

WEEKEND WARRIOR PROGRAM

PHASE 4 / WEEK 1 OF 8

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM

Weekend Warrior

PHASE

4

WEEK








1 of 8

FOCUS

Re-Assessment

This is a **re-evaluation week** – the goal is to re-establish your personal baseline numbers across all disciplines after the training you have completed in Phase 3. Every test result becomes the data that drives your personalized training zones for the next 7 weeks of Phase 4. Complete each assessment with maximum effort and accurate record-keeping.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Plyometric	Row	Bike or Row	Bike	Rest Day	MX + Nap	MX + Nap
Assessment 3 Sets · 60 sec	1000m Time Trials 4 × 1000m	Active Recovery 60 min Bike or 30 min Row	10-Mile Time Trial	Full Recovery	MX Aerobic #2 AM 2-Hr Power Nap	MX Speed Assessment 2-Hr Power Nap

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. Effort feels comfortable and controlled throughout.

● **HR Zone 3+ – Red Workouts**

Builds your strength, speed & lactate tolerance. Burns stored sugar as a primary fuel source. Near-maximum effort – breathing is labored, conversation is not possible.



MONDAY

ASSESSMENT

Plyometric Assessment – Re-Establish Strength Baseline

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

Workout Notes: Download the **Plyometric Assessment spreadsheet** for this effort. Determine how many reps you can complete within **60 seconds** per exercise. Complete **3 sets** of each exercise with **30 seconds rest** between sets, and a **1-minute rest** before moving to the next exercise. Record all rep counts accurately – these numbers establish your Phase 4 strength baseline.

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel** to top off calories and provide electrolytes for proper muscle contraction.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades, etc. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar & repair tissue.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching after shower.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed –feeds brain overnight, improves sleep quality, makes you leaner.



TUESDAY

CRS Row Assessment – 1000 Meter Time Trials

ASSESSMENT

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

ROW ASSESSMENT - 1000 METER TIME TRIALS

Please refer to the **Row Assessment spreadsheet** at the bottom of this document.

Workout Notes: Complete **4 × 1000 Meter Intervals** as fast as you can. 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 immediately.

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel** to top off calories and provide electrolytes.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades, etc. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



WEDNESDAY

Active Recovery – Bike or Row

ACTIVE RECOVERY

Complete one (1) of the following as your active recovery workout PRIOR to breakfast:

OPTION A – CRS BICYCLE WORKOUT: 1-MINUTE STANDING INTERVALS (60 MINUTES)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Workout Notes: Bike for 60 minutes – stop and stretch as needed. Every 10 minutes, stand up and pedal in a tall gear easily for 1 minute, then transition back to seated. Keep intensity under control (less than 70%). Drink every 15 minutes throughout the ride.

RIDE PROTOCOL (60 MIN)

Intensity: Less than 70% – active recovery
Every 10 min: Stand and pedal tall gear easily for 1 min
Hydration: Drink every 15 min throughout

POST-BIKE PROTOCOLS

Flexibility: Hips, glutes, shoulder blades, etc.
Nutrition: 8–10 oz Best Whey Protein immediately after

OPTION B – CRS ROW: EVEN TEMPO (30 MINUTES)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

WARM-UP (5 MIN – HR ZONE 1)

Damper: 1–2
Pull Rate: Easy
 Get HR up slowly. Focus on straight back, leading with legs.

MAIN SET (20 MIN – HR ZONE 2)

Damper: 3
 Comfortable rate, proper form, HR Zone 2 (no higher). Breathe in while coiling, exhale while pushing legs out and pulling back. Hydrate every 5 min.

WARM-DOWN (5 MIN – HR ZONE 1)

Slow pull rate until HR returns to Zone 1.
Post: Dynamic movements, static stretches & foam rolling. 8–10 oz Best Whey Protein.

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



THURSDAY

CRS Bike Assessment – 10-Mile Time Trial

TESTING AM

BIKE ASSESSMENT - 10-MILE TIME TRIAL

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. [Update the **Performance Report Card – Phase 4 – Time Trials** with the results of this information]

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

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):

- 2 minutes – 100+ cadence (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. Once you begin, be aggressive – work on maintaining perfect form to get max power out of your legs (use all muscle groups, not just quads).

ELAPSED TIME

AVG. HR

MAX HR

TOTAL FLUIDS

POST-TEST WEIGHT

Cool Down: Re-hydrate and ride for a minimum of 10 minutes easy spin/active recovery. Stretch head to toe for a minimum of 15 minutes. Consume 8–10 oz liquid sports drink/recovery calories & a complete meal within 20 minutes.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades, etc. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8–10 oz Best Whey Protein**.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



FRIDAY

Complete Rest Day – Body Analysis & Recovery

RECOVERY

Use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes. Today is a complete rest day.

Misc. Notes: Avoid simple sugars and white starchy foods (white potatoes, spaghetti, bread, boxed cereals, chips) 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. Brightly colored fruits and vegetables provide the most antioxidant benefit.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off electrolytes and hydration.
- ▶ **Foam Roller & Trigger Point:** Soften muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep – breathe through a straw with nose closed. ▶ [Watch](#)



SATURDAY

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

MX + NAP

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

MORNING WORKOUT – CRS MX AEROBIC WORKOUT #2

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Workout Notes: Keep your HR monitor where you can see it at all times. Stay below 80% throughout the moto. Your body will become relaxed and progressively faster at the same effort level (80%). Don't overlook hydration and calories to keep blood sugar constant. [Please refer to the **MX Aerobic Workout #2 spreadsheet** at the bottom of this document]

POST-WORKOUT

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

2-Hour Power Nap

Consume a nutrient-dense smoothie prior to lying down. High-quality fruits and vegetables are nutrient rich, calorically low, fill the belly, and provide stable blood sugar for up to 3 hours. This nap is critical for hGH release and tissue repair after the morning MX workout.

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



SUNDAY

MX Speed Assessment AM – 2-Hour Power Nap

MX SPEED + NAP

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

MORNING WORKOUT – CRS MX SPEED ASSESSMENT

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of Energy Fuel**.

Workout Overview: This is a very intense workout – plan your last meal ideally 3 hours before. Consume a banana or energy gel prior to starting. Hit the indicated intensity levels to produce residual fatigue by the end. Sports drink on regular increments will help resist premature fatigue. *[Please reference the MX Speed Assessment spreadsheet at the bottom of this document for your complete workout outline]*

POST-WORKOUT

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

2-Hour Power Nap / Recovery Protocols

Residual fatigue from testing demands active recovery: take a cold bath for 10–15 minutes when you wake up; consume a good-sized meal + ibuprofen if needed. Follow with a hot shower then stretch range of motion for 3–5 seconds per muscle group.

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



CRS ROW ASSESSMENT

SPREADSHEET

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

WARM-UP	<p>Set Focus: Gradual Warm-Up – 2000 Meters</p> <p>Load Level: 2 Focus: Gradual Warm Up Display: Distance</p> <p>Row easy for 2000 meters – even tempo, get HR up slowly. Stretch passively from head to toe.</p> <p style="text-align: center; border: 1px solid #0070C0; border-radius: 15px; display: inline-block; padding: 2px 10px;">LESS THAN 40%</p>
MAIN SET #1	<p>Set Focus: Muscular Power – 1000 Meter Interval</p> <p>Resistance: 5 Display: Distance Focus: Muscular Power – "As Fast As Possible"</p> <p>1000 Meters for Time: _____ Avg HR: _____ Max HR: _____</p> <p>Pull easy for half of elapsed time (active recovery).</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">90-95%</p>
MAIN SET #2	<p>Set Focus: Muscular Power – 1000 Meter Interval</p> <p>Resistance: 5 Display: Distance Focus: Muscular Power – "As Fast As Possible"</p> <p>1000 Meters for Time: _____ Avg HR: _____ Max HR: _____</p> <p>Pull easy for half of elapsed time (active recovery).</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">90-95%</p>
MAIN SET #3	<p>Set Focus: Muscular Power – 1000 Meter Interval</p> <p>Resistance: 5 Display: Distance Focus: Muscular Power – "As Fast As Possible"</p> <p>1000 Meters for Time: _____ Avg HR: _____ Max HR: _____</p> <p>Pull easy for half of elapsed time (active recovery).</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">90-95%</p>
MAIN SET #4	<p>Set Focus: Muscular Power – 1000 Meter Interval</p> <p>Resistance: 5 Display: Distance Focus: Muscular Power – "As Fast As Possible"</p> <p>1000 Meters for Time: _____ Avg HR: _____ Max HR: _____</p> <p>Pull easy for half of elapsed time (active recovery).</p> <p style="text-align: center; border: 1px solid #D95319; border-radius: 15px; display: inline-block; padding: 2px 10px;">90-95%</p>

WARM-DOWN

1000 Meters – Very Easy

Very easy pulling – stroke rate less than 25. Allow HR to return to Zone 1.

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

LESS THAN 40%



CRS MX AEROBIC WORKOUT #2

SPREADSHEET

Workout Focus: Muscular Endurance / Mental Focus / Internal Pacing

WARM-UP

Set Focus: Easy Riding – Very Low Intensity
 Keep close eye on HR. Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel.

40%

MAIN SET #1

Set Focus: Moving the Bike with Your Core

- 10 Starts using only inner leg; hold bars BARELY – only fingertips
- 5 Starts – look ahead and move bike with thighs
- 5 Starts – close eyes for 2 seconds and “feel” for bike to deviate

Rest 5 min / Stretch / Re-hydrate with Energy Fuel.

RELAXED

MAIN SET #2

Set Focus: Muscular Endurance – 20 Minute Moto, Even Paced (Beginning to End)
 ~2 min lap time – adjust to fit your track. Don’t allow pace to fall off by more than 2 seconds throughout moto.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___

Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___

Fastest Lap: _____ | **Avg HR:** _____ | **Max HR:** _____

Rest 5 min / Stretch / Re-hydrate with Energy Fuel.

80-85%

MAIN SET #3

Set Focus: Muscular Endurance – Strive to Maintain Same Pace as Set #2
 20 Minute Moto – Even Paced.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: ___ Lap 2: ___ Lap 3: ___ Lap 4: ___ Lap 5: ___

Lap 6: ___ Lap 7: ___ Lap 8: ___ Lap 9: ___ Lap 10: ___

Fastest Lap: _____ | **Avg HR:** _____ | **Max HR:** _____

Rest 5 min / Stretch / Re-hydrate with Energy Fuel.

80-85%

MAIN SET #4**Set Focus: Muscular Endurance – Strive to Maintain Same Pace as Set #2**

20 Minute Moto – Even Paced.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: ____ Lap 2: ____ Lap 3: ____ Lap 4: ____ Lap 5: ____

Lap 6: ____ Lap 7: ____ Lap 8: ____ Lap 9: ____ Lap 10: ____

Fastest Lap: _____ | **Avg HR:** _____ | **Max HR:** _____

Rest 5 min / Stretch / Re-hydrate with Energy Fuel.

80-85%

MAIN SET #5**Set Focus: Body Balance**

- 10 Starts using only inner leg; hold bars BARELY
- 5 Starts – put a rock 10 yards out from front wheel; try to run over it
- 5 Starts – close eyes 2 seconds and “feel” for bike to deviate

RELAXED

WARM-DOWN**10 Minutes Easy Riding – Nothing Structured or Intense**

Watch HR monitor – keep in Zone 2 or below. Stretch passively from head to toe. Eat complete meal within 20 minutes.

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

40%



CRS MX SPEED ASSESSMENT

SPREADSHEET

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

WARM-UP

Set Focus: Gradual Warm-Up
 Ride either 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 Five (5) Laps
 Complete a start then merge onto track like a race. Maintain highest rate of speed while staying consistent for all 5 laps.

Moto Specific HR Zone: Low # _____ High # _____
5 Lap Elapsed Time Int #1: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

5 Lap Elapsed Time Int #2: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

90-95%

MAIN SET #2

Set Focus: Smooth Start and Fast Three (3) Laps
 Maintain – match or beat fastest lap from Set #1.

Moto Specific HR Zone: Low # _____ High # _____
3 Lap Elapsed Time Int #1: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 5 min / Stretch / Re-hydrate with Energy Fuel.

3 Lap Elapsed Time Int #2: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

90-95%

MAIN SET #3

Set Focus: Smooth Start and Fast Two (2) Laps
 Maintain – match or beat fastest lap from Set #2.

Moto Specific HR Zone: Low # _____ High # _____
2 Lap Elapsed Time Int #1: _____ | **Fastest Lap:** _____ | **Max HR:** _____
 Rest 3 min / Stretch / Re-hydrate with Energy Fuel.

2 Lap Elapsed Time Int #2: _____ | **Fastest Lap:** _____ | **Max HR:** _____

90-95%

WARM-DOWN

Easy Riding – Nothing Structured or Intense

Allow HR to come down slowly. Stretch passively from head to toe.

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS
CONSUMED

LOSS / GAIN

40%