

TRAINING PROTOCOL

PHASE 2

WEEK 1 OF 8

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM

Fulltime

PHASE

2

WEEK








1 of 8

FOCUS

Testing

This is a **re-evaluation week** — the goal is to re-test all four disciplines from Phase 1 Week 1 to measure your progress. Record your numbers carefully: plyometric reps, row split times, bike time trial, and MX lap speeds. These results drive your personalized training zones for the next 7 weeks.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Plyo Test	Row AM	Row or Bike AM	Row or Bike AM	Rest Day	Bike AM	MX Speed
Assessment 3 Sets · 30 sec	500m Time Trials 5 × 500m	HR Blocks + MX Aerobic PM	HR Blocks Even Tempo	Full Recovery	10-Mile Time Trial	Assessment 3 Main Sets

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

Near-maximum effort. Used only during testing intervals to capture true lactate threshold and max heart rate. Breathing is labored; conversation is not possible.



MONDAY

Plyometric Assessment – Establish Strength Baseline

TESTING AM

Coach's Note: This is a pure assessment – not a workout. The goal is to record how many reps you can complete in 30 seconds per exercise. Download the [Plyometric Assessment spreadsheet](#) to record all data. Three sets per exercise, 30 sec rest between sets, 1 min rest before the next exercise. Do not push to failure – controlled, consistent effort only.

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

ASSESSMENT PROTOCOL

Plyometric Assessment – Structure

- **Duration per exercise:** 30 seconds maximum effort
- **Sets per exercise:** 3 sets
- **Rest between sets:** 30 seconds
- **Rest between exercises:** 1 minute
- **Record:** Total reps per set for each exercise in the Plyometric Assessment spreadsheet
- **Goal:** Establish baseline rep counts – these numbers will track your strength progress over 8 weeks

EXERCISES

Four Core Exercises

- [Push Up – Knee to Shoulder](#) – 3 sets × 30 sec
- [Abdominal Chris Cross](#) – 3 sets × 30 sec
- [Abdominal Open Rotation](#) – 3 sets × 30 sec
- [Ab Hip Risers](#) – 3 sets × 30 sec

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, glutes, shoulder blades. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic breathing. ▶ [Watch](#)



TUESDAY

Row 500m Time Trials – Lactate Threshold Assessment

TESTING AM

Coach's Note: Complete 5 × 500m intervals at near-maximum effort. Each interval captures your lactate threshold and max heart rate on the rower. Record elapsed time and ending max HR for each interval. Rest 1 minute between each. Start each interval fresh – do not carry fatigue from the previous rep. If anything tightens up, stop and stretch, then resume easy for 10 minutes.

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

TESTING PROTOCOL

Row 500m Time Trials – Structure

- **Warm-Up:** 10 minutes easy rowing (Load Level 3 or less), then stretch head to toe
- **Load Level:** 5 for all intervals
- **Intervals:** 5 × 500m at near-maximum effort
- **Rest:** 1 minute between each interval
- **Record:** Elapsed time + ending max HR for each 500m interval
- **Goal:** Establish your rowing lactate threshold baseline for Phase 2 training zones

INTERVAL RECORD

INTERVAL 1 – TIME _____	MAX HR #1 _____	INTERVAL 2 – TIME _____	MAX HR #2 _____	INTERVAL 3 – TIME _____
MAX HR #3 _____	INTERVAL 4 – TIME _____	MAX HR #4 _____	INTERVAL 5 – TIME _____	MAX HR #5 _____

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads.
 - ▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic breathing. ▶ [Watch](#)



WEDNESDAY

Row/Bike HR Intensity Blocks (AM) + MX Aerobic #1 (PM)

AEROBIC AM

Coach's Note: Complete one of the two morning options (Row or Bike). Ideally choose the one you haven't done recently. The afternoon MX Aerobic session focuses on flowing – not thinking. Stay relaxed, use belly breathing, and let your lap times come down naturally as your heart rate stays low.

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

MORNING OPTION A – ROW HR INTENSITY BLOCKS (30 MINUTES)

WARM-UP · HR ZONE 1

Load Level: 3

Duration: 10 min

Pull Rate: <25

Straight back, lead with legs, arms finish at chest. Stretch head to toe.

MAIN SET #1 · HR BLOCKS

Load Level: 5 · Pull Rate: 25–35

Settle into each HR Zone quickly with perfect form and deep breathing:

5 min – moderate effort (can sing/talk)

5 min – breathing harder (can still talk)

5 min – moderate effort (can sing/talk)

COOL-DOWN · HR ZONE 1

Load Level: 2

Duration: 5 min

Pull Rate: <25

Stretch head to toe after dismounting.

– OR –

MORNING OPTION B – BIKE HR INTENSITY BLOCKS (45 MINUTES)

WARM-UP · HR ZONE 1

Duration: 10 min

Cadence: 80–85

Small chain ring, middle rear gearing. Stretch and hydrate before main set.

MAIN SET · HR ZONE 2 (30 MIN)

Cadence: 75–85

Tallest gearing while keeping chain tension tight. Every 10 min stand and stretch hamstrings, quads, calves, lower back.

WARM-DOWN · HR ZONE 1

Duration: 5 min

Cadence: 70–80

Small chain ring. Stretch lower back, calves, quads before dismounting.

MX Aerobic Workout #1 – Flowing at Low HR

Ask yourself: are you producing speed through "thinking" or "flowing"? Stay relaxed while riding fast – keep HR down and average lap times low. Combine belly breathing with relaxed form for maximum aerobic output.

Reference: Use the MX Aerobic Workout #1 spreadsheet at the back of this document.

POST-WORKOUT (BOTH SESSIONS)

- ▶ **Flexibility:** Full stretch – hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** 8-10 oz Recovery Fuel immediately after each session

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy



THURSDAY

Row/Bike HR Intensity Blocks or Even Tempo (45 Min)

AEROBIC AM

Coach's Note: Complete the option you did NOT do on Wednesday. Pay close attention to your intensity levels – your awareness of what each level "feels" like increases your familiarity with the intensity and associated speed. Keep HR in Zone 2 or below for maximum fat-burning and aerobic development.

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

OPTION A – ROW HR INTENSITY BLOCKS (30 MINUTES)

WARM-UP · HR ZONE 1

Load Level: 3

Duration: 10 min

Pull Rate: <25

Straight back, lead with legs, arms finish at chest. Stretch head to toe.

MAIN SET #1 · HR BLOCKS

Load Level: 5 · Pull Rate: 25–35

Settle into each HR Zone quickly with perfect form and deep breathing:

5 min – moderate effort (can sing/talk)

5 min – breathing harder (can still talk)

5 min – moderate effort (can sing/talk)

COOL-DOWN · HR ZONE 1

Load Level: 2

Duration: 5 min

Pull Rate: <25

Stretch head to toe after dismounting.

– OR –

OPTION B – BIKE EVEN TEMPO AEROBIC ENHANCEMENT (45 MINUTES)

WARM-UP · HR ZONE 1

Duration: 10 min

Cadence: 80–85

Small chain ring, middle rear gearing. Stretch and hydrate before main set.

MAIN SET · HR ZONE 2 (30 MIN)

Cadence: 75–85

Tallest gearing while keeping chain tension tight and maintaining cadence. Every 10 min stand and stretch. Play with gearing while staying in HR Z2.

WARM-DOWN · HR ZONE 1

Duration: 5 min

Cadence: 70–80

Small chain ring. Stretch lower back, calves, quads before dismounting.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** 8-10 oz Recovery Fuel immediately

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic breathing. ▶ [Watch](#)



FRIDAY

Complete Rest Day – Full Recovery

REST DAY

Coach's Note: Today is a complete rest day. Go out of your way to avoid simple sugars and white starchy foods (white potatoes, pasta, bread, boxed cereals, chips). Replace them with complex carbohydrates in the form of fruits and vegetables – these provide fresh antioxidants to offset the negative side effects of aerobic exercise and free radical production. Your body is rebuilding today; fuel it accordingly.

SATURDAY PREPARATION CHECKLIST

Prepare for Saturday's Bike 10-Mile Time Trial

- Charge your bike computer and heart rate monitor
- Plan a flat 10-mile out-and-back course (or use a trainer with distance tracking)
- Prepare cold Recovery Fuel to consume immediately post-ride
- Plan your last meal 2–3 hours before the ride
- Consume a banana or energy gel 15 min before the start
- Have your HR zones written down and visible during the test

TODAY'S PROTOCOLS

- ▶ **Flexibility:** Full passive stretch – hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz Recovery Fuel; complete meal within 20 min

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic breathing. ▶ [Watch](#)



SATURDAY

Bike 10-Mile Time Trial – Pacing Assessment

TESTING AM

Coach's Note: Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre and post testing. Have cold Recovery Fuel ready to consume immediately following this workout. Once you begin your time trial, be aggressive – work on maintaining perfect form to get maximum power from all muscle groups, not just your quads.

▲ **PRE-WORKOUT:** Consume **8–10 oz of Energy Fuel** 10–15 min prior to testing. Record pre-testing body weight.

10-MILE TIME TRIAL PROTOCOL

WARM-UP (10 MIN)

Even spin, very easy. Stretch lower back, quads, and hamstrings as needed to eliminate any tightness.

TRANSITION SET (10 MIN)

2 min: 100+ cadence (move around on seat, toggle aero/non-aero)
3 min: <80 cadence, active recovery with relevant stretching
Repeat 2x to bring HR up for testing block.

COOL-DOWN (10+ MIN)

Re-hydrate and ride easy spin for minimum 10 min. Stretch head to toe for minimum 15 min. Consume 8–10 oz Recovery Fuel + complete meal within 20 min.

TEST BLOCK – 10-MILE FIELD TEST

10-Mile Time Trial – Record All Data

During a 5-mile out-and-back course, keep cadence in the 80–85 range. Once you begin, be aggressive and maintain perfect form for maximum power output.

PRE-TEST BODY WEIGHT	ELAPSED TIME	AVG HR	ENDING HR	MAX HR	POST-TEST BODY WEIGHT	TOTAL FLUIDS CONSUMED
_____	_____	_____	_____	_____	_____	_____

☀ **Power Nap – 2 Hours**

Growth hormones are the biggest byproduct of napping. Eat a clean, dense meal before lying down in a cool, dark room. When you wake up, start with 8–10 oz of cold water to re-hydrate.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads.
▶ [Playlist](#)
- ▶ **Nutrition:** 8-10 oz Recovery Fuel immediately

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic breathing. ▶ [Watch](#)



SUNDAY

MX Speed & Max HR Assessment – 3 Main Sets

TESTING AM

Coach's Note: This workout is very intense – plan your food carefully. Ideally your last meal should be 3 hours before you begin. Consume a banana or energy gel 15 min prior to start. If you hit the indicated intensity levels, you will feel residual fatigue by the end. Consuming your sports drink at regular intervals will help you resist premature fatigue from the inside out.

▲ **PRE-WORKOUT:** Consume **8–10 oz of Energy Fuel** 10–15 min prior. Record pre-riding body weight.

MX SPEED ASSESSMENT – REFERENCE SPREADSHEET

MX Speed Assessment – Workout Overview

Total Ride Time: 60 minutes

Warm-Up: Ride a bike or Concept 2 Rower easy for 10 minutes even tempo. Stretch passively head to toe. Re-hydrate with Energy Fuel. <50%

Please reference the MX Speed Assessment spreadsheet at the back of this document for all set details, elapsed time fields, and weight record.

☀️ 2-Hour Power Nap / Recovery Protocol

With the residual fatigue from this week's testing, take a cold bath for 10–15 minutes when you wake up. Eat a large salad topped with high-quality protein to offset muscle inflammation. Take a hot shower and stretch passively, feeling for any hot spots.

POST-WORKOUT

- ▶ **Flexibility:** Full stretch – hips, hamstrings, quads.
▶ [Playlist](#)
- ▶ **Nutrition:** 8–10 oz Recovery Fuel immediately

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes
- ▶ **Recovery:** Foam roller & trigger point therapy
- ▶ **Breathing:** Diaphragmatic breathing. ▶ [Watch](#)

MX Aerobic Workout #1

Workout Focus: Maintaining Aerobic Intensity Through Entire Duration

WARM UP

Set Focus: Generate blood flow into all working muscles

- ▶ Concept 2™ Rower – 10 minutes low intensity pulling Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel

<40%

MAIN SET #1

Set Focus: Moving the bike with your core

10 Starts using only your inner leg – hold onto the bars BARELY, only with your fingertips

5 Starts – look ahead and move the bike with your thighs

5 Starts – put a rock down about 10 yards out from your front wheel; see if you can run over it

Rest 5 minutes – stretch head to toe / re-hydrate with Energy Fuel

Very Relaxed

MAIN SET #2

Set Focus: Muscular Endurance – 30 Minute Moto, Even Paced (Beginning to End)

Note: protocols based on ~2 min lap time – adjust to fit your track

** Don't allow your pace to fall off by more than 2 seconds throughout the moto

Moto Specific HR Zone: Low # _____ High # _____

80-85%

LAP 1 TIME	LAP 2 TIME	LAP 3 TIME	LAP 4 TIME	LAP 5 TIME	LAP 6 TIME	LAP 7 TIME	LAP 8 TIME	LAP 9 TIME	LAP 10 TIME
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_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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LAP 11 TIME	LAP 12 TIME	LAP 13 TIME	LAP 14 TIME	LAP 15 TIME	FASTEST LAP	AVG HR #	MAX HR #
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_____	_____	_____	_____	_____	_____	_____	_____
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MAIN SET #3

Set Focus: Muscular Endurance – 30 Minute Moto, Even Paced (Beginning to End)

** Strive to maintain the same pace as Set #2

Moto Specific HR Zone: Low # _____ High # _____

80-85%

LAP 1 TIME	LAP 2 TIME	LAP 3 TIME	LAP 4 TIME	LAP 5 TIME	LAP 6 TIME	LAP 7 TIME	LAP 8 TIME	LAP 9 TIME	LAP 10 TIME
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_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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LAP 11 TIME	LAP 12 TIME	LAP 13 TIME	LAP 14 TIME	LAP 15 TIME	FASTEST LAP	AVG HR #	MAX HR #
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_____	_____	_____	_____	_____	_____	_____	_____
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MAIN SET
#4

Set Focus: Muscular Endurance – 20 Minute Moto, Negative Split 2nd Half

Moto Specific HR Zone: Low # _____ High # _____

80-85%

90-95%

LAP 1 TIME

LAP 2 TIME

LAP 3 TIME

LAP 4 TIME

LAP 5 TIME

LAP 6 TIME

LAP 7 TIME

LAP 8 TIME

LAP 9 TIME

LAP 10 TIME

FASTEST LAP

AVG HR #

MAX HR #

MAIN SET #5

Set Focus: Body Balance

10 Starts using only your inner leg – hold onto the bars BARELY, only with your fingertips

5 Starts – look ahead and move the bike with your thighs

5 Starts – put a rock down about 10 yards out from your front wheel; see if you can run over it

Very Relaxed

WARM DOWN

10 minutes of easy riding – nothing structured or intense (watch HR monitor to ensure)

Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

40%

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

MX Speed Assessment

Workout Focus: Consistent Race Speed – Total Ride Time: 60 Minutes

WARM UP	<p>Set Focus: Gradual Warm Up</p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo</p> <p>Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel</p> <p style="text-align: center;"><50%</p>
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MAIN SET #1	<p>Set Focus: Smooth start and fast five (5) laps</p> <p>Complete a start and merge onto the track just like a race. Over the next 5 laps, maintain the highest rate of speed while staying consistent for all five laps.</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p style="text-align: center;">90-95%</p>
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5-LAP ELAPSED TIME – INT #1 _____	FASTEST LAP – INT #1 _____	MAX HR – INT #1 _____
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Rest 10 minutes – stretch head to toe / re-hydrate

5-LAP ELAPSED TIME – INT #2 _____	FASTEST LAP – INT #2 _____	MAX HR – INT #2 _____
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Rest 10 minutes – stretch head to toe / re-hydrate

MAIN SET #2	<p>Set Focus: Smooth start and fast three (3) laps</p> <p>Goal: match or beat your fastest lap from Set #1</p> <p>Moto Specific HR Zone: Low # _____ High # _____</p> <p style="text-align: center;">95-100%</p>
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3-LAP ELAPSED TIME – INT #1 _____	FASTEST LAP – INT #1 _____	MAX HR – INT #1 _____
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Rest 5 minutes – stretch head to toe / re-hydrate

3-LAP ELAPSED TIME – INT #2 _____	FASTEST LAP – INT #2 _____	MAX HR – INT #2 _____
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Rest 5 minutes – stretch head to toe / re-hydrate

MAIN SET #3**Set Focus:** Smooth start and fast two (2) laps

Goal: match or beat your fastest lap from Set #2

Moto Specific HR Zone: Low # _____ High # _____**95-100%**2-LAP ELAPSED TIME – INT #1
_____FASTEST LAP – INT #1
_____MAX HR – INT #1
_____*Rest 3 minutes – stretch head to toe / re-hydrate*2-LAP ELAPSED TIME – INT #2
_____FASTEST LAP – INT #2
_____MAX HR – INT #2
_____**WARM DOWN**

Easy riding – nothing structured or intense; allow HR to come down slowly

<40%PRE-RIDING WEIGHT
_____POST-RIDING WEIGHT
_____TOTAL FLUIDS CONSUMED
_____LOSS / GAIN
