



Training Cycle:
Cycle Duration:
Work Week
Focus:

Foundation
6 Weeks
1 and 2
Enhanced Aerobic Base & Muscular Strength

Intensity Note:

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

Monday

▪ **Complete Rest Day**

Misc. Notes: Research supports increased salt intake – this was the title of an article written by sports dietician Bob Seebohar where he reviewed eight scientific articles published in a medical research journal in addition to consulting with a world class endurance athlete (Joanna Zeiger). Here is a recap of what he extracted from the articles:

1. Symptoms of low salt levels: dizziness, nausea, vomiting, throbbing headache, swollen hands & a bloated stomach
2. Sodium losses range from 3.0-5.5 grams per hour (depending on intensity, temperature & humidity levels)
3. Steps to offset low sodium levels:
 - a. Increase sodium intake by preloading 3 to 4 grams of sodium 12 to 24 hours before a hard workout or race
 - b. Consume between 800-1500 milligrams of sodium per hour (and follow your thirst levels) of training or racing
 - c. Consume a sports drink that contains 150-200 milligrams of sodium per hour (Note: [Energy Fuel](#) provides 160 mg per serving).

Researchers agree that high sodium diets can blunt or possibly even reverse the expected decrease in sweat sodium during heat acclimatization. The bottom line is that current research supports adding more sodium to the diet in preparation for racing in the heat, and when you add the real-life experiences of world class athletes like Joanna it is hard to argue with the results!

▪ **Evening Protocols**

Flexibility: after your shower, upper body and lower body trigger point, [foam rolling and stretching exercises](#)

Nutrition: consuming a [Best Whey Protein](#) smoothie 30 minutes before bed will feed your brain throughout the night improving your sleep quality making you leaner.

Tuesday

▪ **(Morning Workout) Complete Racing Solutions (CRS) Weight Workout – Anatomical Adaptation**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Misc. Notes: before we can move onto heavy lifting and developing your maximum strength levels, we first have to strengthen your tendon and ligaments to support the future load levels. You should finish this workout feeling “fresh”; you should NOT be struggling at any time during this workout. The exercises are “basic” to ensure that you are not struggling – this will reduce your risk of injury or straining the belly of the muscles.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Sets: 2

Repetitions: 6-8 Reps Max

Weight: extremely light; no struggling for either set

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Energy Fuel Recovery](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

▪ **Evening Protocols** – please reference Monday’s notes and video links.

Wednesday

▪ **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (60 Minutes)**

Misc. Notes: to maximize your training efforts, avoid distractions to ensure that you don’t go too hard. Going too hard will only add to your fatigue levels leaving your excessively tired and susceptible to a virus. With the duration being at an hour, water intake will only be necessary if you are an excessive sweater. Capture your body weight pre and post bike ride so that we can evaluate this.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up

Misc.: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 minutes

Gearing: small chain ring up front, middle rear gearing



Cadence: 80-85 (no higher/lower) **Misc.:** stretch and hydrate before moving into your main set

Main Set - 50 Minutes Even Tempo (Very Easy)

50 minutes with your cadence between 80-85; tallest gear combination that keeps your effort easy; challenge yourself to change up your pedal stroke: 12 to 6 or 3 to 9 or 6 to 12. This will activate all of your various muscles involved with turning the pedals. Since speed is not the focus, use the emphasis on pedal mechanics as your mental focus for maximum productivity.

Cool Down

Misc.: Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Gearing: very light

Cadence: 85-90

Misc.: don't dismount until your heart rate is low

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Energy Fuel Recovery](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols** – please reference Monday's notes and video links.

Thursday

- **(Morning Workout) Complete Racing Solutions (CRS) Weight Workout – Anatomical Adaptation**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Misc. Notes: before we can move onto heavy lifting and developing your maximum strength levels, we first have to strengthen your tendon and ligaments to support the future load levels. You should finish this workout feeling "fresh"; you should NOT be struggling at any time during this workout. The exercises are "basic" to ensure that you are not struggling – this will reduce your risk of injury or straining the belly of the muscles.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Sets: 2

Speed of Lift: fast off of the bottom of each range of motion

Repetitions: 6-8 Reps Max

Rest Interval: 30 seconds between exercises; 1:00 in between cycles

Weight: extremely light; no struggling for either set

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Energy Fuel Recovery](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols** – please reference Monday's notes and video links.

Friday

- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (60 Minutes)**

Misc. Notes: to maximize your training efforts, avoid distractions to ensure that you don't go too hard. Going too hard will only add to your fatigue levels leaving your excessively tired and susceptible to a virus. With the duration being at an hour, water intake will only be necessary if you are an excessive sweater. Capture your body weight pre and post bike ride so that we can evaluate this.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up

Misc.: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 minutes

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

Misc.: stretch and hydrate before moving into your main set

Main Set - 50 Minutes Even Tempo (Very Easy)

50 minutes with your cadence between 80-85; tallest gear combination that keeps your effort easy; challenge yourself to change up your pedal stroke: 12 to 6 or 3 to 9 or 6 to 12. This will activate all of your various muscles involved with turning the pedals. Since speed is not the focus, use the emphasis on pedal mechanics as your mental focus for maximum productivity.

Cool Down

Misc.: Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Gearing: very light

Cadence: 85-90

Misc.: don't dismount until your heart rate is low

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves



- **Nutrition:** immediately consume [Energy Fuel Recovery](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols** – please reference Monday’s notes and video links.

Saturday

- **Morning Workout) Complete Racing Solutions (CRS) Weight Workout – Anatomical Adaptation**
[Please use the spreadsheet and associated videos listed at the bottom of this document]

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Sets: 2

Speed of Lift: fast off of the bottom of each range of motion

Repetitions: 6-8 Reps Max

Rest Interval: 30 seconds between exercises; 1:00 in between cycles

Weight: extremely light; no struggling for either set

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Energy Fuel Recovery](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **2 Hour Nap After Mid-Day Meal**

Misc. Notes: at this point in the week, your body should be eager to catch a few extra hours of sleep. With this in mind, strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child doses off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won’t shut down long enough for a nap.

- **(Afternoon Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (60 Minutes)**

Misc. Notes: to maximize your training efforts, avoid distractions to ensure that you don’t go too hard. Going too hard will only add to your fatigue levels leaving you excessively tired and susceptible to a virus. With the duration being at an hour, water intake will only be necessary if you are an excessive sweater. Capture your body weight pre and post bike ride so that we can evaluate this.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up

Misc.: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 minutes

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

Misc.: stretch and hydrate before moving into your main set

Main Set - 50 Minutes Even Tempo (Very Easy)

50 minutes with your cadence between 80-85; tallest gear combination that keeps your effort easy; challenge yourself to change up your pedal stroke: 12 to 6 or 3 to 9 or 6 to 12. This will activate all of your various muscles involved with turning the pedals. Since speed is not the focus, use the emphasis on pedal mechanics as your mental focus for maximum productivity.

Cool Down

Misc.: Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Gearing: very light

Cadence: 85-90

Misc.: don’t dismount until your heart rate is low

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Energy Fuel Recovery](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols** – please reference Monday’s notes and video links.

Sunday

- **(Morning Workout) Complete Racing Solutions (CRS) Bike: Fragmented Blocks (1 Hour)**

Workout notes: this workout is two main blocks; if necessary, write your HR zones on the top of your hand along with the durations to maximize your aerobic enhancement (your key focus during your pre-season training phase).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of ice cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up: 10 Minutes (Easy)

Gearing: small chain ring up front, middle rear gearing

Cadence: 80-85 (no higher/lower)

Misc.: stretch and hydrate with Energy Fuel before moving into your main set



Main Set #1 (Comfortable and then Accelerate): Even Tempo with standing intervals (40 Minutes)

Settle into a comfortable pace that you can maintain for **9 minutes**; at the top of each 9 minutes, gear up two gears and pedal in a standing position for **1 minute** (strive not to bottom out your pedal stroke on both sides). After 1 minute, sit back down and lighten your gearing to minimize the lactic acid in your quads.

Repeat the 10 Minute blocks 4 times for a total of 40 minutes

Cool Down: Keep a close eye on your HR level for the final 10 minutes

Duration: 10 minutes

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Cadence: 85-90

Misc.: don't dismount until your heart rate is within HR Z1

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Energy Fuel Recovery](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

▪ **2 Hour Nap After Mid-Day Meal**

Misc. Notes: once you wake up from your 2-3 hour nap; take a shower or bath as warm as you can tolerate with Epsom salt added. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat actually penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.

- **Evening Protocols** – please reference Monday's notes and video links.



CRS Weight Workout – Anatomical Adaptation		
Warm Up	Date	Date
Concept 2™ Row or Spin on Bike - 10 minutes Easy		
CYCLE ONE		
Abdominals On Fit Ball		
<u>Instructional Video: Abdominal Crunch on Fit Ball</u>		
Rep 1 (Goal 6 to 8 - no struggling)		
Rep 2 (Goal 6 to 8 - no struggling)		
Push Up – Knee to Shoulder		
Note: Please watch the video to ensure you have proper form!		
<u>Instructional Video: Push Up - Knee to Shoulder</u>		
Rep 1 (Goal 6 to 8 - no struggling)		
Rep 2 (Goal 6 to 8 - no struggling)		
<u>Jump Rope Instructional Video</u>		
Jump Rope - 1 Minute (75% effort-even tempo)		
CYCLE TWO	Date	Date
Pike Position (Goal 30 Seconds)		
<u>Instructional Video: Pike Position</u>		
Rep 1 (30 Seconds Maximum)		
Rep 2 (30 Seconds Maximum)		
Single Leg - Bent Over Row		
<u>Instructional Video: Single Leg Bent Over Row</u>		
Weight (Very Light)		
Rep 1 (Goal 6 to 8 - no struggling)		
Weight (Very Light)		
Rep 2 (Goal 6 to 8 - no struggling)		
<u>Jump Rope Instructional Video</u>		
Jump Rope - 30 seconds (75% effort-even tempo)		



CTS Weight Workout – Anatomical Adaptation	Date	Date
CYCLE THREE		
Tricep Dips (Off Bench or Chair)		
Instructional Video: Tricep Dips		
Weight (None)		
Rep 1 (Goal 6 to 8 - no struggling)		
Weight (None)		
Rep 2 (Goal 6 to 8 - no struggling)		
Deep Squats/Bicep Curl		
Instructional Video: Deep Squat with Curls		
Weight (Very Light)		
Rep 1 (Goal 6 to 8 - no struggling)		
Weight (Very Light)		
Rep 2 (Goal 6 to 8 - no struggling)		
Jump Rope Instructional Video		
Jump Rope - 1 Minute (75% effort-even tempo)		
CYCLE FOUR	Date	Date
Air Squats		
Instructional Video: Air Squats (no weight)		
Weight (None)		
Rep 1 (Goal 6 to 8 - no struggling)		
Weight (None)		
Rep 2 (Goal 6 to 8 - no struggling)		
Hamstring Press-Extension on Fit Ball		
Instructional Video: Hamstring Press with Extension		
Rep 1 (Goal 6 to 8 - no struggling)		
Rep 2 (Goal 6 to 8 - no struggling)		
Jump Rope Instructional Video		
Jump Rope - 1 Minute (75% effort-even tempo)		