

TRAINING PROTOCOL

PHASE 4 WEEK 4 OF 8








ACTIVE RECOVERY – LOWER VOLUME & INTENSITY

PROGRAM Fitness	PHASE 4	WEEK 4 of 8	FOCUS Active Recovery
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△ **HEART RATE ALERT – ALL WORKOUTS THIS WEEK:** If your resting heart rate is elevated by **4 or more beats** above your normal average, do **NOT** train. Sleep, eat high-quality food, and rest instead. Your body is signaling that it needs recovery – honor that signal.

This is your **Active Recovery week** – the goal is to allow your body to recover mentally and physically while maintaining aerobic movement. Keep all workouts at **HR Zone 2 or below**. Do not push intensity. Your body adapts and grows stronger during rest, not during training. Embrace this week as a critical part of your performance plan.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Bike + Core Fragmented Intervals 50 min	Row Negative Split Pacing 6,000m	Bike + Core Even Tempo 40 min	Rest Day Full Recovery	Nap + Row +Core 2-Hr Nap AM Row 6,000m PM	Nap + Row/Bike 2-Hr Nap AM Row or Bike PM

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. This is the **only** intensity level permitted this week.

△ **HR Alert – Monitor Every Workout**

If your resting HR is 4+ beats above your weekly average, skip the workout and rest instead. Your body needs recovery – forcing training when HR is elevated leads to overtraining and injury.



MONDAY

Complete Rest Day – Body Analysis & Mental Recovery

RECOVERY

Today is a complete rest day. Take 10 minutes and complete these two things (5 minutes each): **Diaphragmatic Breathing** and **Pressing your lower back to the floor**. Repeat throughout the day as often as your schedule permits.

RECOVERY PROTOCOLS

DIAPHRAGMATIC BREATHING

Purpose: Control breathing style; shift from chest to belly breathing

Method: Belly breathing activates the diaphragm muscle, delivering more oxygen to working muscles

Duration: 5 minutes – repeat throughout the day

LOWER BACK PRESS

Purpose: Release tension on muscles pulling on top of hip bones (causes lower back sway)

Method: Foam roll quads first, then isolate and stretch quadriceps

Duration: 5 minutes – repeat throughout the day

NUTRITION FOCUS

Avoid: Simple sugars, white starchy foods (bread, chips, boxed cereals)

Focus on: Complex carbohydrates – fruits and vegetables as antioxidants

Hydration: 8 oz cold water with fresh lemon throughout the day

POST-SHOWER / PRE-BED PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of cold water with fresh lemon; consume a smoothie & take your evening vitamins.
- ▶ **Foam Roller & Trigger Point Therapy:** Follow this sequence for 10 minutes. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** Follow this breathing exercise while putting yourself to sleep. ▶ [Watch](#)



TUESDAY

Bike: Fragmented Intervals (50 min) + Core Work

HR ALERT

△ **HR Check:** If your heart rate is up by **4 or more beats** over last week's average – do not train. Sleep and eat instead.

Log your body analysis data before beginning. Keep HR in Zone 2 or below throughout. Focus on optimum pedal mechanics from the beginning of the workout. Immediately following your bike workout, complete the Core Work circuit.

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume **8–10 oz of Energy Fuel** 10–15 min prior to top off calories and electrolytes.

BIKE WORKOUT STRUCTURE

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear

Cadence: 80–85

Misc: Stretch & hydrate before main set

MAIN SET – 30 MIN (HR ZONE 2)

Block 1: 10 min – lower end of HR Zone 2

Block 2: 20 min – upper end of HR Zone 2

Intervals: 2 min on (out of saddle 30", then seated 1:30 in tallest gear, capture highest speed) / 3 min easy recovery – repeat until 20 min transpired

Cadence: 75–85; every 10 min stand and stretch

COOL DOWN – 10 MIN (HR ZONE 1)

Gearing: Easiest combination for 85–90 cadence

Cadence: 85–90

Misc: Don't dismount until HR is within Zone 1

CORE WORK (2 SETS × 15 SEC EACH, 15 SEC REST)

CORE CIRCUIT – IMMEDIATELY AFTER BIKE

- ▶ **Standing Abdominal Twists** – 2 sets × 15 sec / 15 sec rest. ▶ [Instructional Video](#)
- ▶ **Abdominal Pike on Fit Ball** – 2 sets × 15 sec / 15 sec rest. ▶ [Instructional Video](#)
- ▶ **Abdominal Roll Out on Fit Ball** – 2 sets × 15 sec / 15 sec rest. ▶ [Instructional Video](#)
- ▶ **Ab Crunch on Fit Ball** – 2 sets × 15 sec / 15 sec rest. ▶ [Instructional Video](#)

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



WEDNESDAY

Row: Negative Split Pacing Blocks (6,000 Meters)

HR ALERT

△ **HR Check:** If your heart rate is up by **4 or more beats** over last week's average – do not train. Sleep and eat instead.

Log your body analysis data before beginning. Monitor set to 500 meter/1:00 min rest interval. Adjust load levels to avoid pulling a muscle or straining lower back. Breathe in on the coil and exhale on leg extension. Hydrate with Energy Fuel and stretch as necessary.

PRE-WORKOUT

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

ROW WORKOUT STRUCTURE

WARM-UP – 1,000M (HR ZONE 1)

Load Level: 3

Pull Rate: < 30

Focus: Straight back, legs then arms

Misc: Stretch head to toe

MAIN SET – 4,000M DESCENDING BLOCKS

Damper: 5

Pull Rate: 25–35

Baseline: Complete 500m at 70–75% – capture elapsed time

Intervals 1&2: Maintain same pace as Baseline

Intervals 3&4: 2 seconds faster than Baseline

Intervals 5&6: Maintain same pace as Baseline

Intervals 7&8: 2 seconds faster than Baseline

COOL DOWN – 500M (HR ZONE 1)

Load Level: 3

Pull Rate: < 30

Focus: Straight back, legs then arms

Misc: Stretch head to toe

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



THURSDAY

Bike: Even Tempo / Aerobic Enhancement (40 min) + Core Work

HR ALERT

△ **HR Check:** If your heart rate is up by **4 or more beats** over last week's average – do not train. Sleep and eat instead.

Log your body analysis data before beginning. Keep HR easy (Zone 2 or less). Burn fat. Play around with gearing while staying in HR Zone 2. Immediately following your bike workout, complete the Core Work circuit.

PRE-WORKOUT

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

BIKE WORKOUT STRUCTURE

WARM-UP – 5 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear

Cadence: 80–85

Misc: Stretch & hydrate

MAIN SET – 30 MIN (HIGH END HR ZONE 2)

Cadence: 75–85

Gearing: Tallest gearing maintaining chain tension & cadence zone

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

HR: Pay close attention – do not trip into Zone 3

WARM DOWN – 5 MIN (HR ZONE 2 OR LESS)

Gearing: Small chain ring up front, middle rear

Cadence: 70–80

Misc: Stretch lower back, calves, quads prior to dismounting

CORE WORK (2 SETS × 15 SEC EACH, 15 SEC REST)

CORE CIRCUIT – IMMEDIATELY AFTER BIKE

- ▶ **Standing Abdominal Twists** – 2 sets × 15 sec / 15 sec rest. ▶ [Instructional Video](#)
- ▶ **Abdominal Pike on Fit Ball** – 2 sets × 15 sec / 15 sec rest. ▶ [Instructional Video](#)
- ▶ **Abdominal Roll Out on Fit Ball** – 2 sets × 15 sec / 15 sec rest. ▶ [Instructional Video](#)
- ▶ **Ab Crunch on Fit Ball** – 2 sets × 15 sec / 15 sec rest. ▶ [Instructional Video](#)

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



FRIDAY

Complete Rest Day – Full Recovery

RECOVERY

Log your body analysis data. The benefits of a rest day are actually larger than your hard workout days. Your body does not get stronger or improve endurance during training – it improves physically when you feed it high quality, high quantity food and allow for adequate rest (7–8 hours of evening sleep and if logistically possible, 1–2 hour naps during the day). When your body sleeps deeply, for a long period of time and uninterrupted, your body releases the much-needed human growth hormone (HGH) naturally – you wake up leaner, stronger and with an improved immune system. Embrace your rest day as if it was one of your harder workout days.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes and hydration.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften muscle and connective tissue. ▶ [Watch](#)
- ▶ **Diaphragmatic Breathing:** 10 min before sleep. ▶ [Watch](#)



SATURDAY

2-Hour Nap AM – Row: Negative Split Pacing Blocks (6,000m) PM + Core

HR ALERT

△ **HR Check:** If your heart rate is up by **4 or more beats** over last week's average – do not train. Sleep and eat instead.

Complete your 2-Hour Power Nap before your afternoon workout. The nap releases hGH – eat your post-workout meal high in carbohydrates, fall asleep quickly, and strive to stay asleep 2–3 hours. If you wake up hungry, note it in your food and training journal.

2-HOUR POWER NAP

△ 2-Hour Power Nap / Recovery Protocols

Consume a nutrient-dense smoothie prior to lying down. High-quality fruits and vegetables are nutrient rich, calorically low, fill your belly up, and provide stable blood sugar levels for up to three hours. The nap releases hGH naturally – you will wake up leaner and stronger.

AFTERNOON: ROW – NEGATIVE SPLIT PACING BLOCKS (6,000M)

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

WARM-UP – 1,000M (HR ZONE 1)

Load Level: 3

Pull Rate: < 30

Misc: Stretch head to toe

MAIN SET – 4,000M DESCENDING BLOCKS

Damper: 5

Pull Rate: 25–35

Baseline: 500m at 70–75% – capture elapsed time

Intervals 1&2: Same pace as Baseline

Intervals 3&4: 2 seconds faster than Baseline

Intervals 5&6: Same pace as Baseline

Intervals 7&8: 2 seconds faster than Baseline

COOL DOWN – 500M (HR ZONE 1)

Load Level: 3

Pull Rate: < 30

Misc: Stretch head to toe

CORE WORK (2 SETS × 15 SEC EACH, 15 SEC REST)

CORE CIRCUIT – IMMEDIATELY AFTER ROW

- ▶ **Standing Abdominal Twists** ▶ [Video](#)
- ▶ **Abdominal Pike on Fit Ball** ▶ [Video](#)
- ▶ **Abdominal Roll Out on Fit Ball** ▶ [Video](#)
- ▶ **Ab Crunch on Fit Ball** ▶ [Video](#)

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



SUNDAY

2-Hour Nap AM – Row Distance Intervals OR Bike Fragmented Intervals PM

HR ALERT

△ **HR Check:** If your heart rate is up by **4 or more beats** over last week's average – do not train. Sleep and eat instead.

Complete your 2-Hour Power Nap before your afternoon workout. Choose either the Row Distance Intervals or the Bike Fragmented Intervals below based on what your body needs most. Reference Monday's evening notes and video links for post-workout protocols.

2-HOUR POWER NAP

△ 2-Hour Power Nap / Recovery Protocols

Same as Saturday nap notes – consume a nutrient-dense smoothie prior to lying down. Strive to fall asleep quickly and stay asleep 2-3 hours. If you wake up hungry, note it in your food and training journal.

AFTERNOON OPTION A – ROW: DISTANCE INTERVALS

WARM-UP – 1,000M (HR ZONE 1)

Load Level: 3

Pull Rate: 20-25

Misc: Stretch head to toe

MAIN SETS

Set 1: 1000m picking up pace every 200m up to HR Z3 (no higher) – Repeat 3x. Load Level: 5, Pull Rate: 30+

Transition: 1000m @ HR Z2 – stretch & rehydrate

Set 2: 6 × 500m: HR Z2 (no higher) / 500m Active Recovery HR Z1. Load Level: 5, Pull Rate: 30+

COOL DOWN – 500M (HR ZONE 1)

Load Level: 3

Pull Rate: < 25

Misc: Stretch head to toe

AFTERNOON OPTION B – BIKE: FRAGMENTED INTERVALS (50 MIN)

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring up front, middle rear

Cadence: 80-85

Misc: Stretch & hydrate

MAIN SET – 30 MIN (HR ZONE 2)

Block 1: 10 min – lower end of HR Zone 1

Block 2: 20 min – high end of HR Zone 2

Intervals: 2 min on (out of saddle 30", seated 1:30 in tallest gear) / 3 min easy (low end HR Z2) – repeat until 20 min transpired

COOL DOWN – 10 MIN (HR ZONE 1)

Gearing: Easiest combination for 85-90 cadence

Cadence: 85-90

Misc: Don't dismount until HR is within Zone 1

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Diaphragmatic Breathing:** Reference Monday's notes and video links. ▶ [Watch](#)