

TRAINING PROTOCOL








# FOUNDATION WEEKS 5 & 6

ENHANCED AEROBIC BASE & MUSCULAR STRENGTH

CYCLE <b>Foundation</b>	DURATION <b>6 Weeks</b>	WORK WEEK <b>5 &amp; 6</b>
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Weeks 5 and 6 close out the Foundation block by adding intensity on top of the base you've built. Anatomical Adaptation weights continue strengthening your muscles, tendons, and joints, while the new Intensity/Power Intervals on Wednesday and Sunday introduce higher-end efforts that sharpen power and start preparing your body for the harder phases ahead. The even-tempo rides keep developing your aerobic engine, and the weekend's longer 90-minute block paired with naps layers volume while strategic recovery lets you absorb it. Monday's full rest anchors the week. Respect the difference between your easy and hard days – that contrast is what turns this foundation into race-ready fitness.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
<b>Rest Day</b> Full Recovery	<b>Weights AM + Row/ Bike</b> Anatomical Adaptation + Even Tempo	<b>Row or Bike PM</b> Intensity/ Power Intervals	<b>Weights AM + Bike</b> Anatomical Adaptation + Bike Even Tempo	<b>Bike AM</b> Fragmented 60 Min	<b>Weights + Bike</b> + Nap + Bike PM Even Tempo 90 Min	<b>Row or Bike AM</b> Intensity / Power Intervals + 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 – Productivity & Preparation

RECOVERY

**Coach's Note:** Use this day as the ultimate opportunity to prepare for upcoming events: social occasions, personal time, work projects, etc. We get 100% more out of our efforts when we are doing exactly what we have on our schedule and adhering to it. Allocate adequate time for each task – if you only allocate 20 minutes to prepare, consume, and clean up breakfast, you will find yourself rushing. Time how long it takes to complete daily tasks. After a week of note-taking, you can establish your schedule more accurately with fewer frustrations.

## EVENING MENTAL PROTOCOL

### PSYCHOLOGY CONCEPT VIDEO – "WHY I YAWN"

Watch this video in a place where you have **zero distractions** for the complete 2:15 length. This mental protocol is as important as any physical workout – it primes your psychology 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) + Choose One: Row 1K Intervals OR Bike Intensity Intervals

**WEIGHTS + CARDIO COMBO**

**Coach's Note:** This combo set pushes the upper end of your aerobic engine. Pay close attention to heart rate – do not become anaerobic during the main set. During rowing intervals, lead with your legs and follow with a strong pull through (lats & back, not biceps).

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

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

EXERCISE	SETS × REPS	WEIGHT	VIDEO
<b>CYCLE ONE</b>			
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			
<b>CYCLE TWO</b>			
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			
<b>CYCLE THREE</b>			
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.

#### THEN CHOOSE ONE CARDIO OPTION BELOW

Pre-hydrate again: **8–10 oz Energy Fuel** 10–15 min before starting your cardio session.

### ▶ CHOOSE ONE CARDIO OPTION (IMMEDIATELY FOLLOWING WEIGHTS)

#### OPTION A – ROW: 1K PACING INTERVALS (6,500–7,000 METERS)

**Warm-Up:** Load Level 3 | 1,000 Meters | Pull Rate <25 | Straight back, lead with legs

**Baseline 1K Interval:** Load Level 5 | Pull Rate 25–30 | 80–85% effort | 2 min rest

**Main Set #1:** Take baseline time + 10 sec for your 1K pace. Load Level 5 | Pull Rate 25–30 | 500m rest interval. Complete 4 × 1,000m intervals – hold consistent pace for all four.

**Main Set #2:** 30-sec sprint / 30-sec recovery × 5. Load Level 5 | Pull Rate 25–30. Lead with legs and tight core.

**Cool-Down:** Load Level 2 | 500 Meters | Pull Rate <25

#### OPTION B – BIKE: INTENSITY DISTANCE INTERVALS (60 MINUTES)

**Warm-Up (10 min):** Cadence 80–85 RPM | Small chain ring, middle rear | Stretch and hydrate

#### **Main Set – HR Pyramids: 8 × 6 Minutes**

Settle into a **hard effort** and maintain for 3 minutes. Focus on belly breathing to maximize oxygen uptake. Recover with easy spinning for 3 minutes. Repeat 8 times for 48 minutes total.

**Cool-Down (2 min):** Cadence 85–90 | Easiest gear | Do not dismount until HR is low.

**Post-Bike:** Flexibility full stretch + Energy Fuel Recovery immediately.

#### POST-CARDIO 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

Choose One: Row Intensity Intervals (1 Hr) OR Bike Power Interval Workout (80 Min)

CHOOSE ONE

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

## ▶ CHOOSE ONE WORKOUT

### OPTION A – ROW: INTENSITY INTERVALS (1 HOUR)

**Coach's Note:** These intensity blocks challenge you in two ways – toggling between two HR zones and maintaining focus for the full duration. A 1:1 ratio between zones pushes your aerobic engine to new levels.

**Warm-Up:** Display: Distance | Load Level 3 | 500 Meters | Pull Rate <25 | Stretch head to toe

**Main Set – Intensity Pacing Intervals:** Load Level 5 | Pull Rate 25 or less

5 minutes at **high effort** (no rest, go directly into next block)

5 minutes at **hard effort** (no rest, go directly into next block)

Repeat 4× = 40 minutes total

**Cool-Down:** Load Level 3 | 500 Meters | Pull Rate <25 | Stretch head to toe

### OPTION B – BIKE: POWER INTERVAL WORKOUT (80 MINUTES)

**Coach's Note:** Keep a close eye on intensity – leg turnover is intentionally slow. Feel quads, hamstrings, calves, and glutes all firing through the entire 360° pedal stroke.

**Warm-Up (10 min):** Cadence 80–85 | Small chain ring, middle rear | Stretch and hydrate

**Main Block #1 – 40 Min (Hard):** 3 min seated at event tempo, cadence above 90, deep belly breathing. Then 2 min tall gear out of the saddle – big chain ring, hardest rear gear, focus on not bottoming out. Repeat this 5-min block 8× = 40 min.

**Transition Set:** 5 min easy spinning – small chain ring, 90+ cadence

**Main Block #2 – 20 Min:** 30-sec phantom sprint (from near stop, tall gear, look up, be aggressive) then 90-sec active recovery. Repeat 10× = 20 min.

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

### POST-WORKOUT PROTOCOLS

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

▶ **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.

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



# THURSDAY

Morning Weights (Anatomical Adaptation) + Immediate Bike: Even Tempo (45 Min)

**WEIGHTS + BIKE COMBO**

**Coach's Note:** Immediately after your strength workout, move into an even tempo bike ride for 40 minutes. Focus on pedal mechanics throughout – this activates all muscles involved in turning the pedals and builds neuromuscular efficiency.

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

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

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

▶ 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: Fragmented Power Intervals (1 Hour)

POWER INTERVALS

**Coach's Note:** This workout will sneak up on you – residual fatigue builds throughout. You are asking your muscles to generate power as they fatigue. When you mentally establish a speed threshold, your muscles have a target to surpass. By hitting a goal number, you learn to associate intensity (as shown by your HR monitor) with speed and power. Consistent power intervals improve muscular endurance.

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

## BIKE WORKOUT – 60 MINUTES TOTAL

<b>WARM-UP 10 MIN</b>	<b>Cadence:</b> 80-85 RPM   <b>Gearing:</b> Small chain ring, middle rear Focus on optimum pedal mechanics. Stretch and hydrate before the main set.
<b>POWER BLOCK 1 20 MIN</b>	<b>Hard Effort – Hit the same speed for each interval</b> 2 min ON: Start out of the saddle for 30 sec, then seated for 90 sec in the tallest gear you can maintain at 50-60 RPM. Capture your average speed during the 90-sec seated interval. 2 min OFF: Very easy gear combination. Repeat 2-min on / 2-min off until 20 minutes has elapsed. Do not surpass 20 minutes.
<b>ACTIVE RECOVERY 5 MIN</b>	<b>Easy spinning</b> – stretch and re-hydrate to replenish blood sugar levels before Power Block 2.
<b>POWER BLOCK 2 20 MIN</b>	<b>Hard Effort – Same structure as Power Block 1</b> 2 min ON: Out of the saddle for 30 sec, seated for 90 sec in tallest maintainable gear at 50-60 RPM. 2 min OFF: Very easy gear combination. Repeat until 20 minutes has elapsed. Do not surpass 20 minutes.
<b>COOL-DOWN 5 MIN</b>	<b>Cadence:</b> 85-90 RPM   <b>Gearing:</b> Easiest combination Do not dismount until heart rate is recovered.

### POST-WORKOUT PROTOCOLS

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

### EVENING PROTOCOLS

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



# SATURDAY

Morning Weights + 2-Hour Nap + Afternoon Bike: Even Tempo (90 Min)

HIGH VOLUME DAY

**Coach's Note:** Saturday is your highest-volume day. The afternoon bike extends to 90 minutes this week – your longest aerobic session of the Foundation phase. Stay in Zone 2 throughout. The nap is mandatory: it triggers growth hormone release that accelerates muscle repair.

## MORNING – WEIGHT TRAINING: ANATOMICAL ADAPTATION

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

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

Weight: extremely light – no struggling for either set

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

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**

Immediately following lunch of high-quality greens and fruits, lie down in a **dark, cold room** for 2-3 hours. Natural growth hormones are released during this window to begin recovery. When you wake up, consume a fruit smoothie + **Energy Fuel Recovery** immediately.

**AFTERNOON – BIKE: EVEN TEMPO (90 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 – 80 MIN (VERY EASY)**

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

Tallest easy gear. Vary pedal stroke: 12 → 6, 3 → 9, 6 → 12. Aerobic enhancement – fat burning mode. Active recovery from a full week of consistent training.

**COOL-DOWN – 5 MIN**

**Cadence:** 85-90 RPM

Gearing that brings HR down quickly. Do not dismount until completely recovered.

**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

Choose One: Row Hard Intensity Intervals (1 Hr) OR Bike Power Intervals (80 Min) + 2-Hour Nap

CHOOSE ONE + NAP

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

## ▶ CHOOSE ONE WORKOUT

### OPTION A – ROW: HARD INTENSITY INTERVALS (1 HOUR)

**Coach's Note:** These blocks challenge you in two ways – toggling between two intensity zones and maintaining focus for the full duration. A 1:1 ratio pushes your aerobic engine to new levels.

**Warm-Up:** Display: Distance | Load Level 3 | 500 Meters | Pull Rate <25 | Stretch head to toe

**Main Set – HR Pacing Intervals:** Load Level 5 | Pull Rate 25

5 minutes **hard** (no rest, go directly into next block)

5 minutes **very hard** (no rest, go directly into next block)

Repeat 4x = 40 minutes total

**Cool-Down:** Load Level 3 | 500 Meters | Pull Rate <25 | Stretch head to toe

### OPTION B – BIKE: POWER INTERVAL WORKOUT (80 MINUTES)

**Coach's Note:** Keep a close eye on intensity – leg turnover is intentionally slow. Feel quads, hamstrings, calves, and glutes all firing through the full 360° pedal stroke.

**Warm-Up (10 min):** Cadence 80–85 | Small chain ring, middle rear | Stretch and hydrate

**Main Block #1 – 40 Min (Hard):** 3 min seated at event tempo, cadence above 90, deep belly breathing. Then 2 min tall gear out of the saddle. Repeat 5-min block 8x = 40 min.

**Transition Set:** 5 min easy spinning – small chain ring, 90+ cadence

**Main Block #2 – 20 Min:** 30-sec phantom sprint (from near stop, tall gear, aggressive) then 90-sec active recovery. Repeat 10x = 20 min.

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

#### POST-WORKOUT PROTOCOLS

▶ **Flexibility:** Full stretch – hips, hamstrings, quads, calves. ▶ [Playlist](#)

▶ **Nutrition:** Immediately consume **Energy Fuel Recovery**.

#### EVENING PROTOCOLS

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

▶ **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.