

WEEKEND WARRIOR PROGRAM








PHASE 4 / WEEK 5 OF 8

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Weekend Warrior	PHASE 4	WEEK 5 of 8	FOCUS Re-Evaluation
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This is a **re-evaluation week** – the goal is to re-establish your personal baseline numbers across all disciplines after the training completed in Phase 4 Weeks 1-4. Every test result becomes the data that drives your personalized training zones for the final 3 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

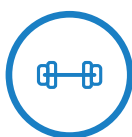
TRAINING INTENSITY GUIDE

- **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 Phase 4 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 re-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:** Complete dynamic movements, static stretches & foam rolling for optimum recovery. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8–10 oz iced cold Energy Fuel** and **Best Whey Protein** (1 scoop each) mixed with almond milk to replace depleted muscle sugar & repair tissue.

EVENING

- ▶ **Flexibility:** After your shower, upper and lower body trigger point, foam rolling, and stretching exercises. ▶ [Watch](#)
- ▶ **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.

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

Workout Notes: Complete **4 x 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:** Complete dynamic movements, static stretches & foam rolling for optimum recovery. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume **8–10 oz iced cold Energy Fuel** and **Best Whey Protein** (1 scoop each) mixed with almond milk.

EVENING

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



WEDNESDAY

ACTIVE RECOVERY

Active Recovery – Bike or Row: Complete One of the Following Prior to Breakfast

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

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: Keep this workout simple – 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 a seated position carefully, lighten your gearing and spin easily for the next 9 minutes. Wear your HR monitor to keep intensity under control (less than 70% is ideal). Drink every 15 minutes throughout this 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: Dynamic movements, static stretches & foam rolling

Nutrition: 8–10 oz Energy Fuel + 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. If struggling, simply slow down.

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. Stretch and hydrate every 5 min.

WARM-DOWN (5 MIN – HR ZONE 1)

Slow pull rate until HR returns to Zone 1. Blood out of arms and legs, into heart area for better recovery.

Post: Dynamic movements, static stretches & foam rolling. 8–10 oz Energy Fuel + 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

ASSESSMENT

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

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
- Repeat 2x

Test Block – 10 Mile Field Test (Ideally 5 Miles Out and Back):

Keep cadence in the 80–85 range. Once you begin, be aggressive – maintain perfect form to get max power from your legs (use all muscle groups, not just quads).

Elapsed Time: _____ | **Avg HR:** _____ | **Ending HR:** _____ | **Max HR:** _____ | **Total Fluids:** _____ |

Post-Test Weight: _____

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** Immediately consume 8–10 oz Energy Fuel + Best Whey Protein mixed with almond milk.

EVENING

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



FRIDAY

Complete Rest Day – Full Recovery & Nutrition Focus

REST DAY

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

Rest Day Nutrition Focus: 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. Think of brightly colored fruits and vegetables as fresh antioxidants that 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. Free radicals harm cell health, resulting in disease, premature aging, and declines in athletic performance. Every colorful plate is an investment in your health and performance from the inside out.

EVENING PROTOCOLS

EVENING

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



SATURDAY

MX + NAP

MX Aerobic Workout #2 AM + 2-Hour Power 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: To maximize the productivity of this workout, keep your HR monitor where you can easily see it. By staying below 80% throughout the moto, you will notice that your body becomes relaxed and progressively faster at the same effort level. Though the intensity is moderate, don't overlook your hydration and calories to ensure blood sugar levels remain constant throughout. *[Please refer to the **MX Aerobic Workout #2 spreadsheet** at the bottom of this document]*

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Energy Fuel + Best Whey Protein mixed with almond milk.

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 workout is very intense – plan your last meal ideally 3 hours before you begin. Consume a banana or energy gel prior to the start to top off glycogen reserves for your muscles and brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. Consuming your 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:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume **8–10 oz Energy Fuel + Best Whey Protein** mixed with almond milk.

2-Hour Power Nap / Recovery Protocols

With the residual fatigue from this week's testing, take a cold bath for 10–15 minutes when you wake up; eat a good-sized meal and take ibuprofen if needed. Follow with a hot shower, then stretch passively – hold the range of motion for any hot spots 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 **Set Focus: Gradual Warm-Up – 2000 Meters**
 Load Level: 2 | Focus: Gradual Warm Up | Display: Distance
 Row easy for 2000 meters – even tempo, get HR up slowly. Stop and stretch if you feel any tight muscles. Mentally prepare for the demands ahead.

LESS THAN 40%

MAIN SET #1 **Set Focus: Muscular Power – 1000 Meter Interval**
 Resistance: 5 | Display: Distance | Focus: Muscular Power – "As Fast As Possible"
1000 Meters for Time: _____ | **Avg HR:** _____ | **Max HR:** _____
 Pull easy for half of elapsed time (active recovery).

90-95%

MAIN SET #2 **Set Focus: Muscular Power – 1000 Meter Interval**
 Resistance: 5 | Display: Distance | Focus: Muscular Power – "As Fast As Possible"
1000 Meters for Time: _____ | **Avg HR:** _____ | **Max HR:** _____
 Pull easy for half of elapsed time (active recovery).

90-95%

MAIN SET #3 **Set Focus: Muscular Power – 1000 Meter Interval**
 Resistance: 5 | Display: Distance | Focus: Muscular Power – "As Fast As Possible"
1000 Meters for Time: _____ | **Avg HR:** _____ | **Max HR:** _____
 Pull easy for half of elapsed time (active recovery).

90-95%

MAIN SET #4 **Set Focus: Muscular Power – 1000 Meter Interval**
 Resistance: 5 | Display: Distance | Focus: Muscular Power – "As Fast As Possible"
1000 Meters for Time: _____ | **Avg HR:** _____ | **Max HR:** _____
 Pull easy for half of elapsed time (active recovery).

90-95%

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: Gradual Warm-Up – Easy Riding

Very low intensity; keep a close eye on HR throughout. 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 sports drink.

80-85%

MAIN SET #3

Set Focus: Muscular Endurance – 20 Minute Moto, Even Paced (Strive to Match Set #2)

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 sports drink.

80-85%

MAIN SET #4

Set Focus: Muscular Endurance – 20 Minute Moto, Even Paced (Strive to Match Set #2)

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 sports drink.

80-85%

MAIN SET #5

Set Focus: Body Balance

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

RELAXED

WARM-DOWN

10 Minutes of Easy Riding – Nothing Structured or Intense

Watch HR monitor to ensure intensity stays low. Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

40%



CRS MX SPEED ASSESSMENT

SPREADSHEET

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

WARM-UP	<p>Set Focus: Gradual Warm-Up</p> <p>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.</p> <p style="text-align: center; border: 1px solid #0070C0; border-radius: 15px; display: inline-block; padding: 2px 10px;">LESS THAN 50%</p>
MAIN SET #1	<p>Set Focus: Smooth Start & Fast 5 Laps</p> <p>Complete a start and merge onto the track just like a race. Over the next 5 laps, maintain the highest rate of speed while staying consistent for all 5 laps.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p>5 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest 10 min / Stretch / Re-hydrate</p> <p>5 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest 10 min / Stretch / Re-hydrate</p> <p style="text-align: center; border: 1px solid #C00000; border-radius: 15px; display: inline-block; padding: 2px 10px;">90-95%</p>
MAIN SET #2	<p>Set Focus: Smooth Start & Fast 3 Laps</p> <p>Goal: match or beat your fastest lap from Set #1.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p>3 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest 5 min / Stretch / Re-hydrate</p> <p>3 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest 5 min / Stretch / Re-hydrate</p> <p style="text-align: center; border: 1px solid #C00000; border-radius: 15px; display: inline-block; padding: 2px 10px;">90-95%</p>
MAIN SET #3	<p>Set Focus: Smooth Start & Fast 2 Laps</p> <p>Goal: match or beat your fastest lap from Set #2.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p>2 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____</p> <p>Rest 3 min / Stretch / Re-hydrate</p> <p>2 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____</p> <p style="text-align: center; border: 1px solid #C00000; border-radius: 15px; display: inline-block; padding: 2px 10px;">90-95%</p>

WARM-DOWN

Easy Riding – Nothing Structured or Intense

Allow HR to come down slowly. Watch HR monitor to ensure intensity stays low.

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS
CONSUMED

LOSS / GAIN

40%