

WEEKEND WARRIOR PROGRAM








PHASE 4 / WEEK 2 OF 8

RACE SPECIFIC SPEED & ENDURANCE

PROGRAM Weekend Warrior	PHASE 4	WEEK 2 of 8	FOCUS Speed & Endurance
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This week is all about **race-specific speed and endurance**. The Timed Challenges P4 on Tuesday, Thursday, and Sunday will push your strength and power. Wednesday, Friday, and Saturday afternoon include aerobic bike work to build your aerobic engine. Saturday and Sunday mornings are dedicated MX sessions – MX Speed #1 and MX Aerobic #1 – to translate your fitness directly to the track.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day	Timed Challenge	Bike + Core	Timed Challenge	Bike + Core	MX + Nap + Bike	MX + Nap + TC
Mental Focus Video Protocol	P4 AM 40" on / 20" off	Even Tempo 80 min Core Work AM	P4 AM 40" on / 20" off	Even Tempo 80 min Core Work PM	MX Speed #1 AM Nap + Bike 80 min PM	MX Aerobic #1 AM Nap + Timed Challenge PM

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

RECOVERY

Complete Rest Day – Body Analysis & Mental Protocols

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

Misc. Notes: Pay close attention to your hunger levels today. Eating clean (fresh fruits, vegetables, lean protein) – evaluate whether you are consuming enough calories. Eat every two hours; if you feel hungry before the 2-hour window, bump up your fat and protein intake.

MENTAL PROTOCOLS

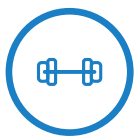
Psychology Video – Watch in a Place with Zero Distractions

Concept Video: [“Calculating your Sweat Rate”](#) – Watch for 3:30 minutes with full focus. No phone, no distractions. Apply the concepts directly to your training this week.

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. ▶ [Watch](#)



TUESDAY

Timed Challenges P4 AM – 40" On / 20" Off

TIMED CHALLENGE AM

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

MORNING WORKOUT – TIMED CHALLENGES P4

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

Workout Notes: Each cycle contains two exercises. Complete 40 seconds of one exercise (unless noted), rest 20 seconds, then complete the second exercise in the cycle. Move back to exercise #1, then #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate between cycles.

Weight: First set = 8 reps comfortably within 40 sec. Second set = bump weight slightly so you are working hard by the end of 40 sec.

Rest Interval: 30 seconds / stretch & hydrate between sets; 1:00 between cycles.

*[Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document]*

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

BIKE + CORE AM

Bike Even Tempo 80 min AM – Core & Lower Back Work

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

MORNING WORKOUT – BIKE: EVEN TEMPO AEROBIC ENHANCEMENT (80 MINUTES)

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

Workout Notes: Focus on burning fat for fuel and enhancing capillary beds within the belly of muscle tissue. Keep HR in focus for the entire ride – don't go too hard. This is a blue (aerobic) workout.

WARM-UP (15 MIN – HR ZONE 1)

Gearing: Small chain ring front, middle rear
Cadence: 80–85 (no higher/lower)
 Get HR up slowly. Stretch and hydrate.

MAIN SET (60 MIN – UPPER HR ZONE 2)

Gearing: Tallest gear possible while staying in HR Z2
Cadence: 80–90 (no higher/lower)
 Every 15 min: stand up and stretch hamstrings, quads, calves, lower back. Hydrate with Energy Fuel. Stay within 2–3 beats of your top Zone 2 number.

COOL-DOWN (5 MIN – HR ZONE 2 OR LESS)

Gearing: Easiest combination that gets cadence above 90
Cadence: 85–90
 Allow HR to come down gradually before dismounting.

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING BIKE)

Core Circuit – 2 Sets x 10 Reps Each (Hold Bike 1 Min) | Rest 20 sec between exercises

Ab Crunch on Fit Ball (pause 5 sec)

Pike Position with Eyes Closed

Plyometric Push-Ups

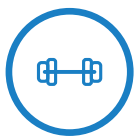
POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume **8–10 oz Best Whey Protein**.

EVENING

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



THURSDAY

Timed Challenges P4 AM – 40" On / 20" Off

TIMED CHALLENGE AM

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

MORNING WORKOUT – TIMED CHALLENGES P4

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

Workout Notes: Same protocol as Tuesday. Same weight, same 40"/20" tempo. Focus on form over rep count. If your muscles give out before hitting your goal count, stop and move to the next exercise. Never sacrifice form to complete a set. *[Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document]*

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

BIKE + CORE PM

Bike Even Tempo 80 min PM – Core & Lower Back Work

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

AFTERNOON WORKOUT – BIKE: EVEN TEMPO AEROBIC ENHANCEMENT (80 MINUTES)

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

WARM-UP (15 MIN – HR ZONE 1)

Cadence: 80–85

Get HR up slowly. Stretch and hydrate.

MAIN SET (60 MIN – UPPER HR ZONE 2)

Cadence: 80–90

Every 15 min: stand up and stretch. Hydrate with Energy Fuel. Stay within 2–3 beats of your top Zone 2 number.

COOL-DOWN (5 MIN – HR ZONE 2 OR LESS)

Cadence: 85–90

Allow HR to come down gradually before dismounting.

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING BIKE)

Core Circuit – 2 Sets × 10 Reps Each | Rest 20 sec between exercises

Ab Crunch on Fit Ball (pause 5 sec)

Pike Position with Eyes Closed

Plyometric Push-Ups

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** 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.



SATURDAY

MX Speed #1 AM – 2-Hour Nap – Bike 80 min PM + Core

MX + NAP + BIKE

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

MORNING WORKOUT – CRS MX SPEED WORKOUT #1

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

Workout Notes: Push HR exactly like race day – holding the fastest levels of speed while your body begins to fatigue. Late race day fatigue equals low blood sugar and fluids. The track will break down – maintain momentum wherever possible. Attention to details and implementing what you’ve trained during the week will allow you to race up to your full potential. *[Please refer to the **MX Speed Workout #1 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 (After Post-Ride Meal)

Release of hGH (human growth hormone). Eat a post-ride meal high in carbohydrates. Fall asleep quickly and stay asleep 2–3 hours without waking hungry. If you wake hungry, note it in your food & training journal.

AFTERNOON WORKOUT – BIKE: EVEN TEMPO AEROBIC ENHANCEMENT (80 MINUTES)

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

WARM-UP (15 MIN – HR ZONE 1)

Cadence: 80–85

Get HR up slowly. Stretch and hydrate.

MAIN SET (60 MIN – UPPER HR ZONE 2)

Cadence: 80–90

Every 15 min: stand up and stretch. Hydrate with Energy Fuel. Stay within 2–3 beats of your top Zone 2 number.

COOL-DOWN (5 MIN – HR ZONE 2 OR LESS)

Cadence: 85–90

Allow HR to come down gradually before dismounting.

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING BIKE)

Core Circuit – 2 Sets × 10 Reps Each | Rest 20 sec between exercises

Ab Crunch on Fit Ball (pause 5 sec)

Pike Position with Eyes Closed

Plyometric Push-Ups

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 + NAP + TC

MX Aerobic #1 AM – 2-Hour Nap – Timed Challenge P4 PM

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

MORNING WORKOUT – CRS MX AEROBIC WORKOUT #1

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

Workout Notes: Push your internal pacing clock and ability to focus while working fast and for a long period of time. Choice of lines and ability to carry momentum in and out of corners will help produce your lowest time per set. Keep a close eye on the rest interval. If anything tightens up, simply stop, stretch, and resume. *[Please refer to the **MX Aerobic Workout #1 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 (After Post-Ride Meal)

Reference Saturday's nap notes. Eat a post-ride meal high in carbohydrates. Fall asleep quickly and stay asleep 2–3 hours without waking hungry. Note any hunger in your food & training journal.

BEFORE DINNER – TIMED CHALLENGES P4

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

Workout Notes: Same workout notes and weight guidance as Tuesday/Thursday. Rest interval: 30 seconds / stretch & hydrate between sets; 1:00 between cycles. *[Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document]*

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** 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.



TIMED CHALLENGE P4

40 Seconds On – 20 Seconds Off – 5 Cycles + Bicycle Sprints

SPREADSHEET

▲ **WARM-UP:** Concept 2™ Row or Spin on Bike – 10 minutes easy.

EXERCISE	PROTOCOL	DATE / SET 1 REPS	DATE / SET 2 REPS
CYCLE ONE			
Pike – Push Up – Pike ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Isolated Leg & Frankenstein's on Bench ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier than Set 1): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE TWO			
Air Squats ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Hamstring Press-Extension on Fit Ball ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE THREE			
Stars – 30 Seconds As Fast As Possible ▶ Stars Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____

EXERCISE	PROTOCOL	DATE / SET 1 REPS	DATE / SET 2 REPS
	Rep 2: As many as you can complete in 40 seconds – 20 second rest		
Military Spiders Off Bench ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE FOUR			
Dips Off of Bench ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 40 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 40 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Bicep Curls Up to 90 Degrees ▶ Instructional Video	Weight (heavy but manageable): _____ Rep 1: As many reps as you can do in 30 seconds Weight (slightly heavier): _____ Rep 2: As many reps as you can do in 30 seconds	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
CYCLE FIVE			
Side Skaters ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____
Abdominal Crunch on Fit Ball ▶ Instructional Video	Rep 1: As many as you can complete in 40 seconds – 20 second rest Rep 2: As many as you can complete in 40 seconds – 20 second rest	Rep 1: _____ Rep 2: _____	Rep 1: _____ Rep 2: _____



BICYCLE SPRINTS ON TRAINER

5 × 2-Minute Sprints – 90–95% Effort – Moderate Load

SPREADSHEET

SET	PROTOCOL	INTENSITY
Warm-Up 2 Minutes	Low intensity – light load levels. Spin easy to prepare muscles for sprint efforts.	LOW
Sprint #1 2 Minutes	Increase load to MODERATE. Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #1 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #2 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #2 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #3 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #3 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #4 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Rest #4 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
Sprint #5 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
Warm Down	Easy spinning until HR returns to Zone 1.	< 40%



CRS MX SPEED WORKOUT #1

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%



CRS MX AEROBIC WORKOUT #1

SPREADSHEET

Workout Focus: Muscular Endurance and Strength

WARM-UP	<p>Set Focus: Gradual Warm-Up</p> <p>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.</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: Starts with First Turns for Time</p> <p>10 Starts with first turn – timed to a point just out of the corner. Clock starts when gate drops and ends when you cross the mark point. Be smooth!</p> <p>Rest 5 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #ccc; border-radius: 15px; display: inline-block; padding: 2px 10px;">N/A</p>
MAIN SET #2	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below race pace (80–85% HR Level); smooth lines.</p> <p>Elapsed Times: _____ Average HR: _____ Max HR: _____</p> <p>Rest 5 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #E69A00; border-radius: 15px; display: inline-block; padding: 2px 10px;">80–85%</p>
MAIN SET #3	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below race pace (80–85% HR Level); non-smooth lines. Goal: within 2 seconds of previous set – hold yourself accountable!</p> <p>Elapsed Times: _____ Average HR: _____ Max HR: _____</p> <p>Rest 5 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #E69A00; border-radius: 15px; display: inline-block; padding: 2px 10px;">80–85%</p>
MAIN SET #4	<p>Set Focus: Timed Moto (Max 15 Minutes in Duration)</p> <p>Complete 10 laps at just below race pace (80–85% HR Level); smooth lines. Goal: within 2 seconds of previous set – hold yourself accountable!</p> <p>Elapsed Times: _____ Average HR: _____ Max HR: _____</p> <p>Rest 5 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center; border: 1px solid #E69A00; border-radius: 15px; display: inline-block; padding: 2px 10px;">80–85%</p>

MAIN SET #5

Set Focus: Timed Moto (Max 15 Minutes in Duration)

Complete 10 laps at just below race pace (80-85% HR Level); non-smooth lines. Goal: within 2 seconds of previous set – hold yourself accountable!

Elapsed Times: _____ | **Average HR:** _____ | **Max HR:** _____

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

80-85%

MAIN SET #6

Set Focus: Starts & Transitions

10 Starts with first turn – timed to a point just out of the corner. Clock starts when gate drops and ends when you cross the mark point. Be smooth!

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

N/A

WARM-DOWN

10 Minutes of Play Riding – Nothing Structured or Intense

HR Level Zone 2 – No Higher. Stretch passively from head to toe. Eat complete meal within 20 minutes.

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

40%