

TRAINING PROTOCOL

# PHASE 2








## WEEK 4 OF 8

ACTIVE RECOVERY – ABSORB THE LAST THREE WEEKS

PROGRAM <b>Fitness</b>	PHASE <b>2</b>	WEEK <b>4 of 8</b>	FOCUS <b>Active Recovery</b>
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Week 4 is your **Active Recovery** week – designed to absorb the training stress from the last three weeks. Monday and Wednesday are Row or Bike HR Pacing Blocks (HR Zone 2 only). Tuesday and Thursday are Super Slow Challenge with **20% less weight** – you should finish feeling fresh. Friday is complete rest. Saturday and Sunday are Bike Even Tempo rides (HR Zone 2 or less) with a 2-hour nap.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Row or Bike AM</b> HR Pacing Blocks (Z2 only)	<b>SSC AM</b> 20% Less Weight Active Recovery	<b>Row or Bike AM</b> HR Pacing Blocks (Z2 only)	<b>SSC AM</b> 20% Less Weight Active Recovery	<b>Rest Day</b> Full Recovery	<b>Bike AM</b> Even Tempo (Z2 or less) + Nap	<b>Bike AM</b> Even Tempo (Z2 or less) + 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 or Bike HR Pacing Blocks – HR Zone 2 Only (60 Min)

ROW / BIKE AM

**Coach's Note:** This is your active recovery week. Keep the intensity levels on the easy side – HR Zone 2 or less for maximum productivity: burn fat and enhance your aerobic engine. You will need your specific numbers for HR Z2 (high and low) easily visible for quick reference. If your heart rate is up by four or more beats over last week's average – do not train; sleep and eat instead.

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

## OPTION A – ROW: HR PACING BLOCKS (60 MINUTES)

### WARM-UP – HR Z1

**Load Level:** 3 | **Duration:** 5 min |  
**Pull Rate:** <25  
Stretch your lower body

### MAIN SET – HR PACING BLOCKS (50 MIN)

Settle into the **low end of HR Z2** – maintain 8 min  
Increase to **high end of HR Z2** – maintain 2 min  
Lower effort back to low end of HR Z2  
*Repeat for 50 minutes total*

### COOL-DOWN – HR Z1

**Load Level:** 2 | **Duration:** 5 min |  
**Pull Rate:** <25  
Stretch from head to toe

– OR –

## OPTION B – BIKE: HR PACING BLOCKS (60 MINUTES)

### WARM-UP – HR Z1

**Duration:** 5 min | **Cadence:** 80-85  
Small chain ring, middle rear gearing  
Stretch and hydrate before main set

### MAIN SET – HR PACING BLOCKS (50 MIN)

Settle into the **low end of HR Z2** – maintain 8 min  
Increase to **high end of HR Z2** – maintain 2 min  
Lower effort back to low end of HR Z2  
*Repeat for 50 minutes total*

### COOL-DOWN – HR Z1

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

## 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 – 20% Less Weight

SSC AM

**Coach's Note:** Same exercises as the last three weeks – but with **20% less weight**. You should finish your weight workout feeling fresh. That is the entire idea about an active recovery week. Lift the weight both up and down over a four-second window – 4 seconds up, 4 seconds down. **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 or Bike HR Pacing Blocks – HR Zone 2 Only (60 Min)

ROW / BIKE AM

**Coach's Note:** Body Analysis day – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes. Keep the intensity levels on the easy side – HR Zone 2 or less. If your heart rate is up by four or more beats over last week's average – do not train; sleep and eat instead.

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

## OPTION A – ROW: HR PACING BLOCKS (60 MINUTES)

### WARM-UP – HR Z1

**Load Level:** 3 | **Duration:** 5 min |

**Pull Rate:** <25

Stretch your lower body

### MAIN SET – HR PACING BLOCKS (50 MIN)

Settle into the **low end of HR Z2** – maintain 8 min

Increase to **high end of HR Z2** – maintain 2 min

Lower effort back to low end of HR Z2

*Repeat for 50 minutes total*

### COOL-DOWN – HR Z1

**Load Level:** 2 | **Duration:** 5 min |

**Pull Rate:** <25

Stretch from head to toe

- OR -

## OPTION B – BIKE: HR PACING BLOCKS (60 MINUTES)

### WARM-UP – HR Z1

**Duration:** 5 min | **Cadence:** 80-85

Small chain ring, middle rear gearing

### MAIN SET – HR PACING BLOCKS (50 MIN)

Settle into the **low end of HR Z2** – maintain 8 min

Increase to **high end of HR Z2** – maintain 2 min

Lower effort back to low end of HR Z2

*Repeat for 50 minutes total*

### COOL-DOWN – HR Z1

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

Don't dismount until HR is in Z1

## 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 – 20% Less Weight

SSC AM

**Coach's Note:** Same exercises as Tuesday – 20% less weight. Finish feeling fresh. **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. Sit down with a piece of blank paper and draw a line down the middle. On the left side, jot down the five most important reasons for WHY you do what you do. On the right side, think about the elements that make the WHY possible. Ensure that all of your elements are ready for action throughout the rest of the week – nutrition, equipment, schedule.

## 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 Even Tempo – HR Zone 2 or Less (60 Min) + Nap

BIKE AM + NAP

**Coach's Note:** Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within your HR Z2.

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

## BIKE: EVEN TEMPO (60 MINUTES)

### WARM-UP – HR Z1

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

Small chain ring, middle rear gearing

Stretch and hydrate before main set

### MAIN PERFORMANCE BLOCK – 45 MIN

**HR Zone 2 – high end** (pay close attention to not fall into Z3)

Cadence: 75-85 | Tallest gearing you can maintain with chain tension tight

Every 10 min: stand up and stretch hamstrings, quads, calves, lower back

### WARM-DOWN – HR Z2 OR LESS

**Duration:** 5 min | **Cadence:** 70-80

Stretch lower back, calves, quads prior to dismounting

### ▲ 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:** Recovery Fuel immediately to shorten recovery window

### EVENING

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



# SUNDAY

Bike Even Tempo – HR Zone 2 or Less (60 Min) + Nap

BIKE AM + NAP

**Coach's Note:** Same ride as Saturday. Keep HR Zone 2 or less throughout. Play around with your gearing to stay mentally engaged while staying in your aerobic zone. This is your final recovery day before the re-evaluation week begins.

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

## BIKE: EVEN TEMPO (60 MINUTES)

### WARM-UP – HR Z1

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

Small chain ring, middle rear gearing

Stretch and hydrate before main set

### MAIN PERFORMANCE BLOCK – 45 MIN

**HR Zone 2 – high end** (pay close attention to not fall into Z3)

Cadence: 75-85 | Tallest gearing you can maintain

Every 10 min: stand up and stretch hamstrings, quads, calves, lower back

### WARM-DOWN – HR Z2 OR LESS

**Duration:** 5 min | **Cadence:** 70-80

Stretch lower back, calves, quads prior to dismounting

### ▲ 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. Consume a lunch that contains high levels of high-quality protein and fat to ensure that you fall asleep quickly and sleep as deep as possible.

### POST-WORKOUT

- ▶ **Flexibility:** Complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves.
- ▶ **Nutrition:** Recovery Fuel immediately

### EVENING

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

**SUPER SLOW CHALLENGE – LOWER LOAD LEVELS (20% LESS) – 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 | Weight: 20% less than last week**

Exercise	Date: ___	Date: ___	Date: ___	Date: ___
<b>CYCLE ONE</b>				
<u>Single Leg Step onto Bench</u> Weight (20% less than last week)	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: ___
<b>CYCLE TWO</b>				
<u>Single Leg – Good Mornings</u> Weight (20% less than last week)	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>	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: ___
<b>CYCLE THREE</b>				
<u>Bicep Curls w/Dumbbells</u> Up to 90° – no higher   20% less weight	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: ___
<b>CYCLE FOUR</b>				
<u>Arm &amp; Leg Extension</u> Weight (20% less than last week)	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: ___
<b>CYCLE FIVE</b>				
<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 (20% less than last week)	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: ___
<b>2000 METER ROWING</b>				
<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: ___
<b>BICYCLE SPRINTS</b>				
<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: ___