

TRAINING PROTOCOL

FOUNDATION WEEKS 1 & 2

ENHANCED AEROBIC BASE & MUSCULAR STRENGTH








CYCLE
Foundation

DURATION
6 Weeks

WORK WEEK
1 & 2

This protocol builds your **aerobic engine** and prepares connective tissue for heavier loads ahead. The Foundation phase emphasizes **controlled effort**, **pedal mechanics**, and **anatomical adaptation** – the cornerstones of long-term performance development. Every workout should feel controlled and sustainable. Resist the urge to go harder. Consistency and recovery are the performance drivers at this stage.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Weights AM Anatomical Adaptation 2 Sets · 6-8 RM	Bike AM Even Tempo 60 Min · Zone 2	Weights AM Anatomical Adaptation 2 Sets · 6-8 RM	Bike AM Even Tempo 60 Min · Zone 2	Weights AM + Nap + Bike PM Even Tempo 60 Min	Bike AM Fragmented Blocks 1 Hour + Nap

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Builds your aerobic engine. Burns fat as primary fuel. Effort should feel comfortable and controlled. This is the foundation of endurance performance – do not exceed Zone 2.

● HR Zone 3+ – Red Workouts

Builds strength, speed & lactate threshold. Burns stored glycogen. Higher perceived effort. Used sparingly during Foundation weeks to stimulate adaptation without overloading recovery.



MONDAY

Complete Rest Day

RECOVERY

Coach's Note: Monday is a full rest day. Use this time to mentally prepare for the week ahead and ensure your body is fully recovered. Avoid any strenuous activity. Review your training schedule, confirm your supplement supply, and set up your workout space. Mental preparation is part of the protocol.

EVENING PROTOCOLS

FLEXIBILITY

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

NUTRITION

- ▶ Consuming a **Best Whey Protein smoothie 30 minutes before bed** will feed your brain throughout the night, improving sleep quality and supporting leaner body composition.

NUTRITION SPOTLIGHT: SODIUM & HYDRATION

Research-Backed Sodium Protocol

Research reviewed by sports dietician Bob Seebohar – 8 peer-reviewed articles + world-class athlete consultation (Joanna Zeiger)

3-5.5g

Sodium lost per hour
(intensity, temp & humidity)

3-4g

Sodium preload 12-24 hrs
before hard workouts or races

800-1,500mg

Sodium per hour
during training or racing

- Preload 3-4g sodium 12-24 hrs before a hard workout or race.
- Consume 800-1,500 mg sodium per hour; follow your thirst levels.
- Use a sports drink with 150-200 mg sodium per serving. Energy Fuel provides 160 mg per serving.
- High sodium diets can blunt or reverse the expected decrease in sweat sodium during heat acclimatization.
- **Symptoms of low sodium:** dizziness, nausea, vomiting, throbbing headache, swollen hands & bloated stomach.



TUESDAY

Morning Workout – Weight Training: Anatomical Adaptation

WEIGHTS AM

Coach's Note: This is an anatomical adaptation phase – strengthen tendons and ligaments before advancing to heavier loads. You should finish feeling "fresh" with no struggling at any point. Light weight, controlled form, and consistency are the priority.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior.

WORKOUT PARAMETERS

SETS	REPETITIONS	SPEED OF LIFT	REST INTERVAL
2	6-8 RM	Fast off Bottom	30s / 1:00

Weight: extremely light – no struggling for either set | 30 sec between exercises, 1:00 between cycles

EXERCISE PROGRAM – SEE WEIGHT WORKOUT REFERENCE PAGE

EXERCISE	SETS × REPS	WEIGHT	VIDEO
CYCLE ONE			
Abdominals on Fit Ball	2 × 6-8	Bodyweight	▶ Watch
Push-Up – Knee to Shoulder	2 × 6-8	Bodyweight	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort (Even Tempo) Jump Rope Video			
CYCLE TWO			
Pike Position	2 × 30 sec	Bodyweight	▶ Watch

Single Leg – Bent Over Row	2 × 6-8	Very Light	▶ Watch
▶ Jump Rope – 30 Sec @ 75% Effort (Even Tempo) Jump Rope Video			
CYCLE THREE			
Tricep Dips (Off Bench or Chair)	2 × 6-8	None	▶ Watch
Deep Squats / Bicep Curl	2 × 6-8	Very Light	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort (Even Tempo) Jump Rope Video			
CYCLE FOUR			
Air Squats (No Weight)	2 × 6-8	None	▶ Watch
Hamstring Press-Extension on Fit Ball	2 × 6-8	Bodyweight	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort (Even Tempo) Jump Rope Video			

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume **Energy Fuel Recovery** to shorten recovery and replace muscle glycogen.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, stretching – upper and lower body. ▶ [Playlist](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



WEDNESDAY

Morning Workout – Bike: Even Tempo (60 Minutes)

BIKE AM - ZONE 2

Coach's Note: To maximize your training efforts, avoid distractions to ensure you don't go too hard. Going too hard adds fatigue and increases susceptibility to illness. At this duration, water intake is only necessary for excessive sweaters. **Capture your body weight pre and post ride** for evaluation.

▲ **PRE-WORKOUT:** Consume **8-10 oz of ice cold Energy Fuel** 10-15 min prior.

BIKE WORKOUT – 60 MINUTES TOTAL

WARM-UP – 5 MIN

Cadence: 80-85 RPM
Gearing: Small chain ring, middle rear
Focus on pedal mechanics from the start. Stretch and hydrate before moving into the main set.

MAIN SET – 50 MIN (VERY EASY)

Cadence: 80-85 RPM | **Effort:** Very Easy
Tallest gear keeping effort easy.
Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12 to activate all pedaling muscles. Mental focus = pedal mechanics.

COOL-DOWN – 5 MIN

Cadence: 85-90 RPM
Gearing: Very light
Monitor HR closely. Do not dismount until heart rate is low.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume **Energy Fuel Recovery** to shorten recovery window and replace depleted muscle glycogen.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, and stretching – upper and lower body. ▶ [Playlist](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



THURSDAY

Morning Workout – Weight Training: Anatomical Adaptation

WEIGHTS AM

Coach's Note: Same protocol as Tuesday. Focus on tendon and ligament conditioning before advancing to heavier loads. You should finish feeling **"fresh"** – no struggling at any point. Consistency in these early weeks builds the foundation for maximum strength development.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior.

WORKOUT PARAMETERS

SETS	REPETITIONS	SPEED OF LIFT	REST INTERVAL
2	6-8 RM	Fast off Bottom	30s / 1:00

Weight: extremely light – no struggling for either set | 30 sec between exercises, 1:00 between cycles

EXERCISE PROGRAM

EXERCISE	SETS × REPS	WEIGHT	VIDEO
CYCLE ONE			
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CYCLE TWO			
Pike Position	2 × 30 sec	Bodyweight	▶ Watch

Single Leg – Bent Over Row	2 × 6-8	Very Light	▶ Watch
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CYCLE THREE			
Tricep Dips (Off Bench or Chair)	2 × 6-8	None	▶ Watch
Deep Squats / Bicep Curl	2 × 6-8	Very Light	▶ Watch
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CYCLE FOUR			
Air Squats (No Weight)	2 × 6-8	None	▶ Watch
Hamstring Press-Extension on Fit Ball	2 × 6-8	Bodyweight	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort Jump Rope Video			

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. [▶ Playlist](#)
- ▶ **Nutrition:** Immediately consume **Energy Fuel Recovery** to shorten recovery window and replace depleted muscle glycogen.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, and stretching – upper and lower body. [▶ Playlist](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



FRIDAY

Morning Workout – Bike: Even Tempo (60 Minutes)

BIKE AM · ZONE 2

Coach's Note: Same protocol as Wednesday. Avoid distractions and keep effort easy. **Capture body weight pre and post ride** for evaluation. You are entering the final push of the week – protect your energy for Saturday's high-volume day.

▲ **PRE-WORKOUT:** Consume **8-10 oz of ice cold Energy Fuel** 10-15 min prior.

BIKE WORKOUT – 60 MINUTES TOTAL

WARM-UP – 5 MIN

Cadence: 80-85 RPM
Gearing: Small chain ring, middle rear
Focus on pedal mechanics.
Stretch and hydrate before the main set.

MAIN SET – 50 MIN (VERY EASY)

Cadence: 80-85 RPM | **Effort:** Very Easy
Tallest gear keeping effort easy.
Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Mental focus = pedal mechanics.

COOL-DOWN – 5 MIN

Cadence: 85-90 RPM
Gearing: Very light
Monitor HR closely. Do not dismount until heart rate is low.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ **Playlist**
- ▶ **Nutrition:** Immediately consume **Energy Fuel Recovery** to shorten recovery window and replace depleted muscle glycogen.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, and stretching – upper and lower body. ▶ **Playlist**
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



SATURDAY

Morning Weights + 2-Hour Nap + Afternoon Bike: Even Tempo (60 Min)

HIGH VOLUME DAY

Coach's Note: Saturday is your highest-volume day of the week. The combination of weights, strategic nap, and afternoon bike session is designed to maximize adaptation while building your capacity to perform back-to-back efforts – a critical skill for race day.

 MORNING – WEIGHT TRAINING: ANATOMICAL ADAPTATION

 PRE-WORKOUT HYDRATION & NUTRITION

10-15 min prior: consume **8-10 oz of ice cold Energy Fuel.**

SETS	REPETITIONS	SPEED OF LIFT	REST INTERVAL
2	6-8 RM	Fast off Bottom	30s / 1:00

Weight: extremely light – no struggling for either set

EXERCISE	SETS × REPS	WEIGHT	VIDEO
CYCLE ONE			
Abdominals on Fit Ball	2 × 6-8	Bodyweight	▶ Watch
Push-Up – Knee to Shoulder	2 × 6-8	Bodyweight	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort ▶ Video			
CYCLE TWO			
Pike Position	2 × 30 sec	Bodyweight	▶ Watch

Single Leg – Bent Over Row	2 × 6-8	Very Light	▶ Watch
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CYCLE THREE			
Tricep Dips (Off Bench or Chair)	2 × 6-8	None	▶ Watch
Deep Squats / Bicep Curl	2 × 6-8	Very Light	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort ▶ Video			
CYCLE FOUR			
Air Squats (No Weight)	2 × 6-8	None	▶ Watch
Hamstring Press-Extension on Fit Ball	2 × 6-8	Bodyweight	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort ▶ Video			

✔ POST-WEIGHTS PROTOCOLS

- ▶ **Flexibility:** Full stretch. [▶ Playlist](#)
- ▶ **Nutrition:** Energy Fuel Recovery immediately.

zz 2-HOUR NAP AFTER MID-DAY MEAL

- ▶ Schedule nap within 30 min of finishing a high-quality lunch rich in fat and protein. If you are not asleep within 10 minutes of lying down, notify your coach.

AFTERNOON – BIKE: EVEN TEMPO (60 MINUTES)

▲ PRE-WORKOUT: Consume **8-10 oz of ice cold Energy Fuel** 10-15 min prior.

WARM-UP – 5 MIN

Cadence: 80-85 RPM
Gearing: Small ring, middle rear. Pedal mechanics focus.

MAIN SET – 50 MIN (VERY EASY)

Cadence: 80-85 RPM | **Effort:** Very Easy
 Vary stroke: 12 → 6, 3 → 9, 6 → 12.

COOL-DOWN – 5 MIN

Cadence: 85-90 RPM
Gearing: Very light. HR low before dismounting.

POST-BIKE PROTOCOLS

- ▶ **Flexibility:** Full stretch. ▶ [Playlist](#)
- ▶ **Nutrition:** Energy Fuel Recovery immediately.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, stretching. ▶ [Playlist](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.

SATURDAY RECOVERY NOTES

WHY THE 2-HOUR NAP MATTERS

The nap between your morning weights and afternoon bike is not optional – it is a structured training tool. During this recovery window, your body releases growth hormone, consolidates motor patterns from the morning session, and rebuilds glycogen stores. Clients who skip the nap consistently underperform in the afternoon bike and show slower adaptation across the 8-week cycle.

FOUNDATION PHASE – KEY PRINCIPLES

- ▶ **Effort is always controlled.** No session should leave you depleted. If you feel worse after a workout than before, the intensity was too high.
- ▶ **Nutrition timing is non-negotiable.** Pre- and post-workout windows are as important as the workout itself.
- ▶ **Flexibility is training.** Every flexibility session accelerates recovery and reduces injury risk. Do not skip it.
- ▶ **Consistency beats intensity.** Two perfect weeks of Foundation work creates the base for everything that follows.



SUNDAY

Morning Workout – Bike: Fragmented Blocks (1 Hour) + 2-3 Hour Nap

BIKE AM + NAP

Coach's Note: This workout uses two main blocks. If necessary, write your HR zones and durations on the back of your hand to maximize aerobic enhancement – your key focus during the pre-season training phase.

▲ **PRE-WORKOUT:** Consume **8-10 oz of ice cold Energy Fuel** 10-15 min prior.

BIKE WORKOUT – 60 MINUTES TOTAL (FRAGMENTED BLOCKS)

WARM-UP 10 MIN	Cadence: 80-85 RPM Gearing: Small chain ring, middle rear Stretch and hydrate with Energy Fuel before moving into the main set.
MAIN SET 40 MIN	Even Tempo with Standing Intervals – 4 × 10-Minute Blocks Settle into a comfortable pace for 9 minutes. At the top of each 9 minutes, gear up 2 gears and pedal standing for 1 minute – avoid bottoming out the pedal stroke. After 1 minute, sit back down and lighten gearing to minimize lactic acid in quads. Repeat the 10-minute block 4 times for a total of 40 minutes.
COOL-DOWN 10 MIN	Cadence: 85-90 RPM Gearing: Easiest combination for HR Zone 1 Do not dismount until heart rate is within HR Zone 1.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume **Energy Fuel Recovery** to shorten recovery window and replace depleted muscle glycogen.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, stretching – upper and lower body. ▶ [Playlist](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.

🛌 2-3 Hour Nap After Mid-Day Meal + Epsom Salt Bath

Once you wake from your nap, take a shower or bath as warm as you can tolerate with **Epsom salt** added. Moist heat penetrates muscle tissue – creating an environment where the muscle is more relaxed and receptive to isolation and stretching. Dry heat causes sweating; moist heat actually penetrates the muscle belly for maximum recovery benefit.