

# Foundation Protocol








## Weeks 3 & 4 – Enhanced Aerobic Base & Muscular Strength

Foundation Cycle

Weeks 3 & 4 of 6

Focus: Aerobic Base + Strength

### WEEK AT A GLANCE

 <b>MON</b> Complete Rest + Reflection Exercise	 <b>TUE</b> Weights AM + Bike 40 Min (Combo)	 <b>WED</b> Bike 60 Min Even Tempo	 <b>THU</b> Weights AM + Bike 40 Min (Combo)	 <b>FRI</b> Bike 60 Min Even Tempo	 <b>SAT</b> Weights AM + Nap + Bike 60 Min PM	 <b>SUN</b> Bike Fragmented Blocks 1 Hr + Nap
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### TRAINING INTENSITY GUIDE

#### ZONE 2 OR LESS – AEROBIC ENGINE

Burns fat as a primary fuel source. Builds your aerobic base and improves endurance efficiency. You should be able to hold a conversation throughout.

#### ZONE 3+ – STRENGTH & SPEED

Burns stored sugar as a primary fuel source. Builds strength, speed, and lactate threshold. Effort is hard; breathing is labored.

### WEEKLY TRAINING GOALS

**Aerobic Development:** All bike sessions remain in Zone 2 – resist the urge to push harder. The aerobic engine is built through consistent, controlled effort over time.

**Combo Workouts:** Tuesday and Thursday add an immediate 40-minute bike ride after weights. This trains your body to perform aerobically while already fatigued – a key race-day skill.

**Strength Foundation:** Weight workouts continue at Anatomical Adaptation level – light weight, 2 sets, 6–8 reps. You should finish feeling fresh, never depleted.

**Recovery:** Saturday nap and Sunday nap are not optional – they are structured training tools that trigger growth hormone release and accelerate adaptation.



# MONDAY

Complete Rest Day – Reflection & Preparation

RECOVERY

## YOUR WHY EXERCISE – MENTAL PREPARATION FOR THE WEEK

Sit down with a blank piece of paper and draw a line down the middle. On the **left side**, write the five most important reasons for WHY you do what you do. On the **right side**, next to each reason, identify the elements – people, locations, tools – that make each WHY possible.

Then take action: visit your refrigerator and confirm you have the fresh fruit and vegetables you need. Make sure your blender is washed and ready. Work through your entire list to ensure that everything supporting your WHY is optimized and ready for the week ahead.

## EVENING PROTOCOLS

### FLEXIBILITY

▶ After your shower: upper body and lower body trigger point, foam rolling, and stretching. ▶

[Playlist](#)

### NUTRITION

▶ Consume a **Best Whey Protein smoothie** 30 minutes before bed – feeds your brain throughout the night, improving sleep quality and making you leaner.

## SODIUM & HYDRATION – KEY RESEARCH

**3-5.5g**

Sodium lost per hour  
(varies by 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

Source: Research reviewed by sports dietician Bob Seebohar – 8 peer-reviewed articles + world-class athlete consultation



# TUESDAY

Morning Weights (Anatomical Adaptation) + Immediate Bike 40 Min Even Tempo

**WEIGHTS + BIKE COMBO**

**Coach's Note:** Before moving to heavy lifting, we must first strengthen tendons and ligaments. You should finish feeling "fresh" – never struggling. After weights, move immediately into the 40-minute bike to train your aerobic system while already fatigued.

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

<b>SETS</b> <b>2</b>	<b>REPETITIONS</b> <b>6–8 RM</b>	<b>SPEED OF LIFT</b> <b>Fast off Bottom</b>	<b>REST INTERVAL</b> <b>30s / 1:00</b>
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Weight: extremely light – no struggling for either set

EXERCISE	SETS × REPS	WEIGHT	VIDEO
<b>CYCLE ONE</b>			
Abdominals on Fit Ball	2 × 6–8	Bodyweight	▶ <a href="#">Watch</a>
Push-Up – Knee to Shoulder	2 × 6–8	Bodyweight	▶ <a href="#">Watch</a>
▶ Jump Rope – 1 Min @ 75% Effort   ▶ <a href="#">Video</a>			
<b>CYCLE TWO</b>			
Pike Position	2 × 30 sec	Bodyweight	▶ <a href="#">Watch</a>
Single Leg – Bent Over Row	2 × 6–8	Very Light	▶ <a href="#">Watch</a>
▶ Jump Rope – 30 Sec @ 75% Effort   ▶ <a href="#">Video</a>			
<b>CYCLE THREE</b>			
Tricep Dips (Off Bench or Chair)	2 × 6–8	None	▶ <a href="#">Watch</a>
Deep Squats / Bicep Curl	2 × 6–8	Very Light	▶ <a href="#">Watch</a>

▶ 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 – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume **Energy Fuel Recovery**.

#### IMMEDIATE BIKE – 40 MIN EVEN TEMPO (VERY EASY)

Move directly to the bike. Cadence: **80–85 RPM**. Tallest gear that keeps effort easy. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Focus on pedal mechanics, not speed.

**Cool-Down (5 min):** Cadence 85–90. Easiest gear. Do not dismount until HR is low.

#### POST-BIKE PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** **Energy Fuel Recovery** immediately.

#### EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, stretching. ▶ [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 and ensure you don't go too hard. Going too hard adds to fatigue and leaves you susceptible to illness. At one hour, water intake is only necessary if you are an excessive sweater. Capture your body weight pre and post ride to evaluate hydration.

▲ **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 optimum pedal mechanics from the start.

Stretch and hydrate before the main set.

### MAIN SET – 50 MIN (VERY EASY)

**Cadence:** 80-85 RPM | **Effort:**

Very Easy

Tallest gear that keeps effort easy. Vary pedal stroke: 12 → 6,

3 → 9, 6 → 12 to activate all pedaling muscles. Focus on pedal mechanics, not speed.

### COOL-DOWN – 5 MIN

**Cadence:** 85-90 RPM

**Gearing:** Very light

Keep a close eye on HR for the final 5 minutes. Do not dismount until HR 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, stretching – upper and lower body. ▶ **Playlist**

▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



# THURSDAY

Morning Weights (Anatomical Adaptation) + Immediate Bike 40 Min Even Tempo

**WEIGHTS + BIKE COMBO**

**Coach's Note:** Same structure as Tuesday – weights followed immediately by 40 minutes of easy bike. Focus on form throughout the weight workout. The back-to-back combo builds your capacity to perform aerobically while fatigued.

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

<b>SETS</b> <b>2</b>	<b>REPETITIONS</b> <b>6-8 RM</b>	<b>SPEED OF LIFT</b> <b>Fast off Bottom</b>	<b>REST INTERVAL</b> <b>30s / 1:00</b>
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Weight: extremely light – no struggling for either set

EXERCISE	SETS * REPS	WEIGHT	VIDEO
<b>CYCLE ONE</b>			
Abdominals on Fit Ball	2 × 6-8	Bodyweight	▶ <a href="#">Watch</a>
Push-Up – Knee to Shoulder	2 × 6-8	Bodyweight	▶ <a href="#">Watch</a>
▶ Jump Rope – 1 Min @ 75% Effort   ▶ <a href="#">Video</a>			
<b>CYCLE TWO</b>			
Pike Position	2 × 30 sec	Bodyweight	▶ <a href="#">Watch</a>
Single Leg – Bent Over Row	2 × 6-8	Very Light	▶ <a href="#">Watch</a>
▶ Jump Rope – 30 Sec @ 75% Effort   ▶ <a href="#">Video</a>			
<b>CYCLE THREE</b>			
Tricep Dips (Off Bench or Chair)	2 × 6-8	None	▶ <a href="#">Watch</a>
Deep Squats / Bicep Curl	2 × 6-8	Very Light	▶ <a href="#">Watch</a>

▶ 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.

#### IMMEDIATE BIKE – 40 MIN EVEN TEMPO (VERY EASY)

Cadence: **80–85 RPM**. Tallest easy gear. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12.  
**Cool-Down (5 min):** Cadence 85–90. Easiest gear. Do not dismount until HR is low.

#### 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.



# FRIDAY

Morning Workout – Bike: Even Tempo (60 Minutes)

BIKE AM · ZONE 2

**Coach's Note:** Same approach as Wednesday – avoid distractions and stay in Zone 2. Capture body weight pre and post ride. Water intake is only necessary if you are an excessive sweater.

▲ **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 the main set.

### MAIN SET – 50 MIN (VERY EASY)

**Cadence:** 80-85 RPM | **Effort:**

Very Easy

Tallest gear that keeps effort easy. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Use pedal mechanics as your mental focus for maximum productivity.

### COOL-DOWN – 5 MIN

**Cadence:** 85-90 RPM

**Gearing:** Very light

Keep a close eye on HR for the final 5 minutes. Do not dismount until HR is low.

### POST-WORKOUT PROTOCOLS

▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)

▶ **Nutrition:** Immediately consume **Energy Fuel Recovery**.

### EVENING PROTOCOLS

▶ **Flexibility:** Trigger point, foam rolling, stretching. ▶ [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. The combination of weights, strategic nap, and afternoon bike is designed to maximize adaptation while building your capacity to perform back-to-back efforts – a critical race-day skill.

## MORNING – WEIGHT TRAINING: ANATOMICAL ADAPTATION

▲ **PRE-WORKOUT HYDRATION & NUTRITION:** 10–15 min prior: consume **8–10 oz of ice cold Energy Fuel.**

SETS <b>2</b>	REPETITIONS <b>6–8 RM</b>	SPEED OF LIFT <b>Fast off Bottom</b>	REST INTERVAL <b>30s / 1:00</b>
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Weight: extremely light – no struggling for either set

EXERCISE	SETS × REPS	WEIGHT	VIDEO
<b>CYCLE ONE</b>			
Abdominals on Fit Ball	<b>2 × 6–8</b>	Bodyweight	▶ <a href="#">Watch</a>
Push-Up – Knee to Shoulder	<b>2 × 6–8</b>	Bodyweight	▶ <a href="#">Watch</a>
▶ Jump Rope – 1 Min @ 75% Effort   ▶ <a href="#">Video</a>			
<b>CYCLE TWO</b>			
Pike Position	<b>2 × 30 sec</b>	Bodyweight	▶ <a href="#">Watch</a>
Single Leg – Bent Over Row	<b>2 × 6–8</b>	Very Light	▶ <a href="#">Watch</a>
▶ Jump Rope – 30 Sec @ 75% Effort   ▶ <a href="#">Video</a>			
<b>CYCLE THREE</b>			
Tricep Dips (Off Bench or Chair)	<b>2 × 6–8</b>	None	▶ <a href="#">Watch</a>

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.

**ZZZ 2-HOUR NAP AFTER MID-DAY MEAL**

Plan your nap within 30 minutes after a mid-day meal. Consume something that makes you feel sleepy to fall asleep faster and sleep more deeply – this triggers **hGH release** (the hormone that makes you lean). Sleep deep, wake up leaner.

**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 chain ring, middle rear

Stretch and hydrate before the main set.

**MAIN SET – 50 MIN (VERY EASY)**

**Cadence:** 80-85 RPM | **Effort:** Very Easy

Tallest easy gear. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Focus on pedal mechanics.

**COOL-DOWN – 5 MIN**

**Cadence:** 85-90 RPM

**Gearing:** Very light

Do not dismount until HR is low.

**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.



# SUNDAY

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

<b>WARM-UP 10 MIN</b>	<b>Cadence:</b> 80-85 RPM   <b>Gearing:</b> Small chain ring, middle rear Stretch and hydrate with Energy Fuel before moving into the main set.
<b>MAIN SET 40 MIN</b>	<b>Even Tempo with Standing Intervals – 4 × 10-Minute Blocks</b> Settle into a comfortable pace for 9 minutes. At the top of each 9 minutes, gear up 2 gears and pedal <b>standing for 1 minute</b> – 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.
<b>COOL-DOWN 10 MIN</b>	<b>Cadence:</b> 85-90 RPM   <b>Gearing:</b> 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.

### zZz 2-Hour Nap After Mid-Day Meal

As you lie down to nap, make sure the room is as **dark and cold** as possible. Research has verified that these elements contribute to the quality of your nap, resulting in enhanced recovery and improvement. Dark + cold = deeper sleep = faster adaptation.