



WEEKEND WARRIOR PROGRAM








PHASE 4 / WEEK 7 OF 8

RACE SPECIFIC SPEED & ENDURANCE

PROGRAM Weekend Warrior	PHASE 4	WEEK 7 of 8	FOCUS Speed & Endurance
-----------------------------------	-------------------	-----------------------	---------------------------------------

This week escalates intensity with **upgraded Timed Challenges P4 at 60" on / 30" off** (up from 40"/20"). Tuesday and Thursday include Timed Challenges before breakfast plus Bike Intensity/Aerobic Intervals (1 hour) and Core Work in the afternoon. Wednesday and Friday offer a choice of Row HR Intensity Blocks or Bike Intensity Distance Intervals. Saturday is MX Speed #1 AM followed by a 2-hour nap and Bike Speed Blocks (70 min). Sunday is MX Aerobic #1 AM followed by a nap and Timed Challenges P4 in the afternoon.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Body Analysis Evening Protocols	TC + Bike + Core 60"/30" AM Intensity 1hr + Core PM	Row or Bike HR Intensity Blocks OR Intensity 50- 60 min	TC + Bike + Core 60"/30" AM Aerobic 1hr + Core PM	Row or Bike HR Intensity 65 min OR Power Intervals 60 min	MX + Nap + Bike MX Speed #1 AM Nap + Speed Blocks 70 min PM	MX + Nap + TC 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

REST DAY

Complete Rest Day – Mental Focus & Evening Protocols

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

Mental Focus: Most of our biggest frustrations are a result of letting the little things get by us. For example, when we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later. You jump in the car in a rush to “make up time” and as a result use more gas, wear your tires out faster, and increase your risk of getting a ticket – which only increases the cost of insurance. All of these aggravations could have been alleviated if you had got up on time. The reason you went to bed late is what made you too tired to get up on time. The point: step back two or three steps with each frustration you are dealing with to maximize your complete potential in every area of life.

EVENING PROTOCOLS

BELLY BREATHING

- ▶ Take a straw and breathe through it – in and out for 30 seconds. Then breathe without the straw for 90 seconds, focusing on using the same muscles. Repeat 5x.

MENTAL IMAGERY

- ▶ After 10–15 deep belly breaths, visualize your next race from start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

SHIN STRIPPING

- ▶ Firmly press your thumb along the edge of your shin bone from ankle to knee. Hold knots for 5–10 seconds. Complete both sides of both legs.



TUESDAY

Timed Challenges P4 AM (60"/30") + Bike Intensity Intervals 1 hr + Core PM

TC + BIKE + CORE

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

MORNING WORKOUT – TIMED CHALLENGES P4 (BEFORE BREAKFAST) – 60" ON / 30" OFF

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

Workout Notes: Each cycle consists of two exercises. Complete 60 seconds of one exercise (unless noted otherwise), rest 30 seconds, then complete the second exercise. 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 = weight you can complete 10–12 reps comfortably within 60 sec. Second set = slightly heavier.

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]

AFTERNOON WORKOUT – BIKE: INTENSITY INTERVALS (1 HOUR)

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

Workout Notes: Have Energy Fuel available every 15 minutes. During the early part of each performance block, stay within the indicated intensity levels. When you begin your fast intervals, focus on how efficient you are pedaling when you pick up the pace. Watch for energy-robbing elements: choppy pedal mechanics, shoulders bobbing, looking down at your legs.

WARM-UP – 5 MILES

HR Z1 for 2 miles → HR Z2 for 3 miles
Cadence: 80 or less | Gearing: small up front, middle back

MAIN SET #1 – 15 MILES (HR Z3-Z4)

2.5 Miles at HR Z3 – tallest gear you can maintain at 85–90 cadence

2.5 Miles at HR Z4 – tallest gear you can maintain at 90+ cadence

Repeat 3x.

COOL-DOWN – 5 MILES

HR Z2 for 2 miles → HR Z1 for 3 miles
Cadence: 80 or less | Gearing: small up front, middle back

CORE WORK (IMMEDIATELY FOLLOWING BIKE)

Core Circuit – 2 Sets × 40 sec Each | Rest 20 sec between exercises

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

EVENING

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



WEDNESDAY

ROW OR BIKE

Row HR Intensity Blocks OR Bike Intensity Distance Intervals 50–60 min

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

MORNING WORKOUT – CHOOSE ONE

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

Option A – Row: HR Intensity Blocks

Warm-Up (HR Zone 1)

Load Level: 5 | Distance: 2000 Meters | Pull Rate: 20–25 | Straight back, legs leading, arms finishing. Stretch head to toe.

Main Set #1 – 5 × 1000m (HR Z2 → Z4 Escalation)

Load Level: 7 | Pull Rate: 25–35 | Pick up pace every 200m from HR Z2 up to HR Z4. Repeat 5×.

Transition Set – 1000m (HR Z2)

Stretch & rehydrate as necessary.

Main Set #2 – 5 × 1000m (HR Z4) + 500m Active Recovery

Load Level: 7 | Pull Rate: 25+ | HR Z4 for 1000m, then 500m active recovery at HR Z2 or less. Repeat 5×.

Cool-Down (HR Zone 1)

Load Level: 5 | Distance: 1000 Meters | Pull Rate: less than 25 | Stretch head to toe.

Option B – Bike: Intensity Distance Intervals (50–60 Minutes)

Warm-Up (10 min – HR Zone 1)

Cadence: 80 or less | Gearing: small up front, middle back.

Main Set #1 – 14 Miles (HR Z2 / Z4 Alternating)

1 Mile at HR Z2 – tallest gear at 85–90 cadence | **1 Mile at HR Z4** – tallest gear at 90+ cadence. No rest between intervals. Repeat 7×.

Cool-Down (10 min – HR Zone 1)

Cadence: 80 or less | Gearing: small up front, middle back.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

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

EVENING

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



THURSDAY

TC + BIKE + CORE

Timed Challenges P4 AM (60"/30") + Bike Aerobic Intervals 1 hr + Core PM

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

MORNING WORKOUT – TIMED CHALLENGES P4 (BEFORE BREAKFAST) – 60" ON / 30" OFF

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

Workout Notes: Same protocol as Tuesday. 60"/30" tempo. Move quickly between cycles. Stretch and hydrate between sets.

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

AFTERNOON WORKOUT – BIKE: AEROBIC INTERVALS (1 HOUR)

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

WARM-UP – 5 MILES

HR Z1 for 2 miles → HR Z2 for 3 miles
Cadence: 80 or less | Gearing: small up front, middle back

MAIN SET #1 – 15 MILES (HR Z3-Z4)

4 Miles at HR Z3 – tallest gear at 85–90 cadence
1 Mile at HR Z4 – tallest gear at 90+ cadence
Repeat 3*.

COOL-DOWN – 5 MILES

HR Z2 for 2 miles → HR Z1 for 3 miles
Cadence: 80 or less | Gearing: small up front, middle back

CORE WORK (IMMEDIATELY FOLLOWING BIKE)

Core Circuit – 2 Sets × 40 sec Each | Rest 20 sec between exercises

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

EVENING

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



FRIDAY

ROW OR BIKE

Row HR Intensity Intervals 65 min OR Bike Power Intervals 60 min

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

WORKOUT – CHOOSE ONE

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

Option A – Row: HR Intensity Intervals (65 Minutes)

Warm-Up (HR Zone 1)

Load Level: 3 | Distance: 2000 Meters | Pull Rate: 20–25 | Stretch head to toe.

Main Set #1 – 3 × 1500m (HR Z3) + 500m Active Recovery

Load Level: 7 | Pull Rate: 25–35 | 1500m at HR Z3, then 500m active recovery. Repeat 3×.

Transition Set – 1000m (HR Z2)

Stretch & rehydrate as necessary.

Main Set #2 – 3 × 500m (HR Z4) + 1500m Active Recovery

Load Level: 7 | Pull Rate: 25–35 | 500m at HR Z4 (get there quickly), then 1500m active recovery. Repeat 3×.

Cool-Down (HR Zone 1)

Load Level: 3 | Distance: 1000 Meters | Pull Rate: less than 25 | Stretch head to toe.

Option B – Bike: Power Interval Workout (60 Minutes)

Warm-Up (10 min – HR Zone 1)

Cadence: 80 or less | Gearing: small up front, middle back.

Main Set #1 – 20 Minutes

5 min at HR Z2 – tallest gear at 90+ cadence | **5 min at HR Z4** – tallest gear at 90+ cadence. Repeat 2×.

Transition Set – 5 Minutes (HR Z1)

Stretch & rehydrate as necessary.

Main Set #2 – 20 Minutes

5 min at HR Z2 – tallest gear at 85–90 cadence | **5 min at HR Z4** – tallest gear at 90+ cadence. Repeat 2×.

Cool-Down (10 min – HR Zone 1)

Cadence: 80 or less | Gearing: small up front, middle back.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

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

EVENING

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



SATURDAY

MX + NAP + BIKE

MX Speed #1 AM + 2-Hour Nap + Bike Speed Blocks 70 min PM

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: This workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. The goal is for you to “feel” the increased speed and how much more in control you are during the last 15 minutes – all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive workout here.

*[Please refer to the **MX Speed Workout #1 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 (After Post-Ride Meal)

Eat a post-ride meal high in carbohydrates (natural sleep aid). Fall asleep quickly and stay asleep 2–3 hours without waking hungry. If you wake hungry, note it in your food & training journal – your brain is fed by your liver; if it runs out of sugar, you will be woken up.

AFTERNOON WORKOUT – BIKE: SPEED BLOCKS (70 MINUTES)

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

Workout Notes: Mentally focus on improving your aerobic base with fragmented effort levels. At no time do you want your HR to rise above HR Z3. If it is difficult to keep your HR low, lighten your gear combinations and focus on optimizing your pedal mechanics.

WARM-UP – 5 MIN (HR Z1)

Gearing: small chain ring up front, middle rear

Cadence: 80–85 | Stretch and hydrate before main set.

PERFORMANCE BLOCK #1 – 60 MIN

20 min: Tallest gear combo you can optimize while staying within HR Z3 (no higher).

10 min: Easy spin (HR Z2 or lower) – you can't go too easy here.

Repeat 2*.

WARM-DOWN – 5 MIN (HR Z1)

Gearing: small chain ring, middle rear | Cadence: 70–80

Stretch lower back, calves, and quads prior to dismounting.

EVENING PROTOCOLS

EVENING

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



SUNDAY

MX + NAP + TC

MX Aerobic #1 AM + 2-Hour Nap + Timed Challenges P4 PM

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

Note: If your waking heart rate is more than 5 beats over your weekly average from last week, change this seat time to working skills, drills and jumping. Keep riding duration to less than 20 minutes at a time with a minimum of 10 minutes rest between sessions. Keep total ride time to less than 1 hour.

MORNING WORKOUT – CRS MX AEROBIC WORKOUT #1

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

[Please refer to the MX Aerobic Workout #1 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 (After Mid-Day 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 – TIMED CHALLENGES P4 (BEFORE DINNER) – 60" ON / 30" OFF

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

Workout Notes: Same protocol as Tuesday/Thursday. 60"/30" tempo. Same weight selection approach. *[Please reference the **Timed Challenges P4 spreadsheet** at the bottom of this document]*

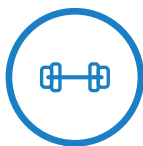
POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

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

EVENING

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



TIMED CHALLENGES P4

SPREADSHEET

Combo Weight Workout | 60" On / 30" Off | Cycles 1-3

Warm Up: Concept 2 Row or Spin on Bike – 10 minutes easy.

Exercise	Video	Set 1 – Reps / Weight	Set 2 – Reps / Weight
CYCLE ONE – DATE: _____ DATE: _____			
Pike – Push Up – Pike	▶ Watch	Reps (60 sec): _____	Reps (60 sec): _____
Isolated Leg & Frankenstein’s on Bench	▶ Watch	Wt: _____ Reps: _____	Wt: _____ Reps: _____
CYCLE TWO – DATE: _____ DATE: _____			
Air Squats	▶ Watch	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Hamstring Press-Extension on Fit Ball	▶ Watch	Reps (60 sec): _____	Reps (60 sec): _____
CYCLE THREE – DATE: _____ DATE: _____			
Stars – 30 Seconds As Fast As Possible	▶ Watch	Reps (60 sec): _____	Reps (60 sec): _____
Military Spiders Off Bench	▶ Watch	Reps (60 sec): _____	Reps (60 sec): _____



TIMED CHALLENGES P4

SPREADSHEET

Combo Weight Workout | 60" On / 30" Off | Cycles 4–5 & Bicycle Sprints

Exercise	Video	Set 1 – Reps / Weight	Set 2 – Reps / Weight
CYCLE FOUR – DATE: _____ DATE: _____			
Dips Off of Bench	▶ Watch	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Bicep Curls Up to 90 Degrees	▶ Watch	Wt: _____ Reps (60 sec): _____	Wt: _____ Reps (60 sec): _____
CYCLE FIVE – DATE: _____ DATE: _____			
Side Skaters	▶ Watch	Reps (60 sec): _____	Reps (60 sec): _____
Abdominal Crunch on Fit Ball	▶ Watch	Reps (40 sec): _____	Reps (40 sec): _____
BICYCLE SPRINTS ON TRAINER			
Warm up 2 min – Low Intensity (Light Load). Increase to MODERATE load.		Date: _____	Date: _____
3 Min Sprint 90–95% Effort – Distance Covered		_____	_____
1.5 Min Rest Interval → 3 Min Sprint – Distance Covered		_____	_____
1.5 Min Rest Interval → 3 Min Sprint – Distance Covered		_____	_____
1.5 Min Rest Interval → 3 Min Sprint – Distance Covered		_____	_____
1.5 Min Rest Interval → 3 Min Sprint – Distance Covered		_____	_____



CRS MX SPEED WORKOUT #1

SPREADSHEET

Workout Focus: Aerobic Enhancement & Speed | Total Duration: 125 Minutes

WARM-UP

Set Focus: Gradual Warm-Up
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.

LESS THAN 50%

MAIN SET #1

Set Focus: Perfect Execution of Pre-Race Routine and Starts
Complete 10 starts with your emphasis on implementing your complete pre-race routine. On race day, your body will emulate what you practice – stay mentally focused & specific.

Elapsed Times: Int 1: _____ | Int 2: _____ | Int 3: _____ | Int 4: _____ | Int 5: _____
Elapsed Times: Int 6: _____ | Int 7: _____ | Int 8: _____ | Int 9: _____ | Int 10: _____

Performance Recap: Fastest Lap: _____ | Avg Lap Pace: _____ | Avg HR: _____
Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

TOO SHORT TO EVALUATE

MAIN SET #2

Set Focus: Teach Your Body To Pick Up The Pace As Needed
Stay aerobic (based on actual HR) for the first 20 minutes, then pick up the pace by choice into sprint effort for 15 minutes.

Moto Specific HR Zone: Low # _____ | High # _____

Performance Recap – 20 min Aerobic: Fastest Lap: _____ | Avg Lap: _____ | Avg HR: _____
80-85%

Performance Recap – 15 min Sprint: Fastest Lap: _____ | Avg Lap: _____ | Avg HR: _____
90-95%

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

MAIN SET #3

Set Focus: High Intensity / Lactate Tolerance
Match or be slightly faster than Set #2 – smooth lines and deep breathing.

Moto Specific HR Zone: Low # _____ | High # _____

Performance Recap – 20 min Aerobic: Fastest Lap: _____ | Avg Lap: _____ | Avg HR: _____
80-85%

Performance Recap – 15 min Sprint: Fastest Lap: _____ | Avg Lap: _____ | Avg HR: _____
90-95%

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

MAIN SET #4

Set Focus: High Intensity / Lactate Tolerance

Match or be slightly faster than Set #3 – smooth lines and deep breathing.

Moto Specific HR Zone: Low # _____ | High # _____

Performance Recap – 20 min Aerobic: Fastest Lap: _____ | Avg Lap: _____ | Avg HR: _____

80-85%

Performance Recap – 15 min Sprint: Fastest Lap: _____ | Avg Lap: _____ | Avg HR: _____

90-95%

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

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: Aerobic Enhancement | Total Ride Time: 90 Minutes

WARM-UP

Set Focus: Gradual Warm-Up
 Ride Mt. Bike or Road Bike for 15 minutes easy.
 Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel.

LESS THAN 40%

MAIN SET #1

Set Focus: Aerobic Endurance (30-Minute Moto)
 Settle into a pace you can maintain for 30 minutes without slowing down. Take NON-OPTIMUM lines throughout the entire moto – just like a race after a bad start. Your overall intensity needs to be aerobic – use your HR monitor.

Performance Recap: Fastest Time: _____ | Average Time: _____ | Average HR: _____
 Rest 10 min / Stretch / Re-hydrate with Energy Fuel.

80-85%

MAIN SET #2

Set Focus: Aerobic Endurance (30-Minute Moto)
 Same protocol as Main Set #1. Take NON-OPTIMUM lines throughout. Stay aerobic.

Performance Recap: Fastest Time: _____ | Average Time: _____ | Average HR: _____

80-85%

MAIN SET #3

Set Focus: Aerobic Endurance (30-Minute Moto)
 Same protocol as Main Sets #1 and #2. Take NON-OPTIMUM lines throughout. Stay aerobic.

Performance Recap: Fastest Time: _____ | Average Time: _____ | Average HR: _____

80-85%

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.

PRE-RIDING WEIGHT _____	POST-RIDING WEIGHT _____	TOTAL FLUIDS CONSUMED _____	LOSS / GAIN _____
----------------------------	-----------------------------	--------------------------------	----------------------

LESS THAN 40%