

TRAINING PROTOCOL

PHASE 2








WEEK 7 OF 8

ENHANCED STRENGTH, ENDURANCE & LACTATE TOLERANCE – FINAL PUSH

PROGRAM Fitness	PHASE 2	WEEK 7 of 8	FOCUS Final Push
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Week 7 is the **final Enhanced Strength, Endurance & Lactate Tolerance** week – and the last week of the Super Slow Challenge exercises. Monday and Wednesday feature the hardest Row/Bike workouts of the phase. Tuesday and Thursday are the final SSC sessions. Friday is complete rest. Saturday is Bike HR Intensity Blocks (85 min) with a 2-hour nap. Sunday is Power Interval set on the Rower (65 min) with a 2-hour nap.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Row or Bike PM HR Intensity Blocks + Core	SSC AM Final SSC Session	Row or Bike PM HR Intensity Intervals + Core	SSC AM Final SSC Session	Rest Day Full Recovery	Bike AM + Core HR Intensity Blocks + Nap	Row PM Power 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 Blocks or Bike Intensity Distance Intervals

ROW / BIKE AM

Coach's Note: This workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

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

OPTION A – ROW: HR INTENSITY BLOCKS

WARM-UP – HR Z1

Load Level: 3
Distance: 2,000 Meters
Pull Rate: 20-25
Stretch from head to toe

MAIN SET #1 – 5x1000M

Load Level: 5 | **Pull Rate:** 25-35
1000m – picking up pace every 200m up to HR Z3 (no higher)
Repeat 5x
Transition: 1000m at HR Z2 – stretch & rehydrate
Main Set #2: 5x1500m @ HR Z3 – 500m active recovery (HR Z2)

COOL-DOWN – HR Z1

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

- OR -

OPTION B – BIKE: INTENSITY DISTANCE INTERVALS (55 MINUTES)

WARM-UP – HR Z1

Duration: 10 minutes
Cadence: 80 or less
Gearing: Small ring front, middle rear

MAIN SET #1 – 15 MILES

$\frac{3}{4}$ Mile at HR Z3 – tallest gear, 85-90 cadence
 $\frac{1}{4}$ Mile at HR Z2 – tallest gear, 90+ cadence
Repeat 15x
Transition: 2 Miles at HR Z2 – stretch & rehydrate
Main Set #2: Same pattern – repeat 10x

COOL-DOWN – HR Z1

Duration: 10 minutes
Cadence: 80 or less
Gearing: Small ring front, middle rear

▶ **Core Circuit (Immediately Following Workout – 2 Sets × 30 sec each)**

- ▶ [Superman's](#) ▶ [Pike-Push Up on Fit Ball](#) ▶ [Ab Crunch on Fit Ball](#) ▶ [Hanging Leg Lift](#)

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, 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
- ▶ **Shin Stripping:** Foam roller + TP therapy; thumb press along shin bone



TUESDAY

Super Slow Challenge – Final Week of These Exercises

SSC AM

Coach's Note: This is the **last week of these exercises** – then your entire strength program will change. With this in mind, be aggressive with your effort during these strength workouts. Lift the weight both up and down over a four-second window – 4 seconds up, 4 seconds down to your starting point. **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:** Full stretch – hips, hamstrings, quads, 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
- ▶ **Shin Stripping:** Foam roller + TP therapy; thumb press along shin bone



WEDNESDAY

Row HR Intensity Intervals (85 min) or Bike Power Intervals (85 min)

ROW / BIKE AM

Coach's Note: This workout is going to generate high levels of lactic acid towards the end – just like a race. Focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4. Diaphragmatic breathing and full pedal circles are key.

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

OPTION A – ROW: HR INTENSITY INTERVALS (85 MINUTES)

WARM-UP – HR Z1

Load Level: 3
Distance: 2,000 Meters
Pull Rate: 20-25
 Stretch from head to toe

MAIN SETS

Main Set #1: 3x2500m @ HR Z3 – 500m active recovery
Transition: 1000m at HR Z2 – stretch & rehydrate
Main Set #2: 3x1000m @ HR Z4 (get there quickly) – 500m active recovery

COOL-DOWN – HR Z1

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

- OR -

OPTION B – BIKE: POWER INTERVALS (85 MINUTES)

WARM-UP – HR Z1

Duration: 10 minutes
Cadence: 80 or less
Gearing: Small ring front, middle rear

MAIN SETS (2x30 MIN)

8 min at HR Z3 – tallest gear, 85-90 cadence
 2 min at HR Z2 – tallest gear, 90+ cadence
Repeat 3x for 30 min
Transition: 5 min at HR Z1 – stretch & rehydrate
Repeat entire 30-min block once more

COOL-DOWN – HR Z1

Duration: 10 minutes
Cadence: 80 or less
Gearing: Small ring front, middle rear

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

- ▶ [Superman's](#) ▶ [Pike-Push Up on Indo Board](#) ▶ [Ab Crunch on Fit Ball](#) ▶ [Hanging Leg Lift](#)

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, 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
- ▶ **Shin Stripping:** Foam roller + TP therapy; thumb press along shin bone



THURSDAY

Super Slow Challenge – Final Week of These Exercises

SSC AM

Coach's Note: This is the **last week of these exercises**. Be aggressive with your effort. Lift the weight both up and down over a four-second window – 4 seconds up, 4 seconds down. **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:** Full stretch – hips, hamstrings, quads, 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
- ▶ **Shin Stripping:** Foam roller + TP therapy; thumb press along shin bone



FRIDAY

Complete Rest Day – Full Recovery

REST DAY

Coach's Note: Pay close attention to your food intake prior to lying down to sleep. When you are sleeping, your brain is fed from the stored sugar in your liver. If your brain doesn't get enough fuel, you will not stay in the deepest level of sleep (REM 3 and 4) which will hinder your body's release of hGH. Implement the 1% rule – improve your program by 1% per day.

EVENING

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

RECOVERY

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



SATURDAY

Bike HR Intensity Blocks (85 min) + Core + Nap

BIKE AM + NAP

Coach's Note: This is the hardest bike workout of the phase. Focus on keeping 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: HR INTENSITY BLOCKS (85 MINUTES)

WARM-UP – HR Z1

Duration: 10 minutes

Cadence: 80 or less

Gearing: Small ring front, middle rear

MAIN SET #1 – 30 MIN

2 min seated – stand up, push to back of saddle, HR Z3

3 min seated – event tempo, cadence 90+, lower end HR Z3

Repeat 5-min block 6x for 30 minutes

Transition: 5 min at HR Z1 – stretch & rehydrate

Main Set #2: Same pattern – repeat 9x for 45 minutes

COOL-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)

- [Superman's](#) ► [Pike-Push Up on Indo Board](#) ► [Ab Crunch on Fit Ball](#) ► [Hanging Leg Lift](#)

▲ 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.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, 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

Afternoon: Row + Nap

ROW PM

Coach's Note: This power block is about creating power! The first couple of intervals is going to be more difficult mentally than they are physically. Be patient and mentally focused on your form to avoid any potential injury (pulled muscle, tendon or ligament).

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

ROW: HR INTENSITY INTERVALS (65 MINUTES)

WARM-UP – HR Z1

Load Level: 3 | Duration: 10 Minutes | Pull Rate: <25 | Stretch head to toe

MAIN SET #1 – HR POWER INTERVALS

Load Level: 8 | Pull Rate: 25+

1 minute holding the fastest pace - be aggressive!

2 minutes at an easy effort

Repeat 10 times = 30 minutes

Interval #1: ___ m | #2: ___ m | #3: ___ m | #4: ___ m | #5: ___ m | #6: ___ m | #7: ___ m | #8: ___ m | #9: ___ m | #10: ___ m

Transition Set: 5 minutes of easy pulling / active recovery. Strive to get your HR to Z1.

MAIN SET #2 – HR POWER INTERVALS

Load Level: 8 | Pull Rate: 25+

1 minute holding the fastest pace - be aggressive!

2 minutes at an easy effort

Repeat 5 times = 15 minutes

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

COOL-DOWN – HR Z1

Load Level: 2 | Duration: 10 Minutes | Pull Rate: <25 | Stretch head to toe

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, 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 – FINAL WEEK – 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 (Heavy)	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 (Heavy)	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 (Heavy)	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 (Heavy)	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				
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				
Bicycle Sprints 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: ___