

TRAINING PROTOCOL

PHASE 2








WEEK 3 OF 8

ENHANCED ENDURANCE, STRENGTH & LACTATE TOLERANCE

PROGRAM Fitness	PHASE 2	WEEK 3 of 8	FOCUS Endurance + Strength
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Week 3 builds on Phase 2's Enhanced Endurance, Strength & Lactate Tolerance work – pushing your engine and strength further. Row or Bike intensity intervals with core anchor Monday and Wednesday, Super Slow Challenge sessions Tuesday and Thursday lock in last week's strength gains, and the weekend brings Bike Fragmented Power Intervals (Saturday) and Row HR Intervals or Bike HR Pyramids (Sunday), each with a 2-hour nap. Friday is complete rest. Stay consistent – this is when lactate tolerance, aerobic power, and strength endurance start compounding.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Row/Bike AM HR Intensity + Core Circuit	SSC AM Super Slow Challenge	Row/Bike AM HR Intensity + Core Circuit	SSC AM Super Slow Challenge	Rest Day Full Recovery	Bike AM + Core Fragmented Power Intervals + Nap	Row or Bike AM HR Intensity Intervals + 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**

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



MONDAY

Row HR Intensity Intervals or Bike HR Pyramids + Core

ROW / BIKE AM

Coach's Note: These intensity blocks are going to challenge you in two ways. First, you will be maintaining the same load levels but toggling between two intensity zones. Second, the duration is long enough to become distracting. By completing a 1:1 ratio between two HR zones, you will push your aerobic engine to new levels – as long as you don't go too hard initially and blow up. You will need your specific numbers for HR Z2 and Z3 easily visible for quick reference.

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

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

WARM-UP – HR Z1

Load Level: 3 | Distance: 500m |
Pull Rate: <25
Stretch head to toe

MAIN SET – HR PACING INTERVALS

Load Level: 5 | Pull Rate: 25 or less
in Z2 / 25+ in Z3
5 min at high end of HR Z2 (no rest)
5 min at low end of HR Z3 (no rest)
Repeat 4x = 40 minutes total

COOL-DOWN – HR Z1

Load Level: 3 | Distance: 500m |
Pull Rate: <25
Stretch head to toe

– OR –

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

WARM-UP – HR Z1

Duration: 10 min | Cadence: 80–85
Stretch and hydrate before main
set

MAIN SET – HR PYRAMIDS (8x6 MIN)

Settle into HR Z3 – hold 3 min
Recover spinning easy HR Z1 – 3
min
Repeat 8x for 48 min total

COOL-DOWN – HR Z1

Duration: 2 min | Cadence: 85–90
Don't dismount until HR is in Z1

► **Core Circuit (Immediately Following Workout) – 2 Sets x 30 sec each** (Click on exercise name to see 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

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



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. **Sets: 2 | Reps: 6–8**

▲ **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

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



WEDNESDAY

Row HR Intensity Intervals or Bike Power Intervals + Core

ROW / BIKE AM

Coach's Note: Pull your up-to-date heart rate zones specific to the rower or bike. You will need your specific numbers for HR Z2 and Z3 easily visible for quick reference and maximum productivity. Focus on diaphragmatic breathing throughout to maximize oxygen uptake.

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

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

WARM-UP – HR Z1

Load Level: 3 | Distance: 500m |
Pull Rate: <25
Stretch head to toe

MAIN SET – HR PACING INTERVALS

5 min at high end of HR Z2 (no rest)
5 min at low end of HR Z3 (no rest)
Repeat 4x = 40 minutes total

COOL-DOWN – HR Z1

Load Level: 3 | Distance: 500m |
Pull Rate: <25
Stretch head to toe

– OR –

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

WARM-UP – HR Z1

Duration: 10 min | Cadence: 80-85
Stretch and hydrate before main set

MAIN SET – POWER INTERVALS

Settle into HR Z3 – hold 3 min
Recover spinning easy HR Z1 – 3 min
Repeat until 65 min elapsed

COOL-DOWN – HR Z1

Duration: 5 min | Cadence: 85-90
Don't dismount until HR is in Z1

► Core Circuit (Immediately Following Workout) – 2 Sets x 30 sec each (Click on exercise name to see 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

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



THURSDAY

Super Slow Challenge – Strength Training

SSC AM

Coach's Note: Same weight as Tuesday. Lift the weight both up and down over a four-second window. If your muscles give out prior to hitting your goal count, be finished with that set. **Sets: 2 | Reps: 6-8**

▲ **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

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



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 to stretch your hips, quads and hamstrings. 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 Fragmented Power Intervals + Core + Nap

BIKE AM + NAP

Coach's Note: This workout will sneak up on you by the end because of the residual fatigue that builds throughout. Keep in mind that you are asking your muscles to generate power as they begin to fatigue. By hitting a goal speed number, you will learn to associate the intensity levels needed to create speed and power. Completing intervals at the same power level will improve your muscular endurance.

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

BIKE: FRAGMENTED POWER INTERVALS

WARM-UP – HR Z1

Duration: 10 min | **Cadence:** 80-85

Small chain ring, middle rear gearing

Stretch and hydrate before main set

POWER BLOCK #1 & #2 (20 MIN EACH)

2 min ON: out of saddle 30 sec → seated 90 sec at tallest gear (50-60 cadence) – capture avg speed

2 min OFF: easy gear, spin easy

Repeat 2-min on/off for 20 min | 5 min active recovery between blocks | Stretch & re-hydrate

COOL-DOWN – HR Z1

Duration: 5 min | **Cadence:** 85-90

Don't dismount until HR is in Z1

► **Core Circuit (Immediately Following Workout) – 2 Sets × 30 sec each** (Click on names to see instructional videos)

• 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

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



SUNDAY

Row HR Intensity Intervals or Bike HR Pyramids + Nap

ROW / BIKE AM + NAP

Coach's Note: Pull your up-to-date heart rate zones specific to the rower or bike. You will need your specific numbers for HR Z2 and Z3 easily visible for quick reference and maximum productivity.

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

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

WARM-UP – HR Z1

Load Level: 3 | **Distance:** 500m |
Pull Rate: <25
Stretch head to toe

MAIN SET – HR PACING INTERVALS

5 min at high end of HR Z2 (no rest)
5 min at low end of HR Z3 (no rest)
Repeat 4x = 40 minutes total

COOL-DOWN – HR Z1

Load Level: 3 | **Distance:** 500m |
Pull Rate: <25
Stretch head to toe

- OR -

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

WARM-UP – HR Z1

Duration: 10 min | **Cadence:** 80-85
Stretch and hydrate before main set

MAIN SET – HR PYRAMIDS (10x2 MIN)

2 min ON: out of saddle 30 sec → seated 90 sec at tallest gear (50-60 cadence)
2 min OFF: easy gear, active recovery
Repeat 10x for 20 min total

COOL-DOWN – HR Z1

Duration: 5 min | **Cadence:** 85-90
Don't dismount until HR is in Z1

▲ 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

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

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: ___