

TRAINING PROTOCOL

PHASE 4








WEEK 8 OF 8

ACTIVE RECOVERY – ABSORB LAST 5 WEEKS OF TRAINING

PROGRAM Fitness	PHASE 4	WEEK 8 of 8	FOCUS Active Recovery – Lower Volume & Intensity
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Week 8 is your **Active Recovery week** – the final week of Phase 4. The goal is to absorb the last five weeks of high-intensity training. Volume and intensity are deliberately reduced. **All bike workouts remain in HR Zone 2 or below**; there are no Timed Challenges this week. Monday and Friday are complete rest days. Tuesday, Thursday, and Saturday feature Bike Even Tempo / Aerobic Enhancement rides (1 hour or 90 minutes). Wednesday features a longer 90-minute Even Tempo ride. Saturday adds a 2-Hour Nap after the post-ride meal. Sunday features a 2-Hour Nap followed by an afternoon 90-minute Even Tempo ride. **Important:** If your resting heart rate is up by four or more beats over last week's average on any training day – do not train. Sleep and eat instead. Your body improves physically when you feed it high-quality food and allow for adequate rest.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day #1 Full Recovery + hGH Nap	Bike + Core Even Tempo 1 hr HR Zone 2 + Core (15 sec)	Bike Even Tempo 90 min HR Zone 2	Bike + Core Even Tempo 1 hr HR Zone 2 + Core (15 sec)	Rest Day #2 Full Recovery	Bike + Nap + Core Even Tempo 90 min AM + Core 2-Hour Nap after meal	Bike + Nap Even Tempo 90 min PM 2-Hour Nap

TRAINING INTENSITY GUIDE – RECOVERY WEEK

● HR Zone 2 or Below – All Workouts This Week

This entire week stays in HR Zone 2 or below. Builds your aerobic engine and burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout every session.

● Heart Rate Check – Training Days

Before every training session: if your resting heart rate is up by **4 or more beats** over last week's average, do **not** train. Sleep and eat high-quality food instead. Your body improves when it rests.



MONDAY

Rest Day #1 – Body Analysis & Mental Protocols

REST DAY

Today is a complete rest day. The benefit to a nap is the release of hGH (human growth hormone). Eat a meal high in carbohydrates (natural sleep aid), fall asleep as quickly as possible, and stay asleep for 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.

EVENING MENTAL 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.
- ▶ **Psychology Video:** Watch in a place with zero distractions for the full length of the video. "Why I Yawn" ▶ [Watch](#)

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

Bike Even Tempo / Aerobic Enhancement – 1 Hour + Core

BIKE + CORE

⚠️ **Heart Rate Check:** If your resting 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. Do not eat prior to this ride. Keep a close eye on your HR throughout to ensure you keep the intensity levels on the easy side (HR Zone 2 or less) for maximum productivity: burn fat and enhance your aerobic engine. To keep you mentally stimulated, play around with your gearing while staying within HR Zone 2 – you may surprise yourself to find that you can adjust your gearing, increase your speed, and not increase your HR.

▲ **PRE-WORKOUT:** Consume 8–10 oz of **Energy Fuel** 10–15 min prior for electrolytes and proper muscle contraction.

WARM-UP – 10 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

MAIN PERFORMANCE BLOCK – 40 MINUTES (HR ZONE 2)

Cadence: 75–85

Gearing: Tallest gearing you can maintain while keeping chain tension tight and cadence in zone

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

WARM DOWN – 10 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

IMMEDIATELY AFTER: CORE & LOWER BACK WORK

Complete each exercise for **15 seconds**. Rest interval is 15 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set – total of 2 sets. (Recovery-week reduced volume.)

CORE EXERCISES (2 SETS – 15 SEC ON / 15 SEC OFF)

Standing Abdominal Twists

Pike & Push Ups on Fit Ball

Abdominal Roll Out on Fit Ball

Ab Crunch on Fit Ball

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately to replace depleted muscle sugar & repair tissue.

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

Bike Even Tempo / Aerobic Enhancement – 90 Minutes

BIKE

⚠️ **Heart Rate Check:** If your resting 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. Do not eat prior to this ride. Keep a close eye on your HR throughout to ensure you keep the intensity levels on the easy side (HR Zone 2 or less). Play around with your gearing while staying within HR Zone 2 – you may find that you can adjust your gearing, increase your speed, and not increase your HR.

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

WARM-UP – 20 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

MAIN PERFORMANCE BLOCK – 60 MINUTES (HR ZONE 2)

Cadence: 75–85

Gearing: Tallest gearing you can maintain while keeping chain tension tight and cadence in zone

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

WARM DOWN – 10 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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately to replace depleted muscle sugar & repair tissue.

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

Bike Even Tempo / Aerobic Enhancement – 1 Hour + Core

BIKE + CORE

⚠️ **Heart Rate Check:** If your resting 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. Same protocol as Tuesday – do not eat prior to this ride. Keep a close eye on your HR throughout to ensure you keep the intensity levels on the easy side (HR Zone 2 or less). Play around with your gearing while staying within HR Zone 2.

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

WARM-UP – 10 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

MAIN PERFORMANCE BLOCK – 40 MINUTES (HR ZONE 2)

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WARM DOWN – 10 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

IMMEDIATELY AFTER: CORE & LOWER BACK WORK

CORE EXERCISES (2 SETS – 15 SEC ON / 15 SEC OFF)

Standing Abdominal Twists

Pike & Push Up on Fit Ball

Abdominal Roll Out on Fit Ball

Ab Crunch on Fit Ball

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades.
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately to replace depleted muscle sugar & repair tissue.

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

Rest Day #2 – Full Recovery

REST DAY

Today is your second complete rest day of the week. The benefits of a rest day are actually larger than your hard workout days – your body doesn't get stronger or improve endurance during training. Your body 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, it releases the much-needed human growth hormone (hGH) naturally – and you wake up leaner, stronger with an improved immune system. Embrace your rest day as if it were one of your harder workout days; your body will appreciate it.

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.

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

Bike Even Tempo 90 min AM – 2-Hour Nap After Post-Ride Meal – Core

BIKE + NAP + CORE

⚠️ **Heart Rate Check:** If your resting 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. Do not eat prior to this ride. Keep a close eye on your HR throughout to ensure you keep the intensity levels on the easy side (HR Zone 2 or less). After your post-ride meal, take your 2-Hour Nap to maximize hGH release and accelerate recovery.

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

WARM-UP – 20 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

MAIN PERFORMANCE BLOCK – 60 MINUTES (HR ZONE 2)

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WARM DOWN – 10 MINUTES (HR ZONE 1)

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

IMMEDIATELY AFTER: CORE & LOWER BACK WORK

CORE EXERCISES (2 SETS – 15 SEC ON / 15 SEC OFF)

Standing Abdominal Twists

Pike & Push Up on Fit Ball

Abdominal Roll Out on Fit Ball

Ab Crunch on Fit Ball

⚠️ 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:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz Best Whey Protein immediately to replace depleted muscle sugar & repair tissue.

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

Bike Even Tempo / Aerobic Enhancement 90 min PM + 2-Hour Nap

BIKE PM + NAP

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

Complete the afternoon Even Tempo bike ride. Take your 2-Hour Nap after your workout. Your body improves physically when you feed it high-quality, high-quantity food and allow for adequate rest. When your body sleeps deeply, for a long period of time and uninterrupted, it releases hGH naturally – and you wake up leaner, stronger with an improved immune system.

AFTERNOON: BIKE EVEN TEMPO / AEROBIC ENHANCEMENT (90 MINUTES)

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

WARM-UP – 20 MINUTES (HR ZONE 1)

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Cadence: 70-80 (no higher/lower)

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

△ **2-Hour Nap (After Workout)**

Eat a 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. Embrace this rest as if it were one of your harder workout days; your body will appreciate it.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
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