dividends on race day.

WEEKEND PREPARATION CHECKLIST

Prepare Tonight for Saturday's Bicycle 10-Mile Time Trial

- Bike:** Fully serviced, tires inflated, HR monitor charged and calibrated.
- Route:** Plan your 10-mile out-and-back course. Know the start and turnaround points.
- Nutrition:** Cold liquid recovery calories ready to consume immediately after the time trial.
- Sleep:** In bed by 9:30 PM – early start tomorrow.
- Mental Prep:** Review the MX Speed Assessment spreadsheet for Sunday. Know your HR Zone targets.

EVENING RECOVERY PROTOCOLS

EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.



SATURDAY

Bicycle 10-Mile Time Trial + 2-Hour Power Nap

TIME TRIAL + NAP

Coach's Note: 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. During the time trial, keep your cadence in the 80–85 range and your effort level under control at the start. Once you begin, 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).

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

BICYCLE 10-MILE TIME TRIAL – PACING ASSESSMENT

Complete Racing Solutions Bicycle: 10-Mile Time Trial

WARM-UP (VERY EASY)

Duration: 10 min even spin
Stretch lower back, quads and hamstrings as necessary.

TRANSITION SET (10 MIN)

2 min: 100+ cadence (move around on seat, toggle between aero and non-aero)
3 min: <80 cadence – active recovery with relevant stretching
Repeat once more

COOL-DOWN

Re-hydrate and ride 10 min easy spin/active recovery.
Stretch from head to toe for minimum 15 minutes.

Maximum Effort – Record All Results

TEST BLOCK #1 – 10-MILE FIELD TEST

PRE-TESTING BODY WEIGHT _____	ELAPSED TIME _____	AVERAGE HR _____	ENDING HR _____
MAX HR _____	TOTAL FLUIDS CONSUMED _____	POST-TESTING BODY WEIGHT _____	

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Stretch from head to toe for minimum 15 minutes.
- ▶ **Nutrition:** Consume 8–10 oz of liquid sports drink/recovery calories. Complete meal within 20 minutes.

2-Hour Power Nap

Growth hormones are your biggest byproduct of napping – set yourself up to get the most out of your nap by eating a clean and dense meal prior to lying down in a cool, dark room. When you wake up, start your day off with 8-10 oz of cold water to facilitate your re-hydration.

EVENING RECOVERY PROTOCOLS

EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.



SUNDAY

MX Speed & Maximum Heart Rate Assessment + 2-Hour Nap

MX ASSESSMENT + NAP

Coach's Note: This workout is going to be very intense – plan ahead with your food. Ideally your last meal should be 3 hours before you begin. Consume a banana or energy gel prior to the start to top off your glycogen reserves. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink at regular increments, you will resist premature fatigue from the inside out.

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

MX SPEED & MAXIMUM HEART RATE ASSESSMENT

Please refer to the **MX Speed Assessment spreadsheet** at the bottom of this document for your complete workout outline.

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades – pay close attention.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

2-Hour Power Nap / Recovery Protocol

Strive to consume a nutrient-dense smoothie prior to lying down – 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 RECOVERY PROTOCOLS

EVENING RECOVERY

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes.
- ▶ **Foam Roller & Trigger Point Therapy.**
- ▶ **Diaphragmatic Breathing:** [Click here](#) – Slow, deep breathing using your diaphragm muscle.

MX SPEED ASSESSMENT SPREADSHEET

Workout Focus: Consistent Race Speed | **Total Ride Time:** 60 Minutes

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 as needed.

LESS THAN 50%

MAIN SET #1

Set Focus: Smooth start and fast 5 laps
 Complete a start and then merge onto the track just like a race. Over the next **5 laps**, maintain the highest rate of speed while staying consistent for all five laps.

Moto Specific HR Zone: Low # _____ High # _____
 Rest 10 min – stretch from head to toe / re-hydrate.

Interval #2: Repeat 5-lap effort.
 Rest 10 min – stretch from head to toe / re-hydrate.

Int #1: 5-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

Int #2: 5-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

90-95%

MAIN SET #2

Set Focus: Smooth start and fast 3 laps
 Your goal is to match or beat your fastest lap from Set #1.

Moto Specific HR Zone: Low # _____ High # _____
 Rest 5 min – stretch from head to toe / re-hydrate.

Interval #2: Repeat 3-lap effort.
 Rest 5 min – stretch from head to toe / re-hydrate.

Int #1: 3-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

Int #2: 3-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

95-100%

MAIN SET #3

Set Focus: Smooth start and fast 2 laps
 Your goal is to match or beat your fastest lap from Set #2.

Moto Specific HR Zone: Low # _____ High # _____
 Rest 3 min – stretch from head to toe / re-hydrate.

Interval #2: Repeat 2-lap effort.

Int #1: 2-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

Int #2: 2-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

95-100%

**WARM-
DOWN**

Easy riding – nothing structured or intense. Allow the HR to come down slowly.

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS
CONSUMED

LOSS / GAIN

LESS THAN 40%