

TRAINING PROTOCOL

PHASE 2








WEEK 8 OF 8

ACTIVE RECOVERY – ABSORB THE LAST THREE WEEKS OF TRAINING

PROGRAM Fitness	PHASE 2	WEEK 8 of 8	FOCUS Active Recovery
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Week 8 is your **Active Recovery** week – the final week of Phase 2. All workouts are at HR Zone 2 or below. The Super Slow Challenge continues with **20% less weight** than last week. You should finish every workout feeling fresh. The goal is to absorb the last three weeks of hard training and set the foundation for Phase 3.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Bike or Row AM HR Pacing Blocks (60 min)	SSC AM 20% Less Weight	Bike or Row AM HR Pacing Blocks (60 min)	SSC AM 20% Less Weight	Rest Day Full Recovery	SSC AM 20% Less Weight + Nap	Bike or Row AM HR Pacing Blocks + 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. *Not used this week.*



MONDAY

Bike HR Pacing Blocks (60 min) or Row HR Pacing Blocks (60 min)

BIKE / ROW AM

Coach's Note: For this workout you will need to know your HR Zone 2 numbers (high and low specific number).
If your heart rate is up by four or more beats over last week's average – do not train; sleep and eat instead.
All work stays in HR Zone 2 – no higher.

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

OPTION A – BIKE: HR PACING BLOCKS (60 MINUTES)

WARM-UP – HR Z1

Duration: 5 minutes

Gearing: Small ring front, middle rear

Cadence: 80-85

Stretch and hydrate before main set

MAIN SET – 50 MINUTES

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

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

Lower effort back to low end of HR Z2

Repeat for 50 minutes

COOL-DOWN – HR Z1

Duration: 5 minutes

Cadence: 85-90

Easiest gear combination to reach HR Z1

Don't dismount until HR is in Z1

- OR -

OPTION B – ROW: HR PACING BLOCKS (60 MINUTES)

WARM-UP – HR Z1

Load Level: 3

Duration: 5 minutes

Pull Rate: <25

Stretch lower body

MAIN SET – 50 MINUTES

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

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

Lower effort back to low end of HR Z2

Repeat for 50 minutes

COOL-DOWN – HR Z1

Load Level: 2

Duration: 5 minutes

Pull Rate: <25

Stretch from head to toe

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling
- ▶ **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
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue



TUESDAY

Super Slow Challenge – 20% Less Weight

SSC AM

Coach's Note: Same exercises as you have been doing for the last three weeks with **20% less weight**. You should finish your weight workout feeling fresh – that is the entire idea of an active recovery week. **Sets: 2 | Reps: 6 minimum / 8 maximum**

▲ **PRE-WORKOUT:** Consume **8–10 oz of cold 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:** Dynamic movements, static stretches & foam rolling
- ▶ **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
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue



WEDNESDAY

BIKE / ROW AM

Bike HR Pacing Blocks (60 min) or Row HR Pacing Blocks (60 min)

Coach's Note: For this workout you will need to know your HR Zone 2 numbers (high and low specific number).
If your heart rate is up by four or more beats over last week's average – do not train; sleep and eat instead.
All work stays in HR Zone 2 – no higher.

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Repeat for 50 minutes

COOL-DOWN – HR Z1

Load Level: 2

Duration: 5 minutes

Pull Rate: <25

Stretch from head to toe

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling
- ▶ **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
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue



THURSDAY

Super Slow Challenge – 20% Less Weight

SSC AM

Coach's Note: Same exercises as you have been doing for the last three weeks with **20% less weight**. You should finish your weight workout feeling fresh. **Sets: 2 | Reps: 6 minimum / 8 maximum**

▲ **PRE-WORKOUT:** Consume **8–10 oz of cold 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:** Dynamic movements, static stretches & foam rolling
- ▶ **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
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FRIDAY

Complete Rest Day – Full Recovery

REST DAY

Coach's Note: Most of our biggest frustrations are a result of letting the little things get by us. Step back two or three steps with each frustration that you are dealing with to maximize your complete potential. Pay close attention to your food intake prior to lying down to sleep – protein and fat satisfy hunger and help you sleep deeper and longer, improving recovery.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue

RECOVERY

- ▶ **Diaphragmatic Breathing:** Breathe through a straw with nose closed to strengthen your breathing muscle



SATURDAY

Super Slow Challenge (20% Less Weight) + 2-Hour Nap

SSC AM + NAP

Coach's Note: Same exercises as you have been doing for the last three weeks with **20% less weight**. You should finish your weight workout feeling fresh. **Sets: 2 | Reps: 6 minimum / 8 maximum**

▲ **PRE-WORKOUT:** Consume **8–10 oz of cold 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.

▲ 2-Hour Power Nap After Lunch

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:** Dynamic movements, static stretches & foam rolling
- ▶ **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
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue



SUNDAY

Bike HR Pacing Blocks (60 min) or Row HR Pacing Blocks (60 min) + 2-Hour Nap

BIKE / ROW AM + NAP

Coach's Note: For this workout you will need to know your HR Zone 2 numbers (high and low specific number).
If your heart rate is up by four or more beats over last week's average – do not train; sleep and eat instead.
All work stays in HR Zone 2 – no higher.

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

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Repeat for 50 minutes

COOL-DOWN – HR Z1

Load Level: 2

Duration: 5 minutes

Pull Rate: <25

Stretch from head to toe

▲ 2-Hour Power Nap After Lunch

Research has validated that your pituitary gland releases the greatest amount of hGH during deep sleep – responsible for rebuilding muscle tissue and improving your strength-to-weight ratio. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein and fat.

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling
- ▶ **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
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue

SUPER SLOW CHALLENGE – 20% LESS WEIGHT – 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 | Weight: 20% less than last week**

Exercise	Date: ___	Date: ___	Date: ___	Date: ___
CYCLE ONE				
<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: ___
CYCLE TWO				
<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> 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 (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: ___
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 (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: ___
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: ___