

WEEKEND WARRIOR PROGRAM








PHASE 3 / WEEK 1 OF 6

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Weekend Warrior	PHASE 3	WEEK 1 of 6	FOCUS Re-Assessment
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Week 1 kicks off Phase 3 with Re-Assessment – the week you measure how far your strength, endurance, and lactate tolerance have come. Expect a Plyometric Assessment Monday, Row 500m Time Trials (10 rounds) Tuesday, midweek HR Intensity Blocks on Row or Bike, the Bicycle 10-Mile Time Trial Saturday with a 2-hour nap, and the MX Speed & Max HR Assessment Sunday. Friday is complete rest. Update your Coach Robb Performance Report Card with every result – these numbers prove your progress and set the targets for the rest of Phase 3.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Plyometric Assessment	Row 500m Time Trials ×10	Row or Bike HR Intensity Blocks	Row or Bike HR Intensity Blocks	Rest Day Complete Rest	Bike 10-Mile Time Trial	MX Speed & Max HR Assessment

TRAINING INTENSITY GUIDE

● **HR Zone 2 or Below – Blue Workouts**

Builds your aerobic engine. Burns fat as a primary fuel source. You should be able to sing or talk without any problem.

● **HR Zone 3+ – Red Workouts**

Builds your strength, speed & lactate tolerance. Burns stored sugar as a primary fuel source. Near-maximum effort.



MONDAY

Plyometric Assessment – Establish Strength Baseline

ASSESSMENT

Body Analysis: Use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.

Complete Racing Solutions Plyometric Assessment *(Note: Slight Adjustments to the Exercises)*

Please download the Plyometric Assessment Spreadsheet.

Workout Notes: Though the work/rest ratios are the same (how many repetitions you can complete within 30 seconds for three sets), the exercises themselves have been slightly tweaked for added difficulty. Please review each exercise to ensure that you have the necessary equipment to keep you moving from exercise to exercise.

PRE-HYDRATION & NUTRITION 10–15 minutes prior, consume 8–10 oz of cold [Energy Fuel](#) to top off calories and provide electrolytes for proper muscle contraction.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

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.



TUESDAY

Row: 500 Meter Time Trials – 10 × 500m Assessment

ASSESSMENT

Body Analysis: Use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.

Complete Racing Solutions Row: 500 Meter Time Trials (Note: Number of Intervals Increases from 5 to 10)
Please refer to the spreadsheet at the bottom of this document for your testing protocols.

PRE-HYDRATION & NUTRITION 10–15 minutes prior, consume 8–10 oz of cold [Energy Fuel](#) to top off calories and provide electrolytes.

Workout Notes: Complete **10 × 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 500-meter interval. If at any time you feel something tighten up, stop immediately and stretch; resume at an EASY effort for 10 minutes.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

EVENING

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



WEDNESDAY

Complete One (1) of the Following for Your Morning Workout

AEROBIC

Body Analysis: Use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.

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

Misc. Notes: 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.

PRE-HYDRATION & NUTRITION 10–15 minutes prior, consume 8–10 oz of cold [Energy Fuel](#).

WARM UP (VERY EASY)

Load Level: 3

Duration: 10 Minutes

Pull Rate: Less than 25

Focus on a straight back, leading with legs, finishing with arms to chest. Stretch head to toe.

MAIN SET #1

Load Level: 5 | **Pull Rate:** 25–35

Settle into each HR Zone as quickly as possible at a moderate effort. 5 min each zone:

5 min moderate effort → 5 min harder breathing → 5 min moderate effort

COOL DOWN (VERY EASY)

Load Level: 2

Duration: 5 Minutes

Pull Rate: Less than 25

Stretch from head to toe.

-- OR --

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

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity. Play around with your gearing while staying within HR Z2 – you may find that you can adjust your gearing, increase your speed and not increase your HR: this is free money on race day!

PRE-HYDRATION & NUTRITION 10–15 minutes prior, consume 8–10 oz of cold [Energy Fuel](#).

WARM UP – HR ZONE 1

Duration: 10 minutes

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear

Stretch and hydrate before moving into 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, lower back.

WARM DOWN – 5 MIN (HR ZONE 1)

Duration: 5 minutes (no shorter)

Cadence: 70–80 (no higher/lower)

Stretch lower back, calves, quads prior to dismounting.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

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.



THURSDAY

Complete One (1) of the Following – Ideally What You Didn't Do Wednesday

AEROBIC

Body Analysis: Use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.

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

Same protocol as Wednesday Row option above.

WARM UP (VERY EASY)

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

Pull Rate: Less than 25 | Stretch head to toe

MAIN SET #1

Load Level: 5 | **Pull Rate:** 25–35

5 min moderate → 5 min harder breathing → 5 min moderate effort

COOL DOWN (VERY EASY)

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

Pull Rate: Less than 25 | Stretch head to toe

-- OR --

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

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity. Play around with your gearing while staying within HR Z2.

WARM UP – HR ZONE 1

Duration: 10 minutes

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear

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 – 5 MIN (HR ZONE 1)

Duration: 5 minutes (no shorter)

Cadence: 70–80 (no higher/lower)

Stretch lower back, calves, quads prior to dismounting.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

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.



FRIDAY

Complete Rest Day – Active Recovery & Nutrition Focus

REST

Body Analysis: Use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.

Complete Rest Day

Misc. Notes: 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. Free radicals are released during respiration – the longer and harder you train, the greater the number of free radicals is produced. Free radicals harm the health of the cells resulting in disease, premature aging and declines in athletic performance. Sit down to a plate of brightly colored fruits and vegetables – you are offsetting the negative side effects of free radicals and improving your health and performance from the inside out.

EVENING PROTOCOLS

- ▶ Please reference Monday's notes and video links



SATURDAY

Bicycle: 10 Mile Time Trial – Pacing Assessment

ASSESSMENT

Body Analysis: Use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes. Please update your **Coach Robb Performance Report Card** with the results of this information.

Workout Notes: 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-TESTING BODY WEIGHT Record your weight before beginning this workout.

WARM UP (VERY EASY) – 10 MIN

10 minutes even spin; stretch your [low back, quads and hamstrings](#) as necessary to eliminate any tightness in any and all muscle groups.

TRANSITION SET – 10 MIN

2 minutes: 100+ cadence (move around on the seat and toggle between aero and non-aero)
3 minutes: <80 cadence; active recovery with relevant stretching
Bring the HR up for the Testing Block.

TEST BLOCK #1 – 10 MILE FIELD TEST

During a five-mile block (out and back ideally), keep your cadence in the **80–85 range** and effort under control. Once you begin your time trial, be aggressive – work on maintaining perfect form to get the max power out of your legs.

Elapsed Time	Avg HR	Ending HR	Max HR	Total Fluids	Post-Testing Body Weight

Cool Down: When finished, 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 to relax any tight muscle(s). Consume 8–10 oz of liquid sports drink/recovery calories & a complete meal within 20 minutes.

☾ 2 Hour Power Nap

Growth hormones are your biggest by-product of napping so 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 ounces of cold water to facilitate your re-hydration.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten recovery window

EVENING

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



SUNDAY

MX: Speed and Maximum Heart Rate Assessment

ASSESSMENT

Body Analysis: Use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes. **PLEASE REFERENCE THE SPREADSHEET AT THE BOTTOM OF THIS DOCUMENT FOR YOUR WORKOUT OUTLINE.**

PRE-HYDRATION & NUTRITION 10–15 minutes prior, consume 8–10 oz of cold [Energy Fuel](#).

Workout Overview: 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. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#)

☾ 2-Hour Power Nap

With the residual fatigue from this week's testing, it will be helpful if you would take a cold bath for 10–15 minutes (fun I know) when you wake up; eat a large salad that is topped with high quality protein to help offset the tearing down of your muscles and associated inflammation. Schedule pending take a hot shower and then stretch passively feeling for any hot spots.

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten recovery window

EVENING

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



500 METER TIME TRIAL SPREADSHEET

Tuesday – 10 × 500 Meter Intervals – Load Level 5

ASSESSMENT

Warm Up: 10 minutes easy rowing (Load Level 3 or less), then stretch from head to toe.

Protocol: Complete 10 × 500 meters with 1:00 rest between each interval at Load Level 5. Goal is near-maximum effort for each interval.

Interval	Elapsed Time	Ending HR	Max HR	Notes
INT #1				
INT #2				
INT #3				
INT #4				
INT #5				
INT #6				
INT #7				
INT #8				
INT #9				
INT #10				
Fastest Interval				
Average Time				



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			
Main Set #3	Set Focus: Hold Consistent Times At An Aerobic Effort		
	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: _____	
Consumed: _____		Loss/Gain: _____	
		Total Fluids	