

TRAINING PROTOCOL








FOUNDATION WEEKS 3 & 4

ENHANCED AEROBIC BASE & MUSCULAR STRENGTH

CYCLE Foundation	DURATION 6 Weeks	WORK WEEK 3 & 4
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Weeks 3 and 4 build the aerobic engine and structural foundation that everything later in the program depends on. The even-tempo Zone 2 bike work develops your aerobic base, teaching your body to burn fuel efficiently and ride longer before fatigue sets in, while Anatomical Adaptation weights prepare your muscles, tendons, and joints for the heavier loads ahead. The weekend's longer rides and fragmented blocks paired with naps layer volume while strategic recovery lets your body absorb it, and Monday's full rest anchors the week. Keep the easy days easy – the patience you show now is what makes the harder phases possible later.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Weights AM + Bike Anatomical Adaptation + Bike Even Tempo	Bike AM Even Tempo 60 Min · Zone 2	Weights AM + Bike Anatomical Adaptation + Bike Even Tempo	Bike AM Even Tempo 60 Min · Zone 2	Weights + Bike + Nap + Bike PM Even Tempo 60 Min	Bike AM Fragmented Blocks 1 Hour + 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. This is the foundation of endurance performance – do not exceed Zone 2.

● HR Zone 3+ – Red Workouts

Builds strength, speed & lactate threshold. Burns stored glycogen. Higher perceived effort. Used sparingly during Foundation weeks to stimulate adaptation without overloading recovery.



MONDAY

Complete Rest Day – Reflection & Preparation

RECOVERY

YOUR WHY EXERCISE – MENTAL PREPARATION FOR THE WEEK

Sit down with a blank piece of paper and draw a line down the middle. On the **left side**, write the five most important reasons for WHY you do what you do. On the **right side**, next to each reason, identify the elements – people, locations, tools – that make each WHY possible.

Then take action: visit your refrigerator and confirm you have the fresh fruit and vegetables you need. Make sure your blender is washed and ready. Work through your entire list to ensure that everything supporting your WHY is optimized and ready for the week ahead.

EVENING PROTOCOLS

FLEXIBILITY

▶ After your shower: upper body and lower body trigger point, foam rolling, and stretching. ▶

[Playlist](#)

NUTRITION

▶ Consume a **Best Whey Protein smoothie** 30 minutes before bed – feeds your brain throughout the night, improving sleep quality and making you leaner.

SODIUM & HYDRATION – KEY RESEARCH

3-5.5g

Sodium lost per hour
(varies by intensity, temp & humidity)

3-4g

Sodium preload
12-24 hrs before hard workouts or
races

800-1,500mg

Sodium per hour
during training or racing

Source: Research reviewed by sports dietician Bob Seebohar – 8 peer-reviewed articles + world-class athlete consultation



TUESDAY

Morning Weights (Anatomical Adaptation) + Immediate Bike 40 Min Even Tempo

WEIGHTS + BIKE COMBO

Coach's Note: Before moving to heavy lifting, we must first strengthen tendons and ligaments. You should finish feeling "fresh" – never struggling. After weights, move immediately into the 40-minute bike to train your aerobic system while already fatigued.

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

SETS 2	REPETITIONS 6-8 RM	SPEED OF LIFT Fast off Bottom	REST INTERVAL 30s / 1:00
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Weight: extremely light – no struggling for either set

EXERCISE	SETS × REPS	WEIGHT	VIDEO
CYCLE ONE			
Abdominals on Fit Ball	2 × 6-8	Bodyweight	▶ Watch
Push-Up – Knee to Shoulder	2 × 6-8	Bodyweight	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort ▶ Video			
CYCLE TWO			
Pike Position	2 × 30 sec	Bodyweight	▶ Watch
Single Leg – Bent Over Row	2 × 6-8	Very Light	▶ Watch
▶ Jump Rope – 30 Sec @ 75% Effort ▶ Video			
CYCLE THREE			
Tricep Dips (Off Bench or Chair)	2 × 6-8	None	▶ Watch
Deep Squats / Bicep Curl	2 × 6-8	Very Light	▶ Watch

▶ Jump Rope – 1 Min @ 75% Effort | ▶ [Video](#)

CYCLE FOUR

Air Squats (No Weight)

2 × 6–8

None

▶ [Watch](#)

Hamstring Press-Extension on Fit Ball

2 × 6–8

Bodyweight

▶ [Watch](#)

▶ Jump Rope – 1 Min @ 75% Effort | ▶ [Video](#)

POST-WEIGHTS PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume **Energy Fuel Recovery**.

IMMEDIATE BIKE – 40 MIN EVEN TEMPO (VERY EASY)

Move directly to the bike. Cadence: **80–85 RPM**. Tallest gear that keeps effort easy. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Focus on pedal mechanics, not speed.

Cool-Down (5 min): Cadence 85–90. Easiest gear. Do not dismount until HR is low.

POST-BIKE PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves.
- ▶ **Nutrition:** **Energy Fuel Recovery** immediately.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, stretching. ▶ [Playlist](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



WEDNESDAY

Morning Workout – Bike: Even Tempo (60 Minutes)

BIKE AM · ZONE 2

Coach's Note: To maximize your training efforts, avoid distractions and ensure you don't go too hard. Going too hard adds to fatigue and leaves you susceptible to illness. At one hour, water intake is only necessary if you are an excessive sweater. Capture your body weight pre and post ride to evaluate hydration.

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

BIKE WORKOUT – 60 MINUTES TOTAL

WARM-UP – 5 MIN

Cadence: 80-85 RPM

Gearing: Small chain ring, middle rear

Focus on optimum pedal mechanics from the start.

Stretch and hydrate before the main set.

MAIN SET – 50 MIN (VERY EASY)

Cadence: 80-85 RPM | **Effort:**

Very Easy

Tallest gear that keeps effort easy. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12 to activate all pedaling muscles. Focus on pedal mechanics, not speed.

COOL-DOWN – 5 MIN

Cadence: 85-90 RPM

Gearing: Very light

Keep a close eye on HR for the final 5 minutes. Do not dismount until HR is low.

POST-WORKOUT PROTOCOLS

▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves.

▶ **Nutrition:** Immediately consume Energy Fuel Recovery to shorten recovery window and replace depleted muscle glycogen.

EVENING PROTOCOLS

▶ **Flexibility:** Trigger point, foam rolling, stretching – upper and lower body. ▶ **Playlist**

▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



THURSDAY

Morning Weights (Anatomical Adaptation) + Immediate Bike 40 Min Even Tempo

WEIGHTS + BIKE COMBO

Coach's Note: Same structure as Tuesday – weights followed immediately by 40 minutes of easy bike. Focus on form throughout the weight workout. The back-to-back combo builds your capacity to perform aerobically while fatigued.

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

SETS 2	REPETITIONS 6-8 RM	SPEED OF LIFT Fast off Bottom	REST INTERVAL 30s / 1:00
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Weight: extremely light – no struggling for either set

EXERCISE	SETS × REPS	WEIGHT	VIDEO
CYCLE ONE			
Abdominals on Fit Ball	2 × 6-8	Bodyweight	▶ Watch
Push-Up – Knee to Shoulder	2 × 6-8	Bodyweight	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort ▶ Video			
CYCLE TWO			
Pike Position	2 × 30 sec	Bodyweight	▶ Watch
Single Leg – Bent Over Row	2 × 6-8	Very Light	▶ Watch
▶ Jump Rope – 30 Sec @ 75% Effort ▶ Video			
CYCLE THREE			
Tricep Dips (Off Bench or Chair)	2 × 6-8	None	▶ Watch
Deep Squats / Bicep Curl	2 × 6-8	Very Light	▶ Watch

▶ Jump Rope – 1 Min @ 75% Effort | ▶ [Video](#)

CYCLE FOUR

Air Squats (No Weight)

2 × 6–8

None

▶ [Watch](#)

Hamstring Press-Extension on Fit Ball

2 × 6–8

Bodyweight

▶ [Watch](#)

▶ Jump Rope – 1 Min @ 75% Effort | ▶ [Video](#)

POST-WEIGHTS PROTOCOLS

- ▶ **Flexibility:** Full stretch. ▶ [Playlist](#)
- ▶ **Nutrition:** **Energy Fuel Recovery** immediately.

IMMEDIATE BIKE – 40 MIN EVEN TEMPO (VERY EASY)

Cadence: **80–85 RPM**. Tallest easy gear. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12.
Cool-Down (5 min): Cadence 85–90. Easiest gear. Do not dismount until HR is low.

POST-BIKE PROTOCOLS

- ▶ **Flexibility:** Full stretch.
- ▶ **Nutrition:** **Energy Fuel Recovery** immediately.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, stretching.
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



FRIDAY

Morning Workout – Bike: Even Tempo (60 Minutes)

BIKE AM · ZONE 2

Coach's Note: Same approach as Wednesday – avoid distractions and stay in Zone 2. Capture body weight pre and post ride. Water intake is only necessary if you are an excessive sweater.

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

BIKE WORKOUT – 60 MINUTES TOTAL

WARM-UP – 5 MIN

Cadence: 80–85 RPM

Gearing: Small chain ring, middle rear

Focus on pedal mechanics from the start. Stretch and hydrate before the main set.

MAIN SET – 50 MIN (VERY EASY)

Cadence: 80–85 RPM | **Effort:**

Very Easy

Tallest gear that keeps effort easy. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Use pedal mechanics as your mental focus for maximum productivity.

COOL-DOWN – 5 MIN

Cadence: 85–90 RPM

Gearing: Very light

Keep a close eye on HR for the final 5 minutes. Do not dismount until HR is low.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves.
- ▶ **Nutrition:** Immediately consume Energy Fuel Recovery.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, stretching. ▶ [Playlist](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



SATURDAY

Morning Weights + 2-Hour Nap + Afternoon Bike: Even Tempo (60 Min)

HIGH VOLUME DAY

Coach's Note: Saturday is your highest-volume day. The combination of weights, strategic nap, and afternoon bike is designed to maximize adaptation while building your capacity to perform back-to-back efforts – a critical race-day skill.

MORNING – WEIGHT TRAINING: ANATOMICAL ADAPTATION

▲ **PRE-WORKOUT HYDRATION & NUTRITION:** 10–15 min prior: consume **8–10 oz of ice cold Energy Fuel.**

SETS	REPETITIONS	SPEED OF LIFT	REST INTERVAL
2	6–8 RM	Fast off Bottom	30s / 1:00

Weight: extremely light – no struggling for either set

EXERCISE	SETS × REPS	WEIGHT	VIDEO
CYCLE ONE			
Abdominals on Fit Ball	2 × 6–8	Bodyweight	▶ Watch
Push-Up – Knee to Shoulder	2 × 6–8	Bodyweight	▶ Watch
▶ Jump Rope – 1 Min @ 75% Effort ▶ Video			
CYCLE TWO			
Pike Position	2 × 30 sec	Bodyweight	▶ Watch
Single Leg – Bent Over Row	2 × 6–8	Very Light	▶ Watch
▶ Jump Rope – 30 Sec @ 75% Effort ▶ Video			
CYCLE THREE			
Tricep Dips (Off Bench or Chair)	2 × 6–8	None	▶ Watch

Deep Squats / Bicep Curl 2 × 6–8 Very Light [▶ Watch](#)

▶ Jump Rope – 1 Min @ 75% Effort | [▶ Video](#)

CYCLE FOUR

Air Squats (No Weight) 2 × 6–8 None [▶ Watch](#)

Hamstring Press-Extension on Fit Ball 2 × 6–8 Bodyweight [▶ Watch](#)

▶ Jump Rope – 1 Min @ 75% Effort | [▶ Video](#)

POST-WEIGHTS PROTOCOLS

- ▶ **Flexibility:** Full stretch. [▶ Playlist](#)
- ▶ **Nutrition: Energy Fuel Recovery** immediately.

ZZZ 2-HOUR NAP AFTER MID-DAY MEAL

Plan your nap within 30 minutes after a mid-day meal. Consume something that makes you feel sleepy to fall asleep faster and sleep more deeply – this triggers **hGH release** (the hormone that makes you lean). Sleep deep, wake up leaner.

AFTERNOON – BIKE: EVEN TEMPO (60 MINUTES)

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

WARM-UP – 5 MIN

Cadence: 80–85 RPM

Gearing: Small chain ring, middle rear

Stretch and hydrate before the main set.

MAIN SET – 50 MIN (VERY EASY)

Cadence: 80–85 RPM | **Effort:** Very Easy

Tallest easy gear. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Focus on pedal mechanics.

COOL-DOWN – 5 MIN

Cadence: 85–90 RPM

Gearing: Very light

Do not dismount until HR is low.

POST-BIKE PROTOCOLS

- ▶ **Flexibility:** Full stretch.
- ▶ **Nutrition: Energy Fuel Recovery** immediately.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, stretching. [▶ Playlist](#)
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.



SUNDAY

Morning Workout – Bike: Fragmented Blocks (1 Hour) + 2-Hour Nap

BIKE AM + NAP

Coach's Note: This workout uses two main blocks. If necessary, write your HR zones and durations on the back of your hand to maximize aerobic enhancement – your key focus during the pre-season training phase.

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

BIKE WORKOUT – 60 MINUTES TOTAL (FRAGMENTED BLOCKS)

WARM-UP 10 MIN	Cadence: 80-85 RPM Gearing: Small chain ring, middle rear Stretch and hydrate with Energy Fuel before moving into the main set.
MAIN SET 40 MIN	Even Tempo with Standing Intervals – 4 × 10-Minute Blocks Settle into a comfortable pace for 9 minutes. At the top of each 9 minutes, gear up 2 gears and pedal standing for 1 minute – avoid bottoming out the pedal stroke. After 1 minute, sit back down and lighten gearing to minimize lactic acid in quads. Repeat the 10-minute block 4 times for a total of 40 minutes.
COOL-DOWN 10 MIN	Cadence: 85-90 RPM Gearing: Easiest combination for HR Zone 1 Do not dismount until heart rate is within HR Zone 1.

POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves.
- ▶ **Nutrition:** Immediately consume **Energy Fuel Recovery** to shorten recovery window and replace depleted muscle glycogen.

EVENING PROTOCOLS

- ▶ **Flexibility:** Trigger point, foam rolling, stretching – upper and lower body. ▶ **Playlist**
- ▶ **Nutrition:** Best Whey Protein smoothie 30 min before bed.

zZz 2-Hour Nap After Mid-Day Meal

As you lie down to nap, make sure the room is as **dark and cold** as possible. Research has verified that these elements contribute to the quality of your nap, resulting in enhanced recovery and improvement. Dark + cold = deeper sleep = faster adaptation.