



WEEKEND WARRIOR PROGRAM








# PHASE 3 / WEEK 6 OF 6

MENTAL & PHYSICAL RECOVERY

PROGRAM <b>Weekend Warrior</b>	PHASE <b>3</b>	WEEK <b>6 of 6</b>	FOCUS <b>Recovery</b>
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**Week 6 closes Phase 3 with Recovery** – the week your body transforms five weeks of hard work into real gains. Tuesday through Thursday feature Even Tempo Bike rides in Zone 2 to flush the legs and reinforce your aerobic base, while Monday and Friday are complete rest. The weekend pairs MX sessions with 2-hour naps and easy Aerobic Bike rides to deepen recovery while keeping the engine humming. If your waking heart rate is up 4+ beats from last week’s average, skip the session and prioritize sleep and food.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
 <b>Rest Day #1</b> Complete Rest	 <b>Aerobic Bike + Core</b> Even Tempo (1 hr)	 <b>Aerobic Bike</b> Even Tempo (90 min)	 <b>Aerobic Bike + Core</b> Even Tempo (1 hr)	 <b>Rest Day #2</b> Complete Rest	 <b>MX + Bike + Core</b> MX Workout #1 + Nap + Bike + Core	 <b>MX + Bike + Core</b> MX Aerobic #2 + Nap + Bike + Core

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

Rest Day #1 – Mental & Physical Recovery

REST

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

## Rest Day #1

**Misc. Notes:** The key to long term improvement in your health, wellness and ultimately your performance is to improve something every day by 1%. We have discussed this together previously, but what makes this concept so powerful now is the fact that you have a foundation that makes your 1% improvement that much more powerful. The bigger the base of accomplishment, the more momentum you will gain – especially when you are void of injury or illness. Remember that the body does NOT get stronger during training – it gets stronger during rest. Feed it well and rest deeply.

## RECOVERY PROTOCOLS

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



# TUESDAY

Bike: Even Tempo / Aerobic Enhancement (1 Hour) + Core Work

AEROBIC

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

**Workout Notes:** Don't eat prior to this ride. 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: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can push a bigger gear than you thought possible while staying in your aerobic zone.

## WARM UP – HR ZONE 1 (10 MIN)

**Cadence:** 80–85

**Gearing:** Small chain ring up front, middle rear

## MAIN SET – 40 MIN (HR ZONE 2)

**Cadence:** 80–90

Tallest gearing maintaining chain tension. Every 10 minutes stand up and stretch.

## COOL DOWN – 10 MIN (HR ZONE 1)

**Cadence:** 80–85

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 PROTOCOLS

- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.

## Core Circuit – Complete Immediately After Bike Workout

Complete each exercise for **15 seconds**; rest 15 seconds as you move to the next exercise. Repeat entire set – total of **2 sets**.

- [Standing Abdominal Twists](#)
- [Abdominal Pike on Fit Ball](#)
- [Abdominal Roll Out on Fit Ball](#)
- [Ab Crunch on Fit Ball](#)



# WEDNESDAY

Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

AEROBIC

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

**Workout Notes:** Don't eat prior to this ride. 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: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2.

## WARM UP – HR ZONE 1 (15 MIN)

**Cadence:** 80–85

**Gearing:** Small chain ring up front, middle rear

## MAIN SET – 60 MIN (HR ZONE 2)

**Cadence:** 80–90

Tallest gearing maintaining chain tension. Every 15 minutes stand up and stretch.

## COOL DOWN – 15 MIN (HR ZONE 1)

**Cadence:** 80–85

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 PROTOCOLS

- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



# THURSDAY

Bike: Even Tempo / Aerobic Enhancement (1 Hour) + Core Work

AEROBIC

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

**Workout Notes:** Don't eat prior to this ride. 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: burn fat and enhance your aerobic engine.

## WARM UP – HR ZONE 1 (10 MIN)

**Cadence:** 80–85

**Gearing:** Small chain ring up front, middle rear

## MAIN SET – 40 MIN (HR ZONE 2)

**Cadence:** 80–90

Tallest gearing maintaining chain tension. Every 10 minutes stand up and stretch.

## COOL DOWN – 10 MIN (HR ZONE 1)

**Cadence:** 80–85

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

## Core Circuit – Complete Immediately After Bike Workout

Complete each exercise for **15 seconds**; rest 15 seconds as you move to the next exercise. Repeat entire set – total of **2 sets**.

- [Standing Abdominal Twists](#)
- [Abdominal Pike on Fit Ball](#)
- [Abdominal Roll Out on Fit Ball](#)
- [Ab Crunch on Fit Ball](#)

## EVENING PROTOCOLS

- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



# FRIDAY

Complete Rest Day #2 – Prepare for Weekend MX Sessions

REST

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

## Complete Rest Day #2

**Mental Notes:** The benefits of a rest day are larger than your hard workout days; this is because your body doesn't get any stronger or improve regarding your endurance during training. Your body actually improves physically when you feed it high quality, high quantity food and allow for adequate rest (7-8 hours of evening sleep and if logistically possible, 1-2-hour naps during the day). When your body sleeps deeply, for a long period of time and uninterrupted, it releases growth hormone which is the most powerful recovery and performance-enhancing substance available.

### EVENING PROTOCOLS

- ▶ **Flexibility:** Complete an [entire stretch routine](#) – hips, hamstrings, quads, calves
- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.



# SATURDAY

MX Workout #1 + Nap + Aerobic Bike Ride (2 Hours) + Core Work

MX + BIKE

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

## Morning Workout – Complete Racing Solutions MX Aerobic Workout #1

Please reference the spreadsheet at the bottom of this document.

**Pre-Hydration:** 8–10 oz cold [Energy Fuel](#) 10–15 min prior.

### POST-WORKOUT

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

### EVENING PROTOCOLS

- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.

## ☾ 2-Hour Nap After Mid-Day Meal

At this point in the week, your body should be eager to catch a few extra hours of sleep. Strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack.

## Afternoon Workout – Aerobic Bike Ride (2 Hours)

**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). To maximize the productivity of this workout, have [Energy Fuel](#) available every 15 minutes.

### WARM UP – HR ZONE 1 (15 MIN)

**Cadence:** 80–85 · Small chain ring, middle rear

### MAIN SET – 90 MIN (HR ZONE 2)

**Cadence:** 80–90 · Tallest gearing maintaining chain tension.  
Hydrate every 15 minutes.

### COOL DOWN – 15 MIN (HR ZONE 1)

**Cadence:** 80–85 · Stretch lower back, calves, quads prior to dismounting.

## Core Circuit – Complete Immediately After Bike Workout

Complete each exercise for **15 seconds**; rest 15 seconds as you move to the next exercise. Repeat entire set – total of **2 sets**.

- [Standing Abdominal Twists](#)
- [Abdominal Pike on Fit Ball](#)
- [Abdominal Roll Out on Fit Ball](#)
- [Ab Crunch on Fit Ball](#)



# SUNDAY

MX Aerobic Workout #2 + Nap + Aerobic Bike Ride (2 Hours) + Core Work

MX + BIKE

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

**Note:** If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

## Morning Workout – Complete Racing Solutions MX Aerobic Workout #2

Please reference the spreadsheet at the bottom of this document.

**Pre-Hydration:** 8-10 oz cold [Energy Fuel](#) 10-15 min prior.

### POST-WORKOUT

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

### EVENING PROTOCOLS

- ▶ **Recovery:** [Foam roller](#) & trigger point therapy
- ▶ **Breathing:** [Diaphragmatic breathing](#) – Slow, deep breathing using your diaphragm muscle.

## ☾ 2-Hour Nap After Mid-Day Meal

Once you wake up from your 2 to 3-hour nap, take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation and stretching.

## Afternoon Workout – Aerobic Bike Ride (2 Hours)

**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). To maximize the productivity of this workout, have [Energy Fuel](#) available every 15 minutes.

### WARM UP – HR ZONE 1 (15 MIN)

**Cadence:** 80-85 · Small chain ring, middle rear

### MAIN SET – 90 MIN (HR ZONE 2)

**Cadence:** 80-90 · Tallest gearing maintaining chain tension.  
Hydrate every 15 minutes.

### COOL DOWN – 15 MIN (HR ZONE 1)

**Cadence:** 80-85 · Stretch lower back, calves, quads prior to dismounting.

## Core Circuit – Complete Immediately After Bike Workout

Complete each exercise for **15 seconds**; rest 15 seconds as you move to the next exercise. Repeat entire set – total of **2 sets**.

- [Standing Abdominal Twists](#)
- [Abdominal Pike on Fit Ball](#)
- [Abdominal Roll Out on Fit Ball](#)
- [Ab Crunch on Fit Ball](#)



# 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
<b>Warm Up</b>	<b>Set Focus: generate blood flow into all the working muscles</b>	
	<p>Concept 2™ Rower – 10 minutes: low intensity pulling            Stretch passively (no bouncing) from head to toe</p>	Less Than <40%
<b>Main Set #1</b>	<b>Set Focus: Reaction Time &amp; First Turn Aggression</b>	
	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 <a href="#">Energy Fuel</a></i>	
<b>Main Set #2</b>	<b>Set Focus: Aerobic Enhancement / Internal Pacing</b>	
	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%
	<b>Fastest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____ <b>Avg. Heart Rate:</b> _____ <b>Max HR:</b> _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
<b>Main Set #3</b>	<b>Set Focus: Reaction Time &amp; First Turn Aggression</b>	
	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>		
<b>Main Set #4</b>	<b>Focus: Aerobic Enhancement / Internal Pacing</b>	
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%
	<b>Fastest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____ <b>Avg. Heart Rate:</b> _____ <b>Max HR:</b> _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
<b>Main Set #5</b>	<b>Set Focus: Sprint Speed</b>	
	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). <b>REPEAT THIS FOUR TIMES WITH 5 MINUTE REST INTERVAL</b>	
	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%
<b>Fastest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____ <b>Avg. Heart Rate:</b> _____ <b>Max HR:</b> _____ _____		
<b>Warm Down</b>	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)	<40%
<b>Pre-Riding Weight:</b> _____ <b>Post-Riding Weight:</b> _____ <b>Total Fluids Consumed:</b> _____ <b>Loss/Gain:</b> _____		



# MX AEROBIC WORKOUT #2

Workout Focus: Muscular Endurance and Strength

**AEROBIC**

Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Muscular Endurance and Strength
Set	Description	Intensity
<b>Focus: Gradual Warm Up</b>		
<b>Warm Up</b>	Row or Bike for 10 minutes – break a solid sweat prior to moving over to your motorcycle	<b>&lt;50%</b>
	Stretch passively (no bouncing) from head to toe	
<b>Focus: Moving the bike with your core</b>		
<b>Main Set #1</b>	20 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 1 second and “feel” for the bike to deviate (less is better)	
	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 1 second and “feel” for the bike to deviate (less is better)	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with <a href="#">Energy Fuel</a></i>		
<b>Focus: First Turn Transitions</b>		
<b>Main Set #2</b>	Your focus needs to be on your transition from on the gas to on the brakes Take your time from the drop of the gate to a point right after the first turn – stay focused!	
	Interval 1 Time: _____ Interval 2 Time: _____ Interval 3 Time: _____ Interval 4 Time: _____	<b>100%</b>
	Interval 5 Time: _____ Interval 6 Time: _____ Interval 7 Time: _____ Interval 8 Time: _____	<b>100%</b>
	Interval 9 Time: _____ Interval 10 Time: _____ Interval 11 Time: _____ Interval 12 Time: _____	<b>100%</b>
	<b>Fastest Time:</b> _____ <b>Slowest Time:</b> _____ <b>Average Time:</b> _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
<b>Focus: Muscular Endurance &amp; Strength</b>		
<b>Main Set #3</b>	30 Minute Moto – Even Paced / Take the smoothest lines every lap 15 Minute Moto – Even Paced (Beginning to End)	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	<b>80–85%</b>
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	<b>80–85%</b>
	Lap 11 Time: _____ Lap 12 Time: _____ Lap 13 Time: _____ Lap 14 Time: _____ Lap 15 Time: _____	<b>80–85%</b>

Complete Racing Solutions Aerobic MX Workout #2		Workout Focus: Muscular Endurance and Strength
Set	Description	Intensity
	<b>Fastest Lap Time:</b> _____ <b>Slowest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
<b>Main Set #4</b>	<b>Focus: Muscular Endurance &amp; Strength</b>	
	20 Minute Moto – Even Paced / Take the roughest lines every lap	
	Lap 1 Time: _____ Lap 2 Time: _____ Lap 3 Time: _____ Lap 4 Time: _____ Lap 5 Time: _____	<b>90-95%</b>
	Lap 6 Time: _____ Lap 7 Time: _____ Lap 8 Time: _____ Lap 9 Time: _____ Lap 10 Time: _____	<b>90-95%</b>
	<b>Fastest Lap Time:</b> _____ <b>Slowest Lap Time:</b> _____ <b>Average Lap Pace:</b> _____	
<i>Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel</i>		
<b>Warm Down</b>	10 Minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)	<b>&lt;50%</b>
	Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	
<b>Beginning Weight:</b> _____ <b>Ending Weight:</b> _____ <b>Loss Gain (Loss):</b> _____		