

TRAINING PROTOCOL

# PHASE 4








## WEEK 7 OF 8

RACE SPECIFIC SPEED & ENDURANCE

PROGRAM <b>Fitness</b>	PHASE <b>4</b>	WEEK <b>7 of 8</b>	FOCUS <b>Race Specific Speed &amp; Endurance</b>
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Week 7 is the peak intensity week of Phase 4 – the week your strength, power, and lactate tolerance reach their highest demand. Timed Challenges P4 progress to 60" on / 30" off Tuesday, Thursday, and Sunday to push maximum strength output, while midweek Row or Bike intervals drive your engine deep into HR Zone 4. Thursday and Friday stack double sessions to build sustained power under fatigue, and Saturday pairs morning Bike Speed Blocks with a 2-hour recovery nap to lock in hGH-driven gains. Follow the protocols and record your data – this is where peak fitness gets banked before the program shifts.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day</b> Full Recovery	<b>Timed Challenges + Bike + Core</b> 60" on / 30" off AM Bike Intensity Intervals 25 mi PM + Core	<b>Row or Bike</b> Row HR Intensity Blocks or Bike Intensity Distance 14 mi	<b>Timed Challenges + Bike + Core</b> 60" on / 30" off AM Bike Aerobic Intervals 25 mi PM + Core	<b>Row + Bike</b> Row HR Intensity Intervals 65 min + Bike Power Interval 60 min	<b>Bike + Nap</b> Bike Speed Blocks 70 min AM 2-Hour Nap after post-ride meal	<b>Timed Challenges</b> 60" on / 30" off 5 Cycles AM

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. Near-maximum effort during Timed Challenge intervals and HR Intensity sessions. Breathing is labored; conversation is not possible.



# MONDAY

Complete Rest Day – Body Analysis & Mental Protocols

REST DAY

Today is a complete rest day. 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 you are dealing with to maximize your complete potential in every area of life. Review your personal goals and prepare fresh food for the week.

## EVENING PROTOCOLS

### MENTAL RECOVERY

- ▶ **Belly Breathing:** Breathe through a straw in and out for 30 sec; then 90 sec without straw; repeat 5 times.
- ▶ **Mental Imagery:** Take 10–15 deep belly breaths and visualize your next race from start to finish with perfect mechanics in every situation.
- ▶ **Shin Stripping:** Thumb press along shin bone from ankle to knee; hold knots 5–10 sec; slide further up. Complete both sides of both legs.

### 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](#)



## TUESDAY

WEIGHTS + BIKE + CORE

AM: Timed Challenges P4 (60" On / 30" Off) – PM: Bike Intensity Intervals 25 mi + Core

Complete Racing Solutions Combo Weight Workout: **Timed Challenges P4 (60" on – 30" off)**. Each cycle consists of two exercises. Complete 60 seconds of one exercise, rest for 30 seconds, then complete the second exercise; move back to exercise #1, then #2. Move to the next cycle within 1 minute; stretch and hydrate. [Please reference the **Timed Challenges P4 spreadsheet** at the back of this document]

### MORNING: TIMED CHALLENGES P4 (BEFORE BREAKFAST)

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

#### WEIGHT SELECTION

**Set 1:** Choose a weight you can complete 10–12 reps comfortably within 60 seconds

**Set 2:** Bump weight up slightly so you are working hard at the end of 60 seconds

#### INTERVAL PROTOCOL

**Work:** 60 seconds maximum effort

**Rest:** 30 seconds between exercises

**Between sets:** 30 seconds / stretch & hydrate

**Between cycles:** 1:00 / stretch & hydrate

#### POST-MORNING WORKOUT

**Flexibility:** Dynamic movements, static stretches & foam rolling

**Nutrition:** 8–10 oz Energy Fuel + Best Whey Protein (1 scoop each) with almond milk

### AFTERNOON: BIKE – INTENSITY INTERVALS (25 MILES)

To maximize the productivity of this workout, have Energy Fuel available every 15 minutes. During the early part of each performance block, stay within the indicated intensity levels no matter what it takes. When you begin your fast intervals, focus on how efficient you are pedaling when you pick up the pace. Watch for energy-robbing elements: choppy pedal mechanics, shoulders bobbing, looking down at your legs.

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

#### WARM-UP – 5 MILES

**Miles 1–2:** HR Zone 1

**Miles 3–5:** HR Zone 2

**Cadence:** 80 or less

**Gearing:** Small chain ring front, middle rear

#### MAIN SET #1 – 15 MILES (HR ZONES 3–4) × 3

**2.5 Miles:** HR Zone 3 – tallest gear you can maintain at 85–90 cadence

**2.5 Miles:** HR Zone 4 – tallest gear you can maintain at 90+ cadence

**Repeat:** 3 times (15 miles total)

#### COOL DOWN – 5 MILES

**Miles 1–2:** HR Zone 2

**Miles 3–5:** HR Zone 1

**Cadence:** 80 or less

**Gearing:** Small chain ring front, middle rear

### IMMEDIATELY AFTER: CORE & LOWER BACK WORK

Complete each exercise for 40 seconds. Rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set – total of 2 sets.

## CORE EXERCISES (2 SETS – 40 SEC ON / 20 SEC OFF)

Standing Abdominal Twists

Abdominal Pike on Fit Ball

Abdominal Roll Out on Fit Ball

Ab Crunch on Fit Ball

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz **Energy Fuel** + **Best Whey Protein** (1 scoop each) with almond milk.

### EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday's evening protocol notes.



## WEDNESDAY

Row HR Intensity Blocks OR Bike Intensity Distance Intervals 14 mi

CARDIO CHOICE

**Choose one of the following for your morning workout.** This workout is going to acclimate your body to staying comfortable while working at a high level of intensity. Focus on diaphragmatic breathing through your stomach and then your chest to maximize oxygen available to your working muscles.

### OPTION A – ROW: HR INTENSITY BLOCKS

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

#### WARM-UP – 2000 METERS (HR ZONE 1)

**Load Level:** 5

**Pull Rate:** 20–25

**Focus:** Straight back, lead with legs, finish with arms to chest. Stretch head to toe.

#### MAIN SETS (HR ZONES 2-4)

**Set #1:** 1000m – picking up pace every 200m from HR Zone 2 up to HR Zone 4. Repeat 5x. Load Level 7 / Pull Rate 25–35.

**Transition:** 1000m at HR Zone 2 – stretch & rehydrate as necessary

**Set #2:** 5 × 1000m at HR Zone 4 with 500m Active Recovery (HR Zone 2 or less). Load Level 7 / Pull Rate 25+.

#### COOL DOWN – 1000 METERS (HR ZONE 1)

**Load Level:** 5

**Pull Rate:** Less than 25

**Misc.:** Stretch from head to toe

### OPTION B – BIKE: INTENSITY DISTANCE INTERVALS (50-60 MINUTES, 14 MILES)

This workout will 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 Zone 4.

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

#### WARM-UP – 10 MINUTES (HR ZONE 1)

**Cadence:** 80 or less

**Gearing:** Small chain ring front, middle rear

#### MAIN SET #1 – 14 MILES (HR ZONES 2 & 4) \* 7

**1 Mile:** HR Zone 2 – tallest gear you can maintain at 85–90 cadence

**1 Mile:** HR Zone 4 – tallest gear you can maintain at 90+ cadence

**Note:** No rest between intervals. Repeat 7 times (14 miles total).

#### COOL DOWN – 10 MINUTES (HR ZONE 1)

**Cadence:** 80 or less

**Gearing:** Small chain ring front, middle rear

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** 8-10 oz Energy Fuel + Best Whey Protein (1 scoop each) with almond milk.

### EVENING

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



# THURSDAY

WEIGHTS + BIKE + CORE

AM: Timed Challenges P4 (60" On / 30" Off) – PM: Bike Aerobic Intervals 25 mi + Core

Same morning protocol as Tuesday – **Timed Challenges P4 (60" on – 30" off)**. For the afternoon bike ride, have Energy Fuel available every 15 minutes. During the early part of each performance block, stay within the indicated intensity levels. Focus on how efficient you are pedaling when you pick up the pace. [Please reference the **Timed Challenges P4 spreadsheet** at the back of this document]

## MORNING: TIMED CHALLENGES P4 (BEFORE BREAKFAST)

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

### WEIGHT SELECTION

**Set 1:** Choose a weight you can complete 10–12 reps comfortably within 60 seconds

**Set 2:** Bump weight up slightly so you are working hard at the end of 60 seconds

### INTERVAL PROTOCOL

**Work:** 60 seconds maximum effort

**Rest:** 30 seconds between exercises

**Between sets:** 30 seconds / stretch & hydrate

**Between cycles:** 1:00 / stretch & hydrate

### POST-MORNING WORKOUT

**Flexibility:** Dynamic movements, static stretches & foam rolling

**Nutrition:** 8–10 oz **Energy Fuel** + **Best Whey Protein** (1 scoop each) with almond milk

## AFTERNOON: BIKE – AEROBIC INTERVALS (25 MILES)

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

### WARM-UP – 5 MILES

**Miles 1–2:** HR Zone 1

**Miles 3–5:** HR Zone 2

**Cadence:** 80 or less

**Gearing:** Small chain ring front, middle rear

### MAIN SET #1 – 15 MILES (HR ZONES 3-4) × 3

**4 Miles:** HR Zone 3 – tallest gear you can maintain at 85–90 cadence

**1 Mile:** HR Zone 4 – tallest gear you can maintain at 90+ cadence

**Repeat:** 3 times (15 miles total)

### COOL DOWN – 5 MILES

**Miles 1–2:** HR Zone 2

**Miles 3–5:** HR Zone 1

**Cadence:** 80 or less

**Gearing:** Small chain ring front, middle rear

## IMMEDIATELY AFTER: CORE & LOWER BACK WORK

### CORE EXERCISES (2 SETS – 40 SEC ON / 20 SEC OFF)

Standing Abdominal Twists

Abdominal Pike on Fit Ball

Abdominal Roll Out on Fit Ball

Ab Crunch on Fit Ball

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** 8-10 oz Energy Fuel + Best Whey Protein (1 scoop each) with almond milk.

### EVENING

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



## FRIDAY

Row HR Intensity Intervals 65 min + Bike Power Interval Workout 60 min

ROW +BIKE

Choose one of the following for your morning and evening workouts. This workout will 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 Zone 4.

### OPTION A – ROW: HR INTENSITY INTERVALS (65 MINUTES)

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

#### WARM-UP – 2000 METERS (HR ZONE 1)

**Load Level:** 3

**Pull Rate:** 20–25

**Focus:** Straight back, lead with legs, finish with arms to chest. Stretch head to toe.

#### MAIN SETS (HR ZONES 3-4)

**Set #1:** 1500m at HR Zone 3 with 500m Active Recovery. Repeat 3×. Load Level 7 / Pull Rate 25–35.

**Transition:** 1000m at HR Zone 2 – stretch & rehydrate as necessary

**Set #2:** 500m at HR Zone 4 (get there quickly – no lower) with 1500m Active Recovery. Repeat 3×. Load Level 7 / Pull Rate 25–35.

#### COOL DOWN – 1000 METERS (HR ZONE 1)

**Load Level:** 3

**Pull Rate:** Less than 25

**Misc.:** Stretch from head to toe

### OPTION B – BIKE: POWER INTERVAL WORKOUT (60 MINUTES)

This workout will acclimate your body to staying comfortable while working at a high level of intensity. Focus on diaphragmatic breathing through your stomach and then your chest. Remember to pedal in full circles for maximum power output and optimized endurance.

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

#### WARM-UP – 10 MINUTES (HR ZONE 1)

**Cadence:** 80 or less

**Gearing:** Small chain ring front, middle rear

#### MAIN SETS (HR ZONES 2 & 4)

**Set #1 (20 min):** 5 min at HR Zone 4 (85–90 cadence) / 5 min at HR Zone 2 (90+ cadence). Repeat 2×.

**Transition:** 5 min at HR Zone 1 – stretch & rehydrate as necessary

**Set #2 (20 min):** 5 min at HR Zone 2 (85–90 cadence) / 5 min at HR Zone 4 (90+ cadence). Repeat 2×.

#### COOL DOWN – 10 MINUTES (HR ZONE 1)

**Cadence:** 80 or less

**Gearing:** Small chain ring front, middle rear

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** 8-10 oz Energy Fuel + Best Whey Protein (1 scoop each) with almond milk.

### EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday's evening protocol notes.



## SATURDAY

Bike Speed Blocks 70 min AM – 2-Hour Nap After Post-Ride Meal

BIKE AM · NAP

Mentally focus on improving your aerobic base with fragmented effort levels; at no time do you want your HR to rise above HR Zone 3. If you find it difficult to keep your HR low, lighten your gear combinations and focus on optimizing your pedal mechanics. After your post-ride meal, take your 2-Hour Nap to maximize hGH release.

### MORNING: BIKE – SPEED BLOCKS (70 MINUTES)

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

#### WARM-UP – 5 MINUTES (HR ZONE 1)

**Gearing:** Small chain ring front, middle rear

**Cadence:** 80–85 (no higher/lower)

**Misc.:** Stretch and hydrate before moving into main set

#### PERFORMANCE BLOCK #1 – 60 MINUTES (HR ZONE 3 OR LESS)

**20 min:** Tallest gear combo you can optimize while staying within HR Zone 3 (no higher)

**10 min:** Easy spin (HR Zone 2 or lower) – you can't go too easy here

**Repeat:** 2 times (60 minutes total)

#### COOL DOWN – 5 MINUTES (HR ZONE 1)

**Gearing:** Small chain ring front, middle rear

**Cadence:** 70–80 (no higher/lower)

**Misc.:** Stretch lower back, calves, and quads prior to dismounting

#### △ **2-Hour Nap (After Post-Ride Meal)**

Eat a post-ride meal high in carbohydrates (natural sleep aid). Fall asleep as quickly as possible and stay asleep 2–3 hours. If you wake up hungry, note it in your food & training journal – your brain is fed by your liver, and if it runs out of sugar, you will be woken up.

### POST-WORKOUT & EVENING PROTOCOLS

#### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling.
- ▶ **Nutrition:** 8–10 oz Energy Fuel + Best Whey Protein (1 scoop each) with almond milk.

#### EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday's evening protocol notes.



# SUNDAY

Timed Challenges P4 – 60" On / 30" Off – 5 Cycles AM

STRENGTH AM

⚠️ **Heart Rate Check:** If your resting heart rate is within 3 beats of normal, complete the following workout. If not – no training at all today!

Same protocol as Tuesday and Thursday – **Timed Challenges P4 (60" on – 30" off)**. Each cycle consists of two exercises. Complete 60 seconds, rest 30 seconds, complete the second exercise. Move to the next cycle within 1 minute; stretch and hydrate. [Please reference the **Timed Challenges P4 spreadsheet** at the back of this document]

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

### WEIGHT SELECTION

**Set 1:** Choose a weight you can complete 10–12 reps comfortably within 60 seconds

**Set 2:** Bump weight up slightly so you are working hard at the end of 60 seconds

### INTERVAL PROTOCOL

**Work:** 60 seconds maximum effort

**Rest:** 30 seconds between exercises

**Between sets:** 30 seconds / stretch & hydrate

**Between cycles:** 1:00 / stretch & hydrate

### POST-WORKOUT

**Flexibility:** Dynamic movements, static stretches & foam rolling

**Nutrition:** 8–10 oz Energy Fuel + Best Whey Protein (1 scoop each) with almond milk

## POST-WORKOUT & EVENING PROTOCOLS

### POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz Energy Fuel + Best Whey Protein (1 scoop each) with almond milk.

### EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.
- ▶ **Mental:** Reference Monday's evening protocol notes.



# TIMED CHALLENGES P4

Combo Weight Workout – 40" On / 20" Off – Cycles 1-3

SPREADSHEET

**Warm Up:** Concept 2™ Row or Spin on Bike – 10 minutes easy.

EXERCISE	PROTOCOL	DATE: _____ SET 1 REPS	DATE: _____ SET 2 REPS
<b>CYCLE ONE</b>			
<b>Pike – Push Up – Pike</b> ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		
<b>Isolated Leg &amp; Frankenstein’s on Bench</b> ▶ Instructional Video	Wt (heavy but manageable) Rep 1: as many in 40 sec Wt (slightly heavier) Rep 2: as many in 40 sec		
<b>CYCLE TWO</b>			
<b>Air Squats</b> ▶ Instructional Video	Wt (heavy but manageable) Rep 1: as many in 40 sec Wt (slightly heavier) Rep 2: as many in 40 sec		
<b>Hamstring Press-Extension on Fit Ball</b> ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		
<b>CYCLE THREE</b>			
<b>Stars – 30 Seconds As Fast As Possible</b> ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		
<b>Military Spiders Off Bench</b> ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		



## TIMED CHALLENGES P4 – CONTINUED

Combo Weight Workout – 40" On / 20" Off – Cycles 4–5

SPREADSHEET

EXERCISE	PROTOCOL	DATE: _____ SET 1 REPS	DATE: _____ SET 2 REPS
<b>CYCLE FOUR</b>			
<b>Dips Off of Bench</b> ▶ Instructional Video	Wt (heavy but manageable) Rep 1: as many in 40 sec Wt (slightly heavier) Rep 2: as many in 40 sec		
<b>Bicep Curls Up to 90 Degrees</b> ▶ Instructional Video	Wt (heavy but manageable) Rep 1: as many in 30 sec Wt (slightly heavier) Rep 2: as many in 30 sec		
<b>CYCLE FIVE</b>			
<b>Side Skaters</b> ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		
<b>Abdominal Crunch on Fit Ball</b> ▶ Instructional Video	Rep 1: as many as possible in 40 sec (20 sec rest) Rep 2: as many as possible in 40 sec		



# BICYCLE SPRINTS ON TRAINER

5 × 2-Minute Sprints – 90–95% Effort – Moderate Load

SPREADSHEET

SET	PROTOCOL	INTENSITY
<b>Warm-Up</b> 2 Minutes	Low intensity – light load levels. Spin easy to prepare muscles for sprint efforts.	LOW
<b>Sprint #1</b> 2 Minutes	Increase load to MODERATE. Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #1</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #2</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #2</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #3</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #3</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #4</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Rest #4</b> 2 Minutes	Easy spinning – allow HR to recover.	RECOVERY
<b>Sprint #5</b> 2 Minutes	Sprint at 90–95% effort for 2 minutes. Distance Covered: _____	90-95%
<b>Warm Down</b>	Easy spinning until HR returns to Zone 1.	< 40%