

WEEKEND WARRIOR PROGRAM

# PHASE 4 / WEEK 4 OF 8








ACTIVE RECOVERY: LOWER VOLUME & INTENSITY

PROGRAM <b>Weekend Warrior</b>	PHASE <b>4</b>	WEEK <b>4 of 8</b>	FOCUS <b>Active Recovery</b>
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This is your **Active Recovery week** – lower volume and intensity to allow your body to recover mentally and physically. Monday and Friday are complete rest days. Tuesday and Thursday are short aerobic bike sessions with core work. Wednesday is a Row Negative Split Pacing Blocks workout. Saturday is MX Aerobic #2 followed by a 2-hour nap and a Row Negative Split session. Sunday is MX Aerobic #3 followed by a nap and a choice of Row Distance Intervals or Bike Fragmented Intervals.

**⚠ Heart Rate Alert:** If your resting heart rate is up by **4 or more beats** over last week's average on any training day, do not train. Sleep and eat instead.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day</b>	<b>Bike + Core</b>	<b>Row</b>	<b>Bike + Core</b>	<b>Rest Day</b>	<b>MX + Nap + Row</b>	<b>MX + Nap + Cardio</b>
Body Analysis Evening Protocols	Fragmented Intervals 50 min + Core	Negative Split Pacing Blocks 6,000m	Even Tempo 40 min + Core	Full Recovery Evening Protocols	MX Aerobic #2 AM Nap + Row 6,000m PM + Core	MX Aerobic #3 AM Nap + Row or Bike 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

Complete Rest Day – Body Analysis & Evening Protocols

REST DAY

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

**Mental Notes:** Take 10 minutes and complete these two things (5 minutes each):

**Pressing your Lower Back:** To release tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), foam roll your quads and then isolate and stretch the quadriceps.

## ACTIVE RECOVERY PROTOCOLS – POST SHOWER / PRE-BED

### NUTRITION

- ▶ Consume 8 oz cold water with fresh lemon. Consume a smoothie & take your evening vitamins.

### FOAM ROLLER & TRIGGER POINT

- ▶ Follow this sequence for 10 minutes. ▶ [Watch video sequence](#)

### BREATHING EXERCISE

- ▶ Diaphragmatic breathing exercise while putting yourself to sleep. ▶ [Watch](#)



# TUESDAY

BIKE + CORE

Bike Fragmented Intervals 50 min + Core Work

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

**⚠ HR Alert:** If your resting heart rate is up by 4 or more beats over last week's average – do not train; sleep and eat instead.

## BIKE WORKOUT – FRAGMENTED INTERVALS (50 MINUTES TOTAL)

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

### WARM-UP (10 MIN – HR ZONE 1)

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

**Cadence:** 80–85

Focus on optimum pedal mechanics.

▶ [Video](#)

Stretch and hydrate before moving into main set.

### PERFORMANCE BLOCK #1 (10 MIN – LOWER END HR ZONE 2)

**Cadence:** 75–85

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

### PERFORMANCE BLOCK #2 (20 MIN – UPPER END HR ZONE 2)

**2 min ON:** Out of saddle 30", then seated 1:30 in tallest gear. Capture highest speed in 1:30 interval.

**3 min OFF:** Easy gear combination, low HR.

Repeat 2"/3" pattern until 20 min has transpired.

### COOL-DOWN (10 MIN – HR ZONE 1)

**Gearing:** Easiest combination allowing 85–90 cadence & HR Zone 1

**Cadence:** 85–90

Do not dismount until your heart rate is within HR Zone 1.

## CORE WORK (IMMEDIATELY FOLLOWING BIKE)

### Core Circuit – 15 sec each exercise / 15 sec rest / 2 Sets Total

Standing Abdominal Twists

Abdominal Pike on Fit Ball

Abdominal Roll Out on Fit Ball

Ab Crunch on Fit Ball

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

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

### EVENING

- ▶ Reference Monday's evening notes & video links.



# WEDNESDAY

ROW

Row: Negative Split Pacing Blocks (6,000 Meters)

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

**⚠ HR Alert:** If your resting heart rate is up by 4 or more beats over last week's average – do not train; sleep and eat instead.

## ROW WORKOUT – NEGATIVE SPLIT PACING BLOCKS (6,000 METERS)

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

**Misc. Notes:** Monitor set to 500 meter / 1:00 minute rest interval. Adjust load levels to avoid pulling a muscle or straining lower back. Breathe in on the coil and exhale on leg extension. Hydrate with Energy Fuel and stretch as necessary.

### WARM-UP (1,000M – HR ZONE 1)

**Load Level:** 3 | **Pull Rate:** less than 30

Straight back, legs leading, arms finishing. Stretch from head to toe.

### MAIN SET (4,000M – DESCENDING BLOCKS)

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

Complete 500m at 70–75% – capture elapsed time (this is your **Baseline Number**).

Complete 4,000m in Descending Blocks:

Intervals #1 & #2 – maintain same pace as Baseline

Intervals #3 & #4 – 2 seconds faster than Baseline

Intervals #5 & #6 – maintain same pace as Baseline

Intervals #7 & #8 – 2 seconds faster than Baseline

### COOL-DOWN (500M – HR ZONE 1)

**Load Level:** 3 | **Pull Rate:** less than 30

Stretch from head to toe.

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

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

### EVENING

- ▶ Reference Monday's evening notes & video links.



# THURSDAY

BIKE + CORE

Bike Even Tempo / Aerobic Enhancement (40 Minutes) + Core

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

**HR Alert:** If your resting heart rate is up by 4 or more beats over last week's average – do not train; sleep and eat instead.

## BIKE WORKOUT – EVEN TEMPO / AEROBIC ENHANCEMENT (40 MINUTES)

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

**Workout Notes:** Keep HR in Zone 2 or less. Burn fat. Stay mentally stimulated with gearing.

### WARM-UP (5 MIN – HR ZONE 1)

**Gearing:** Small chain ring up front, middle rear | **Cadence:** 80–85  
Stretch and hydrate before moving into main set.

### MAIN SET (30 MIN – HIGH END OF HR ZONE 2)

**Cadence:** 75–85  
Tallest gearing to maintain while keeping chain tension tight. Every 10 min: stand and stretch hamstrings, quads, calves, lower back. Pay close attention to not trip into Zone 3.

### WARM-DOWN (5 MIN – HR ZONE 2 OR LESS)

**Gearing:** Small chain ring up front, middle rear | **Cadence:** 70–80  
Stretch lower back, calves, quads prior to dismounting.

## CORE WORK (IMMEDIATELY FOLLOWING BIKE)

### Core Circuit – 15 sec each exercise / 15 sec rest / 2 Sets Total

Standing Abdominal Twists

Abdominal Pike on Fit Ball

Abdominal Roll Out on Fit Ball

Ab Crunch on Fit Ball

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

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

### EVENING

- ▶ Reference Monday's evening notes & video links.



# FRIDAY

Complete Rest Day – Full Recovery

REST DAY

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

**Rest Day Philosophy:** The benefits of a rest day are actually larger than your hard workout days. Your body doesn't get stronger or improve endurance during training – it improves 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 the much-needed human growth hormone (HGH) naturally – you wake up leaner, stronger and with an improved immune system. Please embrace your rest day as if it was one of your harder workout days; your body will appreciate it.

## EVENING PROTOCOLS

### EVENING

- ▶ Reference Monday's evening notes & video links.



# SATURDAY

MX + NAP + ROW

MX Aerobic #2 AM + 2-Hour Nap + Row 6,000m PM + Core

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

⚠ **HR Alert:** If your resting heart rate is up by 4 or more beats over last week's average – do not train; sleep and eat instead. Seat time is always preferred – complete based on track availability.

## MORNING WORKOUT – CRS MX AEROBIC WORKOUT #2

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

**Workout Notes:** Familiar protocols – strive to be consistent for all three main sets. If you have more than a two-second deviation, your average speed needs to increase slightly or you need to slow down your initial pace. The idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. If possible, wear your HR monitor to keep you honest throughout this workout.

*[Please reference 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**.

## zzz 2-Hour Power Nap (After Post-Ride Meal)

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 – ROW: NEGATIVE SPLIT PACING BLOCKS (6,000 METERS)

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

### WARM-UP (1,000M – HR ZONE 1)

**Load Level:** 3 | **Pull Rate:** less than 30

Stretch from head to toe.

### MAIN SET (4,000M – DESCENDING BLOCKS)

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

500m at 70–75% (Baseline). Then 4,000m:

Int #1 & #2: Baseline pace | Int #3 & #4: 2 sec faster

Int #5 & #6: Baseline pace | Int #7 & #8: 2 sec faster

### COOL-DOWN (500M – HR ZONE 1)

**Load Level:** 3 | **Pull Rate:** less than 30

Stretch from head to toe.

## CORE WORK (IMMEDIATELY FOLLOWING ROW)

### Core Circuit – 15 sec each exercise / 15 sec rest / 2 Sets Total

[Standing Abdominal Twists](#)

[Abdominal Pike on Fit Ball](#)

[Abdominal Roll Out on Fit Ball](#)

[Ab Crunch on Fit Ball](#)

## EVENING PROTOCOLS

### EVENING

- ▶ Reference Monday's evening notes & video links.



# SUNDAY

MX Aerobic #3 AM – 2-Hour Nap – Row or Bike PM

MX + NAP + CARDIO

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

**⚠ HR Alert:** If your resting heart rate is up by 4 or more beats over last week's average – do not train; sleep and eat instead. Seat time is always preferred – complete based on track availability.

## MORNING WORKOUT – CRS MX AEROBIC WORKOUT #3

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

**Workout Overview:** To get the most out of this workout, allow yourself some room to pick up the pace in the second half of your main intervals. If possible, wear a HR monitor to keep you from going too hard initially – pay close attention to the indicated intensity levels. Proper hydration will be imperative for mental clarity, especially for the last interval of starts.

*[Please reference the **MX Aerobic Workout #3 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.

## AFTERNOON WORKOUT – CHOOSE ONE

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

### OPTION A – ROW: DISTANCE INTERVALS

**Warm-Up:** 1,000m – HR Zone 1 | Load Level: 3 | Pull Rate: 20-25 | Stretch head to toe

**Main Set #1:** 1,000m picking up pace every 200m up to HR Z3 (no higher). Repeat 3x.

Load Level: 5 | Pull Rate: 30+

**Transition:** 1,000m at HR Z2 – stretch & rehydrate

**Main Set #2:** 6 × 500m at HR Z2 / 500m Active Recovery at HR Z1

**Cool-Down:** 1,000m at HR Z1 | Stretch head to toe

### OPTION B – BIKE: FRAGMENTED INTERVALS (50 MINUTES)

**Warm-Up (10 min – HR Zone 1):** Cadence 80-85 | Stretch and hydrate

**Block #1 (10 min – Lower End HR Z1):** Cadence 75-85, tallest gear

**Block #2 (20 min – High End HR Z2):** 2 min ON (out of saddle 30" then seated 1:30) / 3 min OFF (easy gear). Repeat until 20 min transpired.

**Cool-Down (10 min – HR Zone 1):** Cadence 85-90. Do not dismount until HR in Zone 1.

## EVENING PROTOCOLS

### EVENING

- ▶ Reference Monday's evening notes & video links.



# CRS MX AEROBIC WORKOUT #2

SPREADSHEET

Workout Focus: Muscular Endurance and Strength

<b>WARM-UP</b>	<p><b>Set Focus: Gradual Warm-Up</b></p> <p>Row or Bike for 10 minutes – break a solid sweat prior to moving over to your motorcycle. Stretch for 5 minutes – head to toe; hydrate if needed.</p> <p style="text-align: center;">40%</p>
<b>MAIN SET #1</b>	<p><b>Set Focus: Starts &amp; Transitions</b></p> <p>10 minutes of starts – use your core; keep your upper body relaxed. 10 minutes of first turn transition – push with the outer knee and keep the inner knee pressed up. Rest 5 min / Stretch from head to toe / Re-hydrate with Energy Fuel.</p> <p style="text-align: center;">N/A</p>
<b>MAIN SET #2</b>	<p><b>Set Focus: Intensive Endurance</b></p> <p>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 15 minutes.</p> <p><b>Lap 1:</b> _____ <b>Lap 2:</b> _____ <b>Lap 3:</b> _____ <b>Lap 4:</b> _____ <b>Lap 5:</b> _____  <b>Lap 6:</b> _____ <b>Lap 7:</b> _____ <b>Lap 8:</b> _____ <b>Lap 9:</b> _____ <b>Lap 10:</b> _____</p> <p><b>Fastest Lap:</b> _____ <b>Average Lap Pace:</b> _____</p> <p>Rest 10 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center;">80-85%</p>
<b>MAIN SET #3</b>	<p><b>Set Focus: Intensive Endurance</b></p> <p>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 15 minutes.</p> <p><b>Lap 1:</b> _____ <b>Lap 2:</b> _____ <b>Lap 3:</b> _____ <b>Lap 4:</b> _____ <b>Lap 5:</b> _____  <b>Lap 6:</b> _____ <b>Lap 7:</b> _____ <b>Lap 8:</b> _____ <b>Lap 9:</b> _____ <b>Lap 10:</b> _____</p> <p><b>Fastest Lap:</b> _____ <b>Average Lap Pace:</b> _____</p> <p>Rest 10 min / Stretch / Re-hydrate with Energy Fuel.</p> <p style="text-align: center;">80-85%</p>

**MAIN SET #4****Set Focus: Intensive Endurance**

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 15 minutes.

**Lap 1:** \_\_\_\_\_ **Lap 2:** \_\_\_\_\_ **Lap 3:** \_\_\_\_\_ **Lap 4:** \_\_\_\_\_ **Lap 5:** \_\_\_\_\_

**Lap 6:** \_\_\_\_\_ **Lap 7:** \_\_\_\_\_ **Lap 8:** \_\_\_\_\_ **Lap 9:** \_\_\_\_\_ **Lap 10:** \_\_\_\_\_

**Fastest Lap:** \_\_\_\_\_ **Average Lap Pace:** \_\_\_\_\_

Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

80-85%

**MAIN SET #5****Set Focus: Starts & Transitions**

10 minutes of starts – use your core; keep your upper body relaxed.

10 minutes of first turn transition – push with the outer knee and keep the inner knee pressed up.

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

N/A

**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 AEROBIC WORKOUT #3

SPREADSHEET

Workout Focus: Aerobic Enhancement / Pacing

## WARM-UP

### Set Focus: Generate Blood Flow into All Working Muscles

Ride either your bike on the trainer or row for 10 minutes – even tempo / sweating when finished. Stretch passively (no bouncing) from head to toe.

40%

## MAIN SET #1

### Set Focus: Body Balance and Reaction Time – Starts

Complete 10 starts from the gate. When the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles. Fight the tendency to tighten up – this cuts off your breathing.

Int 1: \_\_\_\_\_ Int 2: \_\_\_\_\_ Int 3: \_\_\_\_\_ Int 4: \_\_\_\_\_ Int 5: \_\_\_\_\_

Int 6: \_\_\_\_\_ Int 7: \_\_\_\_\_ Int 8: \_\_\_\_\_ Int 9: \_\_\_\_\_ Int 10: \_\_\_\_\_

Fastest Interval: \_\_\_\_\_ Average Interval: \_\_\_\_\_

Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

N/A

## MAIN SET #2

### Set Focus: 20-Minute Moto – Aerobic Enhancement / Negative Split

Complete your interval with a start and settle into the track at a pace you can maintain (less than a two-second deviation) for 20 minutes. At the halfway point, increase your pace slightly (1-2 seconds) and maintain to the end.

Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Lap 5: \_\_\_\_\_ 75-80%

Lap 6: \_\_\_\_\_ Lap 7: \_\_\_\_\_ Lap 8: \_\_\_\_\_ Lap 9: \_\_\_\_\_ Lap 10: \_\_\_\_\_ 80-85%

Fastest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_

Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

## MAIN SET #3

### Set Focus: 20-Minute Moto – Aerobic Enhancement / Negative Split

Complete your interval with a start and settle into the track at a pace you can maintain (less than a two-second deviation) for 20 minutes. At the halfway point, increase your pace slightly (1-2 seconds) and maintain to the end.

Lap 1: \_\_\_\_\_ Lap 2: \_\_\_\_\_ Lap 3: \_\_\_\_\_ Lap 4: \_\_\_\_\_ Lap 5: \_\_\_\_\_ 75-80%

Lap 6: \_\_\_\_\_ Lap 7: \_\_\_\_\_ Lap 8: \_\_\_\_\_ Lap 9: \_\_\_\_\_ Lap 10: \_\_\_\_\_ 80-85%

Fastest Lap: \_\_\_\_\_ Average Lap Pace: \_\_\_\_\_

Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

**MAIN SET #4****Set Focus: Body Balance and Reaction Time – Starts**

Complete 10 starts from the gate. Evaluate optimum hook up. Focus on breathing deep and using legs and core muscles. Fight the tendency to tighten up. Internalize what your “pace” feels like when you nail your starts.

**Int 1:** \_\_\_\_\_ **Int 2:** \_\_\_\_\_ **Int 3:** \_\_\_\_\_ **Int 4:** \_\_\_\_\_ **Int 5:** \_\_\_\_\_

**Int 6:** \_\_\_\_\_ **Int 7:** \_\_\_\_\_ **Int 8:** \_\_\_\_\_ **Int 9:** \_\_\_\_\_ **Int 10:** \_\_\_\_\_

**Fastest Interval:** \_\_\_\_\_ **Average Interval:** \_\_\_\_\_

Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

N/A

**WARM-DOWN****15 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%