

WEEKEND WARRIOR PROGRAM

PHASE 4 / WEEK 8 OF 8








ACTIVE RECOVERY: LOWER VOLUME & INTENSITY

PROGRAM Weekend Warrior	PHASE 4	WEEK 8 of 8	FOCUS Active Recovery
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⚠ IMPORTANT NOTE: If your heart rate is up by **four or more beats** over last week's average – **do not train, sleep and eat instead!**

This is the final week of Phase 4. The goal is to **absorb the last 5 weeks of training** by reducing volume and intensity. All bike workouts are Even Tempo at HR Zone 2 or below. Monday and Friday are complete rest days. Tuesday and Thursday include a 1-hour bike + Core Work. Wednesday, Saturday, and Sunday are 90-minute Even Tempo bike rides. Saturday adds Core Work and a 2-hour nap. Sunday begins with a nap followed by a 90-minute bike ride. No MX workouts or spreadsheets this week.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day	Bike + Core	Bike	Bike + Core	Rest Day	Bike + Core + Nap	Bike + Nap
Body Analysis Evening Protocols	Even Tempo 1 hr HR Z2 + Core	Even Tempo 90 min HR Z2	Even Tempo 1 hr HR Z2 + Core	Full Recovery Evening Protocols	Even Tempo 90 min Core + 2-Hr Nap	Even Tempo 90 min AM 2-Hr Nap PM

TRAINING INTENSITY GUIDE

• HR Zone 2 or Below – All Workouts This Week

This is a recovery week. All bike workouts must stay at HR Zone 2 or below. Builds your aerobic engine and burns fat as a primary fuel source. You should be able to sing or talk without any problem throughout the entire workout.

⚠ Heart Rate Alert – Every Day This Week

If your waking heart rate is up by **4 or more beats** over last week's average, do not train. Sleep and eat instead. Your body is telling you it needs more recovery time – listen to it.



MONDAY

REST DAY

Complete Rest Day #1 – Psychology Video & Evening Protocols

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

Rest Day Notes: The benefit to a nap is the release of hGH (human growth hormone). With this in mind, eat a post-ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2–3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver; if it runs out of sugar, you will be woken up.

EVENING MENTAL PROTOCOLS

Psychology Video: Watch the concept video “Why I Yawn” in a place where you have zero distractions for 2:15 (the length of the video). [▶ Video Link](#)

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

BIKE + CORE

Bike: Even Tempo / Aerobic Enhancement (1 Hour) + Core Work

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

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

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (1 HOUR)

Pre-Workout: 10-15 minutes prior, consume **8-10 oz of Energy Fuel**. *Don't eat prior to this ride.*

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: small chain ring up front, middle rear gearing
Cadence: 80-85 | Stretch and hydrate before moving into your main set.

MAIN PERFORMANCE BLOCK – 40 MIN (HR ZONE 2)

Cadence: 75-85 | Tallest gearing you can maintain while keeping chain tension tight and maintaining cadence zone.
Every 10 minutes: stand up and stretch hamstrings, quads, calves, and lower back.

WARM-DOWN – 10 MIN (HR ZONE 1)

Gearing: small chain ring up front, middle rear gearing
Cadence: 70-80 | Stretch lower back, calves, and quads prior to dismounting.

CORE WORK (IMMEDIATELY FOLLOWING BIKE)

Core Circuit – 2 Sets x 15 sec Each | Rest 15 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:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Best Whey Protein to replace depleted muscle sugar & repair muscle tissue.

EVENING

- ▶ Reference Monday's evening notes & links.



WEDNESDAY

Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

BIKE

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

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

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (90 MINUTES)

Pre-Workout: 10-15 minutes prior, consume **8-10 oz of Energy Fuel**. *Don't eat prior to this ride.*

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

WARM-UP – 20 MIN (HR ZONE 1)

Gearing: small chain ring up front, middle rear gearing
Cadence: 80-85 | Stretch and hydrate before moving into your main set.

MAIN PERFORMANCE BLOCK – 60 MIN (HR ZONE 2)

Cadence: 75-85 | Tallest gearing you can maintain while keeping chain tension tight and maintaining cadence zone.
Every 10 minutes: stand up and stretch hamstrings, quads, calves, and lower back.

WARM-DOWN – 10 MIN (HR ZONE 1)

Gearing: small chain ring up front, middle rear gearing
Cadence: 70-80 | Stretch lower back, calves, and quads prior to dismounting.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Best Whey Protein to replace depleted muscle sugar & repair muscle tissue.

EVENING

- ▶ Reference Monday's evening notes & links.



THURSDAY

BIKE + CORE

Bike: Even Tempo / Aerobic Enhancement (1 Hour) + Core Work

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

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

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (1 HOUR)

Pre-Workout: 10-15 minutes prior, consume **8-10 oz of Energy Fuel**. *Don't eat prior to this ride.*

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: small chain ring up front, middle rear gearing
Cadence: 80-85 | Stretch and hydrate before moving into your main set.

MAIN PERFORMANCE BLOCK – 40 MIN (HR ZONE 2)

Cadence: 75-85 | Tallest gearing you can maintain while keeping chain tension tight and maintaining cadence zone.
Every 10 minutes: stand up and stretch hamstrings, quads, calves, and lower back.

WARM-DOWN – 10 MIN (HR ZONE 1)

Gearing: small chain ring up front, middle rear gearing
Cadence: 70-80 | Stretch lower back, calves, and quads prior to dismounting.

CORE WORK (IMMEDIATELY FOLLOWING BIKE)

Core Circuit – 2 Sets × 15 sec Each | Rest 15 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:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Best Whey Protein to replace depleted muscle sugar & repair muscle tissue.

EVENING

- ▶ Reference Monday's evening notes & links.



FRIDAY

Complete Rest Day #2 – Full Recovery

REST DAY

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

Rest Day Notes: The benefits of a rest day are actually larger than your hard workout days; this is because your body doesn't get any stronger or improve regarding your endurance during training. Your body actually improves physically 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, your body releases the much-needed human growth hormone (HGH) naturally and you wake up leaner, stronger and have an improved immune system. With this in mind, 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 and links.



SATURDAY

BIKE + CORE + NAP

Bike: Even Tempo 90 min (Morning) + Core Work + 2-Hour Nap

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!

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

MORNING WORKOUT – BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (90 MINUTES)

Pre-Workout: 10-15 minutes prior, consume **8-10 oz of Energy Fuel**. *Don't eat prior to this ride.*

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

WARM-UP – 20 MIN (HR ZONE 1)

Gearing: small chain ring up front, middle rear gearing
Cadence: 80-85 | Stretch and hydrate before moving into your main set.

MAIN PERFORMANCE BLOCK – 60 MIN (HR ZONE 2)

Cadence: 75-85 | Tallest gearing you can maintain while keeping chain tension tight and maintaining cadence zone.
Every 10 minutes: stand up and stretch hamstrings, quads, calves, and lower back.

WARM-DOWN – 10 MIN (HR ZONE 1)

Gearing: small chain ring up front, middle rear gearing
Cadence: 70-80 | Stretch lower back, calves, and quads prior to dismounting.

CORE WORK (IMMEDIATELY FOLLOWING BIKE)

Core Circuit – 2 Sets × 15 sec Each | Rest 15 sec between exercises

Standing Abdominal Twists

Abdominal Pike on Fit Ball

Abdominal Roll Out on Fit Ball

Ab Crunch on Fit Ball

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.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching — hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Best Whey Protein to replace depleted muscle sugar & repair muscle tissue.

EVENING

- ▶ Reference Monday's evening notes and links.



SUNDAY

BIKE + NAP

Bike: Even Tempo 90 min (Morning) + 2-Hour Nap

Note: If your heart rate is up by four or more beats over last week’s average – do not train, sleep and eat instead!

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

MORNING WORKOUT – BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (90 MINUTES)

Pre-Workout: 10–15 minutes prior, consume **8–10 oz of Energy Fuel**. *Don’t eat prior to this ride.*

Workout Notes: Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

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MAIN PERFORMANCE BLOCK – 60 MIN (HR ZONE 2)
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 Every 10 minutes: stand up and stretch hamstrings, quads, calves, and lower back.

WARM-DOWN – 10 MIN (HR ZONE 1)
 Gearing: small chain ring up front, middle rear gearing
 Cadence: 70–80 | Stretch lower back, calves, and quads prior to dismounting.

zzz 2-Hour Power Nap (Afternoon)
 The benefits of a rest day are actually larger than your hard workout days; this is because your body doesn’t get any stronger or improve regarding your endurance during training. Your body actually improves physically 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, your body releases the much-needed human growth hormone (HGH) naturally and you wake up leaner, stronger and have an improved immune system. With this in mind, please embrace your rest day as if it was one of your harder workout days; your body will appreciate it.

POST-WORKOUT & EVENING PROTOCOLS

Reference previous days notes.