

TRAINING PROTOCOL

PHASE 2

WEEK 1 OF 8

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM

Fitness

PHASE

2

WEEK








1 of 8

FOCUS

Testing

This is a **re-evaluation week** – the goal is to re-test all four disciplines from Phase 1 Week 1 to measure your progress. Record your numbers carefully: plyometric reps, row split times, bike time trial, and HR intensity blocks. These results drive your personalized training zones for the next 7 weeks.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Plyo Test	Row AM	Row or Bike AM	Row or Bike AM	Rest Day	Bike AM + Nap	Row or Bike AM
Assessment 3 Sets · 30 sec	500m Time Trials 5 × 500m	HR Intensity Blocks 30-45 min	HR Intensity Blocks / Even Tempo	Full Recovery	10-Mile Time Trial	HR Intensity Blocks + 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. You should be able to hold a full conversation throughout.

● **HR Zone 3+ – Red Workouts**

Near-maximum effort. Used only during testing intervals to capture true lactate threshold and max heart rate. Breathing is labored; conversation is not possible.



MONDAY

Plyometric Assessment – Establish Strength Baseline

TESTING AM

Coach's Note: This is a pure assessment – not a workout. The goal is to record how many reps you can complete in 30 seconds per exercise. Use the [Plyometric Assessment spreadsheet](#) to record all data. Three sets per exercise, 30 sec rest between sets, 1 min rest before the next exercise. Do not push to failure – controlled, consistent effort only.

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

ASSESSMENT PROTOCOL

Plyometric Assessment – Structure

- **Duration per exercise:** 30 seconds maximum effort
- **Sets per exercise:** 3 sets
- **Rest between sets:** 30 seconds
- **Rest between exercises:** 1 minute
- **Record:** Total reps per set for each exercise in the Plyometric Assessment spreadsheet
- **Goal:** Establish baseline rep counts – these numbers will track your strength progress over 8 weeks

EXERCISES

Four Core Exercises (Click on exercise name to see instructional video)

- [Push Up – Knee to Shoulder](#) – 3 sets × 30 sec
- [Abdominal Criss Cross](#) – 3 sets × 30 sec
- [Abdominal Open Rotation](#) – 3 sets × 30 sec
- [Ab Hip Risers](#) – 3 sets × 30 sec

POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves.
- ▶ **Nutrition:** Immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle glycogen.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic Breathing: Slow, deep breathing using your diaphragm muscle.
 - ▶ [Watch](#)



TUESDAY

Row 500m Time Trials – Establish Aerobic Baseline

TESTING AM

Coach's Note: Complete 5 × 500 meters with 1:00 rest (Load Level 5) after warming up for 10 minutes (Load Level 3 or less) and then stretching head to toe. The goal is to be at close to maximum effort as possible for each 500m interval. Document your elapsed time and ending maximum heart rate at the end of each interval. If anything tightens up, stop immediately and stretch; resume at an easy effort for 10 minutes.

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

TESTING PROTOCOL

Row: 500m Time Trials – 5 × 500m

Warm-Up: 10 minutes easy rowing, Load Level 3, Pull Rate <25. Stretch head to toe.

Main Set: 5 × 500m at maximum effort | Load Level 5 | Pull Rate 25+ | 1:00 rest between intervals

- Interval #1 – Elapsed Time: _____ Max HR: _____
- Interval #2 – Elapsed Time: _____ Max HR: _____
- Interval #3 – Elapsed Time: _____ Max HR: _____
- Interval #4 – Elapsed Time: _____ Max HR: _____
- Interval #5 – Elapsed Time: _____ Max HR: _____

Cool-Down: 10 minutes easy rowing, Load Level 2, Pull Rate <25. Stretch head to toe.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, glutes, shoulder blades
- ▶ **Nutrition:** Immediately consume **Recovery Fuel** to shorten your recovery window and replace depleted muscle glycogen.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic Breathing: Slow, deep breathing using your diaphragm muscle.
 - ▶ **Watch**



WEDNESDAY

Row or Bike HR Intensity Blocks

ROW / BIKE AM

Coach's Note: Choose either the Row HR Intensity Blocks (30 min) or the Bike HR Intensity Blocks (45 min). For maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels" like increases your familiarity of the intensity and associated speed.

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

OPTION A – ROW: HR INTENSITY BLOCKS (30 MINUTES)

WARM-UP – HR Z1

Load Level: 3
Duration: 10 Minutes
Pull Rate: <25
Stretch head to toe

MAIN SET #1 – HR BLOCKS

Load Level: 5 | **Pull Rate:** 25-35
5 min: moderate effort (can sing/ talk)
5 min: breathing harder but still talking
5 min: moderate effort (can sing/ talk)

COOL-DOWN – HR Z1

Load Level: 2
Duration: 5 Minutes
Pull Rate: <25
Stretch head to toe

- OR -

OPTION B – BIKE: HR INTENSITY BLOCKS (45 MINUTES)

WARM-UP – HR Z1

Duration: 10 minutes
Cadence: 80-85
Gearing: Small ring front, middle rear
Stretch and hydrate

MAIN BLOCK – HR Z2 (30 MIN)

Cadence: 75-85
Tallest gearing maintaining cadence zone. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

WARM-DOWN – HR Z1

Duration: 5 minutes
Cadence: 70-80
Stretch lower back, calves, quads before dismounting

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, glutes, shoulder blades
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle glycogen.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy



THURSDAY

Row HR Intensity Blocks or Bike Even Tempo

ROW / BIKE AM

Coach's Note: Ideally complete whichever option you did NOT do on Wednesday. Keep intensity in HR Zone 2 or below for maximum aerobic development. Focus on form and breathing throughout.

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

OPTION A – ROW: HR INTENSITY BLOCKS (30 MINUTES)

WARM-UP – HR Z1

Load Level: 3
Duration: 10 Minutes
Pull Rate: <25
Stretch head to toe

MAIN SET #1 – HR BLOCKS

Load Level: 5 | **Pull Rate:** 25–35
5 min: moderate effort (can sing/talk)
5 min: breathing harder but still talking
5 min: moderate effort (can sing/talk)

COOL-DOWN – HR Z1

Load Level: 2
Duration: 5 Minutes
Pull Rate: <25
Stretch head to toe

– OR –

OPTION B – BIKE: EVEN TEMPO AEROBIC ENHANCEMENT (45 MINUTES)

WARM-UP – HR Z1

Duration: 10 minutes
Cadence: 80–85
Gearing: Small ring front, middle rear
Stretch and hydrate

MAIN BLOCK – HR Z2 (30 MIN)

Cadence: 75–85
Tallest gearing maintaining cadence zone. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

WARM-DOWN – HR Z1

Duration: 5 minutes
Cadence: 70–80
Stretch lower back, calves, quads before dismounting

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, glutes, shoulder blades
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle glycogen.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic Breathing: Slow, deep breathing using your diaphragm muscle.
 - ▶ **Watch**



FRIDAY

Complete Rest Day – Full Recovery

REST DAY

Coach's Note: Today is a complete rest day. Go out of your way to avoid simple sugars and white starchy foods (white potatoes, spaghetti, bread, boxed cereals, chips) and replace them with complex carbohydrates in the form of fruits and vegetables. Think of brightly colored fruits and vegetables as fresh antioxidants to offset the negative side effects of aerobic exercise and free radicals.

SATURDAY PREP CHECKLIST

Prepare for Saturday's Bike 10-Mile Time Trial

- Check bike – tires inflated, gears shifting cleanly, brakes working
- Prepare cold Recovery Fuel to consume immediately post-ride
- Plan your 10-mile out-and-back or loop course
- Set up your HR monitor and confirm HR Zone numbers are visible
- Pre-testing body weight – weigh yourself before the ride

EVENING

- ▶ **Flexibility:** 10 min leg and lower body focus
- ▶ **Nutrition:** 8–10 oz cold/filtered water; raw snack and meal

RECOVERY

- ▶ **Foam Roller:** Soften muscle and connective tissue
- ▶ **Breathing:** Diaphragmatic Breathing: Slow, deep breathing using your diaphragm muscle.
 - ▶ [Watch](#)



SATURDAY

Bike 10-Mile Time Trial + Nap

TESTING AM

Coach's Note: Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid recovery calories ready to consume immediately following this workout.

▲ **PRE-WORKOUT:** Consume **8-10 oz of Energy Fuel** 10-15 min prior to the time trial.

BIKE 10-MILE TIME TRIAL – PACING ASSESSMENT

Pre-Testing Body Weight: _____

Warm-Up: 10 minutes even spin; stretch low back, quads, hamstrings as necessary

Transition Set: 10 minutes – 2 min at 100+ cadence, 3 min <80 cadence active recovery. Repeat 2x.

Test Block #1 – 10 Mile Field Test: Keep cadence 80-85 and effort under control. Once you begin, be aggressive – work on maintaining perfect form to get max power from your legs.

- Elapsed Time: _____
- Avg. HR: _____
- Ending HR: _____
- Max HR: _____
- Total fluids consumed: _____
- Post-Testing Body Weight: _____

Cool-Down: Re-hydrate and ride easy for minimum 10 minutes. Stretch head to toe for minimum 15 minutes. Consume 8-10 oz sports drink/recovery calories and a complete meal within 20 minutes.

▲ **Power Nap – 2 Hours**

Growth hormones are your biggest by-product of napping. Set yourself up for the most out of your nap by eating a clean, dense meal prior to lying down in a cool, dark room. When you wake up, start with 8-10 oz of cold water to facilitate re-hydration.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, glutes, shoulder blades
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle glycogen.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic Breathing: Slow, deep breathing using your diaphragm muscle.
 - ▶ [Watch](#)



SUNDAY

Row or Bike HR Intensity Blocks + Nap

ROW / BIKE AM

Coach's Note: Choose either the Row HR Intensity Blocks (30 min) or the Bike HR Intensity Blocks (45 min). With the residual fatigue from this week's testing, keep intensity in HR Zone 2 or below. Follow with a 2-hour Power Nap/Recovery Protocol.

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

OPTION A – ROW: HR INTENSITY BLOCKS (30 MINUTES)

WARM-UP – HR Z1

Load Level: 3
Duration: 10 Minutes
Pull Rate: <25
Stretch head to toe

MAIN SET #1 – HR BLOCKS

Load Level: 5 | **Pull Rate:** 25-35
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COOL-DOWN – HR Z1

Load Level: 2
Duration: 5 Minutes
Pull Rate: <25
Stretch head to toe

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OPTION B – BIKE: HR INTENSITY BLOCKS (45 MINUTES)

WARM-UP – HR Z1

Duration: 10 minutes
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Stretch and hydrate

MAIN BLOCK – HR Z2 (30 MIN)

Cadence: 75-85
Tallest gearing maintaining cadence zone. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

WARM-DOWN – HR Z1

Duration: 5 minutes
Cadence: 70-80
Stretch lower back, calves, quads before dismounting

▲ 2-Hour Power Nap / Recovery Protocol

With the residual fatigue from this week's testing, take a cold bath for 10-15 minutes when you wake up. Eat a large salad topped with high-quality protein to help offset muscle inflammation. Schedule a hot shower and then stretch passively, feeling for any hot spots.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, glutes, shoulder blades
- ▶ **Nutrition:** Immediately consume Recovery Fuel to shorten your recovery window and replace depleted muscle glycogen.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
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