

TRAINING PROTOCOL

PHASE 2

WEEK 2 OF 8

ENHANCED ENDURANCE, STRENGTH & LACTATE TOLERANCE

PROGRAM

Fitness

PHASE

2

WEEK








2 of 8

FOCUS

Endurance + Strength

This week begins the **Enhanced Endurance, Strength & Lactate Tolerance** phase. Monday and Wednesday feature Row or Bike pacing intervals with core work. Tuesday and Thursday are Super Slow Challenge (SSC) strength sessions. Friday is complete rest. Saturday is Bike 1-Mile Sprint Intervals with core and a 2-hour nap. Sunday is Row 5-Minute Distance Challenge with a 2-hour nap.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Row/Bike AM Pacing Intervals + Core Circuit	SSC AM Super Slow Challenge	Row or Bike AM HR Pyramids + Core Circuit	SSC AM Super Slow Challenge	Rest Day Full Recovery	Bike AM + Core 1-Mile Sprint Intervals + Nap	Row AM + Nap 5-Min Distance Challenge

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**

Builds strength, speed & lactate tolerance. Burns stored sugar as primary fuel. Breathing is labored; conversation is difficult.



MONDAY

Row Incremental Pacing Intervals or Bike Pacing Intervals + Core

ROW / BIKE AM

Coach's Note: Complete a 500-meter interval at 90–95% effort after your warm-up; use this time as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle, and stretch it passively while breathing deeply.

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

OPTION A – ROW: INCREMENTAL PACING INTERVALS (8,500 METERS)

WARM-UP – HR Z1

Load Level: 3
Distance: 1,000 Meters
Pull Rate: <25
Stretch head to toe

MAIN SET – PACING PYRAMIDS

Load Level: 5 | **Pull Rate:** 25+
Baseline 500m at 90–95% effort – 1 min rest
500m Baseline +10 sec – Rest 1 min
500m Baseline +5 sec – Rest 1 min
500m at Baseline Pace – Rest 1 min
Repeat 4x – hold goal pace for all 3 intervals

COOL-DOWN – HR Z1

Load Level: 3
Distance: 1,000 Meters
Pull Rate: <25
Stretch head to toe

– OR –

OPTION B – BIKE: PACING INTERVALS (60 MINUTES)

WARM-UP – HR Z1

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

MAIN SET – HR PYRAMIDS (3×15 MIN)

Settle into HR Z3 and maintain for 10 min
Recover spinning easy for 5 min in HR Z1
Repeat 3 times

WARM-DOWN – HR Z1

Duration: 5 minutes
Cadence: 85–90
Don't dismount until HR is in Z1

► **Core Circuit (Immediately Following Workout) – 2 Sets x 30 sec each**

• [Push Up-Knee to Shoulder](#)

• [Abdominal Criss Cross](#)

• [Abdominal Open Rotation](#)

• [Ab Hip Risers](#)

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

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



TUESDAY

Super Slow Challenge – Strength Training

SSC AM

Coach's Note: Utilize the same weight as last week. Lift the weight both up and down over a four-second window – 4 seconds up, 4 seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. Refrain from sacrificing good form to complete the set count – this will only increase your risk of injury. **Sets: 2 | Reps: 6 minimum / 8 maximum**

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

▶ **Super Slow Challenge Spreadsheet:** Use the SSC spreadsheet at the end of this document to record all weights and reps for each cycle.

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

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



WEDNESDAY

Row Pacing Pyramids or Bike HR Pyramid + Core

ROW / BIKE AM

Coach's Note: You will need your HR numbers for Zone 3 and Zone 4. During your main set you will begin at your low end of HR Z3 and every 3 minutes you will increase your intensity/effort by 5 beats and then hold for 3 minutes; continue going up the pyramid until you hit the upper range of HR Z3. After you reach the high end of HR Z3, walk back down the pyramid 5 beats at a time for 3-minute durations. **WARNING: IF YOU PUSH TOO HARD TOO SOON, YOU WILL NOT BE ABLE TO COME BACK DOWN THE PYRAMID CORRECTLY.**

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

OPTION A – ROW: PACING PYRAMIDS (6,000 METERS)

WARM-UP – HR Z1

Load Level: 3
Distance: 1,000 Meters
Pull Rate: <25
Stretch head to toe

MAIN SET – PACING PYRAMIDS

Load Level: 5 | **Pull Rate:** 25+
1,000m at low end of HR Z2 (no rest)
1,000m at high end of HR Z2 (no rest)
1,000m at low end of HR Z3 (no rest)
1,000m at high end of HR Z3 (no rest into cool down)

COOL-DOWN – HR Z1

Load Level: 3
Distance: 1,000 Meters
Pull Rate: <25
Stretch head to toe

– OR –

OPTION B – BIKE: HR PYRAMID WORKOUT (80 MINUTES)

WARM-UP – HR Z1

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

MAIN SET – HR PYRAMIDS (65 MIN)

Start at low end of HR Z3 – hold 3 min
Bump up 5 beats – hold 3 min
Repeat up to upper end of HR Z4
Come back down 5 beats every 3 min
Continue up/down ladder for 65 min

WARM-DOWN – HR Z1

Duration: 5 minutes
Cadence: 85–90
Don't dismount until HR is in Z1

► **Core Circuit (Immediately Following Workout) – 2 Sets x 30 sec each** (Click on the name of the exercise to watch an instructional video)

- [Push Up-Knee to Shoulder](#)

- [Abdominal Criss Cross](#)

- [Abdominal Open Rotation](#)

- [Ab Hip Risers](#)

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

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



THURSDAY

Super Slow Challenge – Strength Training

SSC AM

Coach's Note: Utilize the same weight as last week. Lift the weight both up and down over a four-second window – 4 seconds up, 4 seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. **Sets: 2 | Reps: 6 minimum / 8 maximum**

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

▶ **Super Slow Challenge Spreadsheet:** Use the SSC spreadsheet at the end of this document to record all weights and reps for each cycle.

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

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



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 and replace them with complex carbohydrates in the form of fruits and vegetables. Take a few extra minutes each day this week and stretch your hips, quads and hamstrings. To facilitate your stretching efforts, roll each muscle group with a foam roller.

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 before sleep



SATURDAY

Bike 1-Mile Sprint Intervals + Core + Nap

BIKE AM + NAP

Coach's Note: To maximize your productivity, err on the side of easy for the 1-mile seated interval (HR Z2 should feel very comfortable). This will allow you the gap of maximum effort and speed for the 1-mile interval. During the interval, focus on optimized pedal mechanics to activate and engage all the muscles that are available to facilitate riding fast.

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

BIKE: 1-MILE SPRINT INTERVALS (MAIN PERFORMANCE BLOCK: 10 MILES)

WARM-UP – HR Z1

Duration: 3 miles

Cadence: 80-85

Gearing: Small ring front, middle rear

Dismount & stretch lower body

MAIN BLOCK – 10 MILES

1-mile (seated) HR Z2: cadence 70-80, tallest gearing in Z2, cover 1 mile efficiently

1-mile (seated) No HR limit: maximum effort – capture elapsed time

After 1 mile, reduce load and spin easy for 1 mile (1:1 Work:Rest)

Repeat 5x for 10 miles total

Interval #1: ___ | #2: ___ | #3: ___ | #4: ___ | #5: ___

WARM-DOWN – HR Z2

Duration: 2 miles (no shorter)

Cadence: 70-80

Gearing: Small ring front, middle rear

► Core Circuit (Immediately Following Workout) – 2 Sets x 30 sec each (Click on the name of the exercise to watch an instructional video)

● Push Up-Knee to Shoulder

● Abdominal Criss Cross

● Abdominal Open Rotation

● Ab Hip Risers

▲ 2-Hour Power Nap

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids.

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

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



SUNDAY

Row 5-Minute Distance Challenge + Nap

ROW AM + NAP

Coach's Note: Pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z3 easily visible for quick reference and maximum productivity.

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

ROW: 5-MINUTE DISTANCE CHALLENGE (50-60 MINUTES)

WARM-UP – HR Z1

Load Level: 3
Distance: 1,000 Meters
Pull Rate: <25
Stretch head to toe

MAIN SET – DISTANCE CHALLENGE

Load Level: 5 | **Pull Rate:** 25+
5 min at upper end of HR Z3 – record distance
Rest 5 min – HR Z1 (no higher)
Repeat 4x
Distance #1: ___ | #2: ___ | #3: ___
| #4: ___

COOL-DOWN – HR Z1

Load Level: 3
Distance: 1,000 Meters
Pull Rate: <25
Stretch head to toe

▲ 2-Hour Power Nap

Research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for rebuilding muscle tissue and how lean you are. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein & fat.

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

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

SUPER SLOW CHALLENGE – WARM-UP & CYCLES 1-3

Warm-Up: Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter). **Sets: 2 | Reps: 6-8 | Tempo: 4 sec up / 4 sec down**

Exercise	Date: ___	Date: ___	Date: ___	Date: ___
CYCLE ONE				
<u>Single Leg Step onto Bench</u> Weight (Moderate)	Wt: ___ R Leg: ___ L Leg: ___	Wt: ___ R Leg: ___ L Leg: ___	Wt: ___ R Leg: ___ L Leg: ___	Wt: ___ R Leg: ___ L Leg: ___
<u>Abdominal Crunch on Fit Ball w/Weight</u>	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___
<u>Military Spiders Off Bench</u> As many as you can in 30 seconds	Reps: ___	Reps: ___	Reps: ___	Reps: ___
CYCLE TWO				
<u>Single Leg – Good Mornings</u> Weight (Moderate)	Wt: ___ R Leg: ___ L Leg: ___	Wt: ___ R Leg: ___ L Leg: ___	Wt: ___ R Leg: ___ L Leg: ___	Wt: ___ R Leg: ___ L Leg: ___
<u>Pike-Push Ups on Fit Ball</u> Hands shoulder-width apart, elbows at 90° at bottom	Set 1: ___ Set 2: ___	Set 1: ___ Set 2: ___	Set 1: ___ Set 2: ___	Set 1: ___ Set 2: ___
<u>Side Skaters</u> As many as you can in 30 seconds	Reps: ___	Reps: ___	Reps: ___	Reps: ___
CYCLE THREE				
<u>Bicep Curls w/Dumbbells</u> Up to 90° – no higher	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___
<u>Lat Pull Over – Triceps Extension</u>	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___
<u>Jump Rope with Eyes Closed</u> As many as you can in 30 seconds	Reps: ___	Reps: ___	Reps: ___	Reps: ___

SUPER SLOW CHALLENGE – CYCLES 4-5, ROWING & BIKE SPRINTS

Exercise	Date: ___	Date: ___	Date: ___	Date: ___
CYCLE FOUR				
<u>Arm & Leg Extension</u> Weight (Light)	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___
<u>Hanging Leg Lifts (Knees to Chest)</u>	Set 1: ___ Set 2: ___	Set 1: ___ Set 2: ___	Set 1: ___ Set 2: ___	Set 1: ___ Set 2: ___
<u>Military Spiders Off Bench</u> As many as you can in 30 seconds	Reps: ___	Reps: ___	Reps: ___	Reps: ___
CYCLE FIVE				
<u>Single Leg Push Ups Off of Bench</u>	Set 1: ___ Set 2: ___	Set 1: ___ Set 2: ___	Set 1: ___ Set 2: ___	Set 1: ___ Set 2: ___
<u>Single Leg Shoulder Press</u> Weight (Moderate)	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___	Wt: ___ Set 1: ___ Set 2: ___
<u>Side Skaters</u> As many as you can in 30 seconds	Reps: ___	Reps: ___	Reps: ___	Reps: ___
2000 METER ROWING				
<u>2000 Meter Rowing</u> Warm up 200m (Damper 2) 1000m at 80–85% (Damper 5) 1 min rest 25 pushups eyes closed 1 min rest 1000m at 80–85% 1 min rest 25 pushups eyes closed	1000m #1: ___ 1000m #2: ___	1000m #1: ___ 1000m #2: ___	1000m #1: ___ 1000m #2: ___	1000m #1: ___ 1000m #2: ___
BICYCLE SPRINTS				
<u>Bicycle Sprints</u> Warm up 2 min low intensity Moderate load 4 min at 80–85% effort – record distance 1 min rest 25 pushups eyes closed 2 min rest Repeat once more	Sprint #1: ___ Sprint #2: ___	Sprint #1: ___ Sprint #2: ___	Sprint #1: ___ Sprint #2: ___	Sprint #1: ___ Sprint #2: ___