

TRAINING PROTOCOL

PHASE 2








WEEK 6 OF 8

ENHANCED STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Fitness	PHASE 2	WEEK 6 of 8	FOCUS Strength + LT
---------------------------	-------------------	-----------------------	-------------------------------

Week 6 continues the Enhanced Strength, Endurance & Lactate Tolerance phase — pushing your aerobic ceiling and strength base higher. Row or Bike HR Ladder/Fragmented Intervals on Monday and Wednesday sharpen recovery between hard efforts, while Super Slow Challenge sessions Tuesday and Thursday keep building raw strength. The weekend tests your gains: Bike Distance Intervals (75 min) Saturday with a 2-hour nap, and the Row 5-Minute Distance Challenge Sunday. Friday is complete rest. Train hard — you'll finish with a bigger engine, stronger legs, and proof of your progress.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Row or Bike AM HR Ladder Intervals	SSC AM Super Slow Challenge	Row or Bike AM HR Ladder / Fragmented	SSC AM Super Slow Challenge	Rest Day Full Recovery	Bike AM Distance Intervals + Nap	Row AM 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

Bike HR Ladder or Row Incremental Pacing Intervals

ROW / BIKE AM

Coach's Note: Take your most up-to-date heart rate spreadsheet and commit to memory the low and high numbers for HR Zone 2. Once finished with your warm-up, spend 20 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover – continue to push the pace until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number.

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

OPTION A – BIKE: HEART RATE LADDER WORKOUT (50 MINUTES)

WARM-UP – HR Z1

Duration: 10 minutes

Cadence: 80–85

Gearing: Small ring front, middle rear

Stretch and hydrate

MAIN SET – HR PYRAMIDS (30 MIN)

Toggle between low and high end of HR Z2 for 30 minutes

At interval start: accelerate to upper HR Z2

At upper number: gear down, spin easy to lower number

Repeat continuously for 30 minutes

WARM-DOWN – HR Z1

Duration: 10 minutes

Cadence: 85–90

Don't dismount until HR is in Z1

– OR –

OPTION B – ROW: INCREMENTAL PACING INTERVALS (6,500 METERS)

WARM-UP – HR Z1

Load Level: 3

Distance: 1,000 Meters

Pull Rate: <25

Stretch head to toe

MAIN SET – INCREMENTAL PACING

Load Level: 5 | **Pull Rate:** 25+

Baseline 500m at 80–85% effort – 1 min rest

500m at Baseline +10 sec – Rest 1 min

500m at Baseline +5 sec – Rest 1 min

500m at Baseline Pace – Rest 1 min

Repeat 3× – match goal pace each set

COOL-DOWN – HR Z1

Load Level: 3

Distance: 1,000 Meters

Pull Rate: <25

Stretch head to toe

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: Now that you are familiar with the range of motion, strive to really push the weight/load levels to the next level. 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

- ▶ **Mental Imagery:** 10–15 deep belly breaths, visualize your next race start to finish
- ▶ **Shin Stripping:** Foam roller + TP therapy; thumb press along shin bone ankle to knee



WEDNESDAY

Bike HR Ladder or Row Fragmented Intervals

ROW / BIKE AM

Coach's Note: This workout is going to create a high level of fatigue – both mentally and physically – so come to this workout well hydrated, fed, and rested. Ideally complete this workout in the morning before beginning your day. The fragmented interval format breaks up the distance into shorter, more manageable pieces that allow you to maintain quality form throughout.

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

OPTION A – BIKE: HEART RATE LADDER WORKOUT (50 MINUTES)

WARM-UP – HR Z1

Duration: 10 minutes

Cadence: 80-85

Gearing: Small ring front, middle rear

Stretch and hydrate

MAIN SET – HR PYRAMIDS (30 MIN)

Toggle between low and high end of HR Z2 for 30 minutes

At interval start: accelerate to upper HR Z2

At upper number: gear down, spin easy to lower number

Repeat continuously for 30 minutes

WARM-DOWN – HR Z1

Duration: 10 minutes

Cadence: 85-90

Don't dismount until HR is in Z1

- OR -

OPTION B – ROW: FRAGMENTED INTERVALS (20 MINUTES)

WARM-UP – HR Z1

Load Level: 3

Distance: 1,000 Meters (longer than normal)

Pull Rate: <25

Stretch head to toe

MAIN SET – FRAGMENTED (20 MIN)

Intensity: HR Z2 or less – relaxed, perfect form

Load Level: 3 | **Pull Rate:** 25-30

Row 3 minutes – Rest 1 minute

Repeat for 20 minutes total

COOL-DOWN – HR Z1

Load Level: 3

Distance: 1,000 Meters

Pull Rate: <25

Stretch head to toe

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 Distance Intervals + Nap

BIKE AM + NAP

Coach's Note: The key to maximizing your productivity during this workout is to keep a close eye on your pedal mechanics and belly breathing. Feel the various muscles working together to create power throughout the entire 360-degree pedal stroke – quads, hamstrings, calves, and glutes all firing to generate top wattage numbers.

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

BIKE: DISTANCE INTERVALS (75 MINUTES)

WARM-UP – HR Z1

Duration: 10 minutes

Cadence: 80–85

Gearing: Small ring front, middle rear

Stretch and hydrate

MAIN SET #1 – TRANSITION (10 MIN)

30 sec at 100% max wattage output

60 sec active recovery / easy spin

Don't start next interval until HR is back in Z2

Repeat 5× for 10 minutes

WARM-DOWN – HR Z1

Duration: 5 minutes

Cadence: 85–90

Don't dismount until HR is in Z1

MAIN SET #2 – DISTANCE INTERVALS (40 MIN, HR Z3)

1-Mile Distance Intervals

Cover 1 mile as fast as possible with the tallest gear combination you can push without blowing up. Keep the chain tight all the way to the end of the 1-mile interval. Recovery is the exact time it takes to complete the interval.

Interval #1: ___ min | **#2:** ___ min | **#3:** ___ min | **#4:** ___ min

MAIN SET #3 – EXPLOSIVE WATTAGE (10 MIN)

EXPLOSIVE INTERVALS

30 sec at 100% max wattage output

60 sec active recovery / easy spin

Begin next interval every 2 minutes regardless of HR

Repeat 5× for 10 minutes

▲ 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

ROW AM

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. The goal is to cover as much distance as possible in 5 minutes while staying at the upper end of HR Zone 3.

▲ **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 Minutes – distance covered at upper end of HR Z3
Rest 5 Minutes – HR Z1 (no higher)
Repeat 4 times
Interval #1: ___ m | #2: ___ m | #3: ___ m | #4: ___ m

COOL-DOWN – HR Z1

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

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: ___