

Foundation Protocol








Weeks 5 & 6 – Enhanced Aerobic Base & Muscular Strength

Foundation Cycle

Weeks 5 & 6 of 6

Focus: Aerobic Base + Strength

WEEK AT A GLANCE

 MON Complete Rest + Productivity Day	 TUE Weights AM + Row or Bike (Choose One)	 WED Row or Bike Power Intervals (Choose One)	 THU Weights AM + Bike 40 Min Even Tempo	 FRI Bike Fragmented Power Intervals 1 Hr	 SAT Weights AM + Nap + Bike 90 Min PM	 SUN Row or Bike Power Intervals + Nap (Choose One)
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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.

WEEKS 5 & 6 – WHAT'S NEW

Choose One Workouts: Tuesday, Wednesday, and Sunday now offer a choice between rowing and cycling. Both options develop the same energy systems – choose based on equipment availability and how your body feels.

Rowing Intervals: New this week – rowing 1K pacing intervals and intensity intervals are introduced. Lead with your legs, finish with your lats and back (not your biceps).

Power Intervals: Friday and Sunday introduce power-focused sessions – fragmented blocks and phantom sprints designed to build muscular endurance and race-specific power output.

Saturday Bike Extends to 90 Min: The afternoon bike session grows from 60 to 90 minutes – your longest aerobic session of the Foundation phase. Stay in Zone 2 throughout.



MONDAY

Complete Rest Day – Productivity & Preparation

RECOVERY

Coach's Note: Use this day as the ultimate opportunity to prepare for upcoming events: social occasions, personal time, work projects, etc. We get 100% more out of our efforts when we are doing exactly what we have on our schedule and adhering to it. Allocate adequate time for each task – if you only allocate 20 minutes to prepare, consume, and clean up breakfast, you will find yourself rushing. Time how long it takes to complete daily tasks. After a week of note-taking, you can establish your schedule more accurately with fewer frustrations.

EVENING MENTAL PROTOCOL

PSYCHOLOGY CONCEPT VIDEO – "WHY I YAWN"

Watch this video in a place where you have **zero distractions** for the complete 2:15 length. This mental protocol is as important as any physical workout – it primes your psychology 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) + Choose One: Row 1K Intervals OR Bike Intensity Intervals

WEIGHTS + CARDIO COMBO

Coach's Note: This combo set pushes the upper end of your aerobic engine. Pay close attention to heart rate – do not become anaerobic during the main set. During rowing intervals, lead with your legs and follow with a strong pull through (lats & back, not biceps).

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

SETS 2	REPETITIONS 6-8 RM	SPEED OF LIFT Fast off Bottom	REST INTERVAL 30s / 1:00
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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
▶ Jump Rope – 30 Sec @ 75% Effort ▶ 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 | ▶ [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.

THEN CHOOSE ONE CARDIO OPTION BELOW

Pre-hydrate again: **8–10 oz Energy Fuel** 10–15 min before starting your cardio session.

▶ CHOOSE ONE CARDIO OPTION (IMMEDIATELY FOLLOWING WEIGHTS)

OPTION A – ROW: 1K PACING INTERVALS (6,500–7,000 METERS)

Warm-Up: Load Level 3 | 1,000 Meters | Pull Rate <25 | Straight back, lead with legs

Baseline 1K Interval: Load Level 5 | Pull Rate 25–30 | 80–85% effort | 2 min rest

Main Set #1: Take baseline time + 10 sec for your 1K pace. Load Level 5 | Pull Rate 25–30 | 500m rest interval. Complete 4 × 1,000m intervals – hold consistent pace for all four.

Main Set #2: 30-sec sprint / 30-sec recovery × 5. Load Level 5 | Pull Rate 25–30. Lead with legs and tight core.

Cool-Down: Load Level 2 | 500 Meters | Pull Rate <25

OPTION B – BIKE: INTENSITY DISTANCE INTERVALS (60 MINUTES)

Warm-Up (10 min): Cadence 80–85 RPM | Small chain ring, middle rear | Stretch and hydrate

Main Set – HR Pyramids: 8 × 6 Minutes

Settle into a **hard effort** and maintain for 3 minutes. Focus on belly breathing to maximize oxygen uptake. Recover with easy spinning for 3 minutes. Repeat 8 times for 48 minutes total.

Cool-Down (2 min): Cadence 85–90 | Easiest gear | Do not dismount until HR is low.

Post-Bike: Flexibility full stretch + Energy Fuel Recovery immediately.

POST-CARDIO 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

Choose One: Row Intensity Intervals (1 Hr) OR Bike Power Interval Workout (80 Min)

CHOOSE ONE

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

▶ CHOOSE ONE WORKOUT

OPTION A – ROW: INTENSITY INTERVALS (1 HOUR)

Coach's Note: These intensity blocks challenge you in two ways – toggling between two HR zones and maintaining focus for the full duration. A 1:1 ratio between zones pushes your aerobic engine to new levels.

Warm-Up: Display: Distance | Load Level 3 | 500 Meters | Pull Rate <25 | Stretch head to toe

Main Set – Intensity Pacing Intervals: Load Level 5 | Pull Rate 25 or less

5 minutes at **high effort** (no rest, go directly into next block)

5 minutes at **hard effort** (no rest, go directly into next block)

Repeat 4x = 40 minutes total

Cool-Down: Load Level 3 | 500 Meters | Pull Rate <25 | Stretch head to toe

OPTION B – BIKE: POWER INTERVAL WORKOUT (80 MINUTES)

Coach's Note: Keep a close eye on intensity – leg turnover is intentionally slow. Feel quads, hamstrings, calves, and glutes all firing through the entire 360° pedal stroke.

Warm-Up (10 min): Cadence 80-85 | Small chain ring, middle rear | Stretch and hydrate

Main Block #1 – 40 Min (Hard): 3 min seated at event tempo, cadence above 90, deep belly breathing. Then 2 min tall gear out of the saddle – big chain ring, hardest rear gear, focus on not bottoming out. Repeat this 5-min block 8x = 40 min.

Transition Set: 5 min easy spinning – small chain ring, 90+ cadence

Main Block #2 – 20 Min: 30-sec phantom sprint (from near stop, tall gear, look up, be aggressive) then 90-sec active recovery. Repeat 10x = 20 min.

Cool-Down (5 min): Cadence 85-90 | Easiest gear | Do not dismount until HR is fully recovered.

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: Even Tempo (45 Min)

WEIGHTS + BIKE COMBO

Coach's Note: Immediately after your strength workout, move into an even tempo bike ride for 40 minutes. Focus on pedal mechanics throughout – this activates all muscles involved in turning the pedals and builds neuromuscular efficiency.

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

SETS 2	REPETITIONS 6-8 RM	SPEED OF LIFT Fast off Bottom	REST INTERVAL 30s / 1:00
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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
▶ Jump Rope – 30 Sec @ 75% Effort ▶ 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 | ▶ [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: Fragmented Power Intervals (1 Hour)

POWER INTERVALS

Coach's Note: This workout will sneak up on you – residual fatigue builds throughout. You are asking your muscles to generate power as they fatigue. When you mentally establish a speed threshold, your muscles have a target to surpass. By hitting a goal number, you learn to associate intensity (as shown by your HR monitor) with speed and power. Consistent power intervals improve muscular endurance.

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

BIKE WORKOUT – 60 MINUTES TOTAL

WARM-UP 10 MIN	Cadence: 80-85 RPM Gearing: Small chain ring, middle rear Focus on optimum pedal mechanics. Stretch and hydrate before the main set.
POWER BLOCK 1 20 MIN	Hard Effort – Hit the same speed for each interval 2 min ON: Start out of the saddle for 30 sec, then seated for 90 sec in the tallest gear you can maintain at 50-60 RPM. Capture your average speed during the 90-sec seated interval. 2 min OFF: Very easy gear combination. Repeat 2-min on / 2-min off until 20 minutes has elapsed. Do not surpass 20 minutes.
ACTIVE RECOVERY 5 MIN	Easy spinning – stretch and re-hydrate to replenish blood sugar levels before Power Block 2.
POWER BLOCK 2 20 MIN	Hard Effort – Same structure as Power Block 1 2 min ON: Out of the saddle for 30 sec, seated for 90 sec in tallest maintainable gear at 50-60 RPM. 2 min OFF: Very easy gear combination. Repeat until 20 minutes has elapsed. Do not surpass 20 minutes.
COOL-DOWN 5 MIN	Cadence: 85-90 RPM Gearing: Easiest combination Do not dismount until heart rate is recovered.

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 (90 Min)

HIGH VOLUME DAY

Coach's Note: Saturday is your highest-volume day. The afternoon bike extends to 90 minutes this week – your longest aerobic session of the Foundation phase. Stay in Zone 2 throughout. The nap is mandatory: it triggers growth hormone release that accelerates muscle repair.

MORNING – WEIGHT TRAINING: ANATOMICAL ADAPTATION

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

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
▶ Jump Rope – 30 Sec @ 75% Effort ▶ 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 ▶ 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

Immediately following lunch of high-quality greens and fruits, lie down in a **dark, cold room** for 2–3 hours. Natural growth hormones are released during this window to begin recovery. When you wake up, consume a fruit smoothie + **Energy Fuel Recovery** immediately.

AFTERNOON – BIKE: EVEN TEMPO (90 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 – 80 MIN (VERY EASY)

Cadence: 80–85 RPM | **Effort:** Very Easy
 Tallest easy gear. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Aerobic enhancement – fat burning mode.
 Active recovery from a full week of consistent training.

COOL-DOWN – 5 MIN

Cadence: 85–90 RPM
 Gearing that brings HR down quickly. Do not dismount until completely recovered.

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

Choose One: Row Hard Intensity Intervals (1 Hr) OR Bike Power Intervals (80 Min) + 2-Hour Nap

CHOOSE ONE + NAP

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

▶ CHOOSE ONE WORKOUT

OPTION A – ROW: HARD INTENSITY INTERVALS (1 HOUR)

Coach's Note: These blocks challenge you in two ways – toggling between two intensity zones and maintaining focus for the full duration. A 1:1 ratio pushes your aerobic engine to new levels.

Warm-Up: Display: Distance | Load Level 3 | 500 Meters | Pull Rate <25 | Stretch head to toe

Main Set – HR Pacing Intervals: Load Level 5 | Pull Rate 25

5 minutes **hard** (no rest, go directly into next block)

5 minutes **very hard** (no rest, go directly into next block)

Repeat 4x = 40 minutes total

Cool-Down: Load Level 3 | 500 Meters | Pull Rate <25 | Stretch head to toe

OPTION B – BIKE: POWER INTERVAL WORKOUT (80 MINUTES)

Coach's Note: Keep a close eye on intensity – leg turnover is intentionally slow. Feel quads, hamstrings, calves, and glutes all firing through the full 360° pedal stroke.

Warm-Up (10 min): Cadence 80–85 | Small chain ring, middle rear | Stretch and hydrate

Main Block #1 – 40 Min (Hard): 3 min seated at event tempo, cadence above 90, deep belly breathing. Then 2 min tall gear out of the saddle. Repeat 5-min block 8x = 40 min.

Transition Set: 5 min easy spinning – small chain ring, 90+ cadence

Main Block #2 – 20 Min: 30-sec phantom sprint (from near stop, tall gear, aggressive) then 90-sec active recovery. Repeat 10x = 20 min.

Cool-Down (5 min): Cadence 85–90 | Easiest gear | 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 – 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.