

TRAINING PROTOCOL

# PHASE 2








## WEEK 5 OF 8

RE-EVALUATE STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM <b>Fitness</b>	PHASE <b>2</b>	WEEK <b>5 of 8</b>	FOCUS <b>Re-Evaluation</b>
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Week 5 is your **Re-Evaluation** week – designed to measure your progress after four weeks of training. Monday is the Plyometric Assessment. Tuesday is Row 500m Time Trials. Wednesday and Thursday are Row or Bike HR Intensity Blocks. Friday is complete rest. Saturday is the Bike 10-Mile Time Trial. Sunday is Row HR Intensity Blocks or Bike Even Tempo with a 2-hour nap. Update your Performance Report Card with all results.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Plyo AM</b> Plyometric Assessment	<b>Row AM</b> 500m Time Trials	<b>Row or Bike AM</b> HR Intensity Blocks (30 min)	<b>Row or Bike AM</b> HR Intensity Blocks (30 min)	<b>Rest Day</b> Full Recovery	<b>Bike AM</b> 10-Mile Time Trial + Nap	<b>Row or Bike AM</b> HR Intensity or Even Tempo + 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.

● **HR Zone 3+ – Red Workouts**

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



# MONDAY

Plyometric Assessment

PLYO ASSESSMENT AM

**Coach's Note:** The goal is to determine how many repetitions you can complete within 30 seconds. You will complete **3 sets of each exercise with 30 seconds rest** in between exercises and **1-minute rest** before moving to the next exercise. Record all results in your Plyometric Assessment spreadsheet and update your Performance Report Card.

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

## Plyometric Assessment Protocol

**Protocol:** 3 sets of each exercise | 30 seconds per set | 30 seconds rest between sets | 1 minute rest before next exercise

**Goal:** Maximum repetitions in 30 seconds – record all results and compare to your Week 1 baseline

Download and complete the **Plyometric Assessment Spreadsheet** to track your progress

## 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

Row 500m Time Trials

ROW ASSESSMENT AM

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

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

## Row 500m Time Trial Protocol

**Warm-Up:** 10 minutes easy (Load Level 3 or less) – stretch from head to toe

**Main Set:** 5 × 500 meters | Load Level 5 | 1:00 rest between intervals

**Record:** Elapsed time + ending max HR for each 500m interval

- Interval #1: Time \_\_\_ / Max HR \_\_\_
- Interval #2: Time \_\_\_ / Max HR \_\_\_
- Interval #3: Time \_\_\_ / Max HR \_\_\_
- Interval #4: Time \_\_\_ / Max HR \_\_\_
- Interval #5: Time \_\_\_ / Max HR \_\_\_

## 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 Intensity Blocks (30 Min)

ROW / BIKE AM

**Coach's Note:** 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. Complete one of the following workouts – ideally what you didn't complete on Tuesday.

▲ **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 – VERY EASY

**Load Level:** 3 | **Duration:** 10 min |

**Pull Rate:** <25

Stretch from head to toe

### MAIN SET – HR INTENSITY BLOCKS

**Load Level:** 5 | **Pull Rate:** 25-35

**5 min** – moderate effort (can sing/ talk)

**5 min** – harder effort (breathing harder, still able to talk)

**5 min** – back to moderate effort

### COOL-DOWN – VERY EASY

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

**Pull Rate:** <25

Stretch from head to toe

- OR -

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

### WARM-UP – HR Z1

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

Small chain ring, middle rear gearing

### MAIN BLOCK – 30 MIN (HR Z2)

Cadence: 75-85 | Tallest gearing you can maintain

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

### WARM-DOWN – HR Z1

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

Stretch lower back, calves, quads

### 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

Row or Bike HR Intensity Blocks (30 Min)

ROW / BIKE AM

**Coach's Note:** Complete the option you did NOT do on Wednesday. Prior to breakfast for maximum fat burning benefit.

▲ **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 – VERY EASY

**Load Level:** 3 | **Duration:** 10 min |  
**Pull Rate:** <25  
Stretch from head to toe

### MAIN SET – HR INTENSITY BLOCKS

**Load Level:** 5 | **Pull Rate:** 25-35  
**5 min** – moderate effort | **5 min** –  
harder effort | **5 min** – moderate  
effort

### COOL-DOWN – VERY EASY

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

- OR -

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

### WARM-UP – HR Z1

**Duration:** 10 min | **Cadence:** 80-85  
Small chain ring, middle rear  
gearing

### MAIN BLOCK – 30 MIN (HR Z2)

Cadence: 75-85 | Tallest gearing  
you can maintain  
Every 10 min: stand and stretch

### WARM-DOWN – HR Z1

**Duration:** 5 min | **Cadence:** 70-80  
Stretch lower back, calves, quads

### 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:** When it comes to performing at an optimum level, it is the elimination of mistakes that will result in optimum results – not throwing more effort into your attempt. Simple performance elements like avoiding over or under hydration, consistent and deep sleep, following a race strategy on race day – all lead to specific performance results. Pay attention to the variables outlined on your Body Analysis spreadsheet.

## EVENING

- ▶ **Flexibility:** 10 min leg and lower body focus
- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes

## RECOVERY

- ▶ **Foam Roller:** Soften muscle and connective tissue
- ▶ **Breathing:** [Diaphragmatic breathing](#) before sleep



# SATURDAY

Bike 10-Mile Time Trial – Pacing Assessment

BIKE TIME TRIAL 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 and recovery calories ready to consume immediately following this workout. Update your **Performance Report Card** with the results.

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

## Bike 10-Mile Time Trial Protocol

**Goal:** Complete 10 miles as fast as possible – record elapsed time and average/max HR

**Body Weight Pre-Test:** \_\_\_\_ lbs | **Body Weight Post-Test:** \_\_\_\_ lbs

**Elapsed Time:** \_\_\_\_ | **Average HR:** \_\_\_\_ | **Max HR:** \_\_\_\_

Update your Performance Report Card with all results from this assessment

### 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



# SUNDAY

Row HR Intensity Blocks or Bike Even Tempo + Nap

ROW / BIKE AM + NAP

**Coach's Note:** Complete one of the following workouts. For the Row option – pay close attention to your intensity levels throughout. For the Bike option – keep HR Zone 2 or less for maximum fat burning. Follow with a 2-hour power nap after your mid-day meal.

▲ **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 – VERY EASY

**Load Level:** 3 | **Duration:** 10 min |  
**Pull Rate:** <25  
Stretch from head to toe

### MAIN SET – HR INTENSITY BLOCKS

**Load Level:** 5 | **Pull Rate:** 25-35  
**5 min** – moderate effort | **5 min** –  
harder effort | **5 min** – moderate  
effort

### COOL-DOWN – VERY EASY

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

– OR –

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

### WARM-UP – HR Z1

**Duration:** 10 min | **Cadence:** 80-85  
Small chain ring, middle rear  
gearing

### MAIN BLOCK – 30 MIN (HR Z2)

**Cadence:** 75-85 | Tallest gearing  
you can maintain  
Every 10 min: stand and stretch

### WARM-DOWN – HR Z1

**Duration:** 5 min | **Cadence:** 70-80  
Stretch lower back, calves, quads

### ▲ 2-Hour Power Nap

Strive to consume a nutrient-dense smoothie prior to lying down. The high-quality nutrients will enhance your immunity, muscles and vascular systems. High-quality fruits and vegetables are nutrient rich, calorically low, and provide stable blood sugar levels for up to three hours after consumption.

## 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