

TRAINING PROTOCOL








PHASE 4 WEEK 1 OF 8

RE-EVALUATE STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Fulltime	PHASE 4	WEEK 1 of 8	FOCUS Re-Assessment
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This is a **re-assessment week** — the goal is to re-establish your personal baseline numbers across all disciplines after the training you have completed. Every test result becomes the data that drives your personalized training zones for the next 7 weeks of Phase 4. Complete each assessment with maximum effort and accurate record-keeping.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Plyometric Assessment 3 Sets · 60 sec	Row AM 1000m Time Trials 4 × 1000m	Bike or Row + MX Bike 60 min AM Row Even Tempo + MX Aerobic #1 PM	Bike AM 10-Mile Time Trial	Rest Day Full Recovery	MX + Nap MX Aerobic #2 AM 2-Hr Power Nap	MX + Nap MX Speed Assessment 2-Hr Power 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. 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 – Re-Establish Strength Baseline

TESTING AM

This is a pure re-assessment – the goal is to record how many reps you can complete in **60 seconds** per exercise. Download the **Plyometric Baseline Assessment (P4) Spreadsheet** to record all data. Three sets per exercise, 30 sec rest between sets, 1 min rest before the next exercise.

ASSESSMENT PROTOCOL

Plyometric Assessment – Structure

- **Duration per exercise:** 60 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 Baseline Assessment (P4) Spreadsheet
- **Goal:** Re-establish baseline rep counts – these numbers will track your strength progress over Phase 4

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior to assessment to top off calories and electrolytes.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

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

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching after shower. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed – feeds brain overnight, improves sleep quality, makes you leaner (releases hGH).



TUESDAY

CRS Row Assessment – 1000 Meter Time Trials

TESTING AM

Complete **4 × 1000 Meter Intervals** as fast as you can. Strive not to lose your mental focus – lead with your legs first and then complete the pull with a good solid pull back. At any time during this workout, if you feel something tightening up, stop and stretch/foam roll. [Refer to the **Row Assessment spreadsheet** at the back of this document]

PRE-WORKOUT

▲ **PRE-WORKOUT:** Consume **8–10 oz of Energy Fuel** 10–15 min prior to top off calories and electrolytes.

ROW ASSESSMENT STRUCTURE

WARM-UP – 2000M (HR ZONE 1)

Load Level: 2

Focus: Good form; mentally prepare for demands ahead

Misc: Stop and stretch if you feel any tight muscles

Intensity: < 40%

MAIN SET – 4 × 1000M (AS FAST AS POSSIBLE)

Load Level: 5

Display: Distance

Protocol: 1000m for time; pull easy for half of elapsed time between intervals

Record: Elapsed time, Avg HR, Max HR for each interval

WARM DOWN – 1000M (HR ZONE 1)

Pull Rate: < 25 for entire duration

Intensity: < 40%

Misc: Very easy pulling throughout

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein** 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.



WEDNESDAY

BIKE AM · ROW + MX PM

AM: Bike 60 Min (Active Recovery) – PM: Row Even Tempo + MX Aerobic Workout #1

Complete one (1) active recovery bike workout prior to breakfast, then a Row Even Tempo and MX Aerobic Workout #1 in the afternoon.

MORNING: BIKE ACTIVE RECOVERY (60 MINUTES)

▲ **PRE-WORKOUT:** Consume 8–10 oz of Energy Fuel 10–15 min prior. Wear HR monitor – keep intensity under 70%.

RIDE PROTOCOL – 60 MIN (HR ZONE 1-2)

Intensity: Less than 70% – active recovery

Every 10 min: Stand up and pedal in a tall gear easily for 1 min (distribute weight over pedals, avoid bottoming out)

Hydration: Drink every 15 min throughout ride

Misc: Keep simple – stop and stretch as needed; lighten gearing and spin easily between standing intervals

POST-BIKE PROTOCOLS

Flexibility: Pay close attention to hips, glutes, shoulder blades

Nutrition: Immediately consume 8–10 oz Best Whey Protein

PM: ROW EVEN TEMPO (30 MIN)

Warm-Up: 5 min (HR Zone 1) – low damper (1–2), easy pull rate

Main Set: 20 min (HR Zone 2) – damper 3, comfortable rate, proper form

Warm Down: 5 min (HR Zone 1) – slow pull rate until HR in Zone 1

AFTERNOON: MX AEROBIC WORKOUT #1

Ask yourself if you are producing speed through "thinking" or "flowing." Your left brain is the logical side – when it comes to riding fast with little effort, implement what you have been visualizing during your nap or evening rest. The combination of staying relaxed while riding fast will keep the heart rate down and keep your average lap times low. Add belly breathing and you have a combination of going fast at a low heart rate. [Refer to **MX Aerobic Workout #1 spreadsheet** at the back of this document]

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling for optimum recovery. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



THURSDAY

CRS Bike Assessment – 10-Mile Time Trial

TESTING AM

Keep accurate notes about your elapsed time and heart rate levels. Capture your body weight pre/post testing. Have cold liquid – recovery calories ready to consume immediately following this workout. [Update the **Performance Report Card – Phase 4 – Time Trials** with the results of this information]

PRE-WORKOUT

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

BIKE ASSESSMENT STRUCTURE

10-Mile Field Test Protocol

Pre-Testing Body Weight: _____

Warm Up: 10 minutes even spin; stretch low back, quads and hamstrings to eliminate any tightness.

Transition Set: 10 minutes as follows:

- 2 minutes – 100+ cadence (move around on the seat, toggle between aero and non-aero)
- 3 minutes – <80 cadence; active recovery with relevant stretching

Test Block – 10 Mile Field Test (Ideally 5 Miles Out and Back): Keep cadence in the 80–85 range. Once you begin, be aggressive – work on maintaining perfect form to get max power out of your legs (use all muscle groups, not just quads).

ELAPSED TIME

AVG. HR

ENDING HR

MAX HR

TOTAL FLUIDS

POST-TEST WEIGHT

Cool Down: Re-hydrate and ride for a minimum of 10 minutes easy spin/active recovery. Stretch head to toe for a minimum of 15 minutes. Consume 8–10 oz liquid sports drink/recovery calories & a complete meal within 20 minutes to replenish glycogen reserves.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



FRIDAY

Complete Rest Day – Body Analysis & Recovery

RECOVERY

Today is a complete rest day. To complement your dedication to your workouts, go out of your way to avoid simple sugars and white starchy foods (white potatoes, spaghetti, bread, boxed cereals, chips) and replace them with complex carbohydrates in the form of fruits and vegetables. Think about your fruits and vegetables as fresh antioxidants to offset the negative side effects of aerobic exercise – free radicals are released during respiration, and the longer and harder you train, the greater the number of free radicals produced.

EVENING PROTOCOLS

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 – breathe through a straw with nose closed. ▶ [Watch](#)



SATURDAY

Morning: MX Aerobic Workout #2 – Afternoon: 2-Hour Power Nap

MX AM · NAP PM

To maximize the productivity of this workout (i.e. keep you from going too hard), have your heart rate monitor where you can easily see it. By staying below 80% throughout the moto, you will notice that your body will become relaxed and progressively get faster at the same effort. Though the intensity level is moderate, don't overlook your hydration and calories to ensure that your blood sugar levels remain constant throughout the workout. [Refer to **MX Aerobic Workout #2 spreadsheet** at the back of this document]

PRE-WORKOUT

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

POWER NAP – 2 HOURS

△ 2-Hour Power Nap / Recovery Protocols

Just like your notes for your evening sleep, strive to consume a nutrient dense smoothie prior to lying down – the high-quality nutrients will enhance your immunity, muscles, and various vascular systems. The beauty of high quality fruits and vegetables is that they are nutrient rich, calorically low, fill your belly up, and provide stable blood sugar levels for up to three hours after you consume them.

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



SUNDAY

CRS MX Speed Assessment – Afternoon: 2-Hour Power Nap

TESTING AM · NAP PM

This workout is going to be very intense – plan ahead with your food. Ideally your last meal 3 hours before you begin. Consume a banana or energy gel prior to the start to top off your glycogen reserves for your muscles and your brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist pre-mature fatigue from the inside out. [Refer to the **MX Speed Assessment spreadsheet** at the back of this document]

PRE-WORKOUT

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein**.

2-HOUR POWER NAP / RECOVERY PROTOCOLS

△ **2-Hour Power Nap – Post-Assessment Recovery**

With the residual fatigue from this week's testing, it will be helpful to take a cold bath for 10–15 minutes when you wake up. Eat a good-sized meal and then take some ibuprofen. Schedule pending, take a hot shower and then stretch passively feeling for any hot spots – hold the range of motion for these muscles for 3–5 seconds.

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



CRS ROW ASSESSMENT

1000-Meter Intervals – Workout Focus: Fastest Times Possible for 4 Intervals

SPREADSHEET

SET	DESCRIPTION & NOTES	PERFORMANCE DATA	INTENSITY
Warm Up 2000 Meters	Focus: Gradual Warm Up. Load Level Two. Focus on good form and mentally prepare for the demands ahead. Stop and stretch if you feel any tight muscles.		< 40%
Main Set #1 1000 Meter Interval	Focus: Muscular Power. Resistance Level 5. Display Setting: Distance. Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate. Pull easy for half of the elapsed time to complete the interval.	Time: _____ Avg HR: _____ Max HR: _____	AS FAST AS POSSIBLE
Main Set #2 1000 Meter Interval	Focus: Muscular Power. Resistance Level 5. Display Setting: Distance. Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate. Pull easy for half of the elapsed time to complete the interval.	Time: _____ Avg HR: _____ Max HR: _____	AS FAST AS POSSIBLE
Main Set #3 1000 Meter Interval	Focus: Muscular Power. Resistance Level 5. Display Setting: Distance. Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate. Pull easy for half of the elapsed time to complete the interval.	Time: _____ Avg HR: _____ Max HR: _____	AS FAST AS POSSIBLE
Main Set #4 1000 Meter Interval	Focus: Muscular Power. Resistance Level 5. Display Setting: Distance. Capture your elapsed time to cover 1000 meters at a comfortably fast pull rate. Pull easy for half of the elapsed time to complete the interval.	Time: _____ Avg HR: _____ Max HR: _____	AS FAST AS POSSIBLE
Warm Down 1000 Meters	Very easy pulling – keep the stroke rate less than 25 for entire duration.		< 40%

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

Upload all of this information into your Report Card.



CRS MX AEROBIC WORKOUT #1

Workout Focus: Holding Aerobic Pace as Duration Decreases

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Generate Blood Flow	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 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 For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	VERY RELAXED
Main Set #2 Focus: Muscular Endurance	30 Minute Moto – Even Paced (Beginning to End) Note: protocols based on lap time of approximately 2 minutes – 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 #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Lap Times: L11:___ L12:___ L13:___ L14:___ L15:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85%
Main Set #3 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 #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Lap Times: L11:___ L12:___ L13:___ L14:___ L15:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85%
		80-95%

<p>Main Set #4 Focus: Muscular Endurance & Speed</p>	<p>20 Minute Moto – Negative Split 2nd Half of Moto Moto Specific HR Zone – Low #: _____ High #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ (80–85%) Lap Times: L6:___ L7:___ L8:___ L9:___ L10:___ (90–95%) Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.</p>	
<p>Main Set #5 Focus: Body Balance</p>	<p>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.</p>	<p>VERY RELAXED</p>
<p>Warm Down</p>	<p>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.</p>	<p>< 40%</p>

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN



CRS MX AEROBIC WORKOUT #2

Workout Focus: Muscular Endurance / Mental Focus / Internal Pacing

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual Warm Up	Easy Riding – very low intensity; keep a close eye on your HR throughout. Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel.	< 40%
Main Set #1 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 – close your eyes for 2 seconds and "feel" for the bike to deviate (less is better). Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with sports drink.	RELAXED
Main Set #2 Focus: Muscular Endurance	20 Minute Moto – Even Paced (Beginning to End) Note: protocols based on lap time of approximately 2 minutes – 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 #: _____ Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with sports drink.	80-85%
Main Set #3 Focus: Muscular Endurance	20 Minute Moto – Even Paced (Beginning to End) Strive to maintain the same pace as Set #2. Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with sports drink.	80-85%
Main Set #4 Focus: Muscular Endurance	20 Minute Moto – Even Paced (Beginning to End) Strive to maintain the same pace as Set #2. Lap Times: L1:___ L2:___ L3:___ L4:___ L5:___ L6:___ L7:___ L8:___ L9:___ L10:___ Fastest Lap: _____ Avg HR: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with sports drink.	80-85%
	10 Starts using only your inner leg; hold onto the bars BARELY – only with your finger tips.	RELAXED

Main Set #5
Focus: Body Balance

5 Starts – put a rock down about 10 yards out from your front wheel; see if you can run over it.
5 Starts – close your eyes for 2 seconds and "feel" for the bike to deviate (less is better).

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



CRS MX SPEED ASSESSMENT

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

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
<p>Warm Up Set Focus: Gradual Warm Up</p>	<p>Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo. Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel.</p>	< 50%
<p>Main Set #1 Focus: Smooth Start & Fast 5 Laps</p>	<p>Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps. Moto Specific HR Zone – Low #: _____ High #: _____ 5 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate 5 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate</p>	90-95%
<p>Main Set #2 Focus: Smooth Start & Fast 3 Laps</p>	<p>Your goal is to match or beat your fastest lap from Set #1. Moto Specific HR Zone – Low #: _____ High #: _____ 3 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate 3 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate</p>	90-95%
<p>Main Set #3 Focus: Smooth Start & Fast 2 Laps</p>	<p>Your goal is to match or beat your fastest lap from Set #2. Moto Specific HR Zone – Low #: _____ High #: _____ 2 Lap Elapsed Time Int. #1: _____ Fastest Lap: _____ Max HR: _____ Rest For 3 Minutes – Stretch from head to toe / Re-hydrate 2 Lap Elapsed Time Int. #2: _____ Fastest Lap: _____ Max HR: _____</p>	90-95%
<p>Warm Down</p>	<p>Easy riding – nothing structured or intense; allow the HR to come down slowly.</p>	< 40%

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN
