

TRAINING PROTOCOL

PHASE 4 WEEK 4 OF 8








ACTIVE RECOVERY

PROGRAM Fulltime	PHASE 4	WEEK 4 of 8	FOCUS Lower Volume & Intensity
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⚠ Note: If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead.

This is your active recovery week – lower volume and intensity to allow your body to fully recover mentally and physically. The workouts this week are designed to keep your aerobic engine primed while your muscles, joints, and nervous system repair and rebuild. Pay close attention to your resting heart rate each morning. If it is elevated by four or more beats above your normal average, skip the workout and prioritize sleep and nutrition instead.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Bike + Core Fragmented Intervals 50 min + Core	Row Negative Split Pacing 6,000m + Core	Bike + Core Even Tempo 40 min + Core	Rest Day Full Recovery	MX + Nap + Row + Core MX Aerobic #2 AM Nap + Row 6,000m PM	MX + Nap + Bike MX Aerobic #3 AM Nap + Bike/Row PM

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

Builds strength, speed, and lactate tolerance. Burns stored sugar as primary fuel. Breathing is labored; conversation is not possible. Use your personalized HR zones from Week 1 testing.



MONDAY

Complete Rest Day – Body Analysis & Recovery

RECOVERY

Today is a complete rest day. Take 10 minutes and complete these two things (5 minutes each): **Diaphragmatic Breathing** – learning to control your breathing and change your style of breathing, either through your chest or your belly. Belly breathing – activating the diaphragm muscle – is more effective in delivering oxygen to your working muscles. **Pressing your Lower Back** – to release the tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), you need to foam roll your quads and then isolate and stretch the quadriceps. Repeat throughout the day as often as your schedule permits.

ACTIVE RECOVERY PROTOCOLS – POST SHOWER / PRE-BED

NUTRITION

- ▶ Consume 8 oz of cold water with fresh lemon; consume a smoothie & take your evening vitamins.

FOAM ROLLER & TRIGGER POINT

- ▶ Follow this sequence for 10 minutes. ▶ [Video Sequence](#)

DIAPHRAGMATIC BREATHING

- ▶ Follow this breathing exercise while putting yourself to sleep. ▶ [Video](#)



TUESDAY

Bike: Fragmented Intervals (50 min Total) + Core Work

BIKE + CORE

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead.

BIKE: FRAGMENTED INTERVALS (50 MINUTES TOTAL)

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

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear

Cadence: 80–85 (no higher/lower)

Misc.: Focus on optimum pedal mechanics. Stretch and hydrate before moving into main set.

MAIN SET – 30 MIN (HR ZONE 2)

Block #1 (10 min): Lower end HR Z2. Cadence 75–85; tallest gear you can maintain with chain tension tight. Every 10 min: stand and stretch hamstrings, quads, calves, lower back.

Block #2 (20 min): Upper end HR Z2. Repeat: 2 min ON (30 sec out of saddle then 1:30 seated, tallest gear, 50–60 cadence) / 3 min OFF (easy gear recovery). Repeat until 20 min has transpired.

COOL DOWN – 10 MIN (HR ZONE 1)

Gearing: Easiest combination allowing 85–90 cadence & HR Z1

Cadence: 85–90

Misc.: Do not dismount until HR is within Z1.

IMMEDIATELY AFTER: CORE & LOWER BACK WORK

Complete each of the following exercises 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.

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

- ▶ **Standing Abdominal Twists** ▶ [Video](#)
- ▶ **Abdominal Pike on Fit Ball** ▶ [Video](#)
- ▶ **Abdominal Roll Out on Fit Ball** ▶ [Video](#)
- ▶ **Ab Crunch on Fit Ball** ▶ [Video](#)

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

- ▶ Please reference Monday's evening protocols and video links.



WEDNESDAY

ROW

Row: Negative Split Pacing Blocks (6,000 Meters)

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead. This workout is going to hold you accountable both mentally and physically. Have your monitor set to 500 meter / 1:00 minute rest interval. Adjust the load levels as indicated to avoid pulling a muscle or straining your lower back. Breathe in on the coil in and exhale on your leg extension. Hydrate with Energy Fuel and stretch as necessary to maintain consistent results.

ROW: NEGATIVE SPLIT PACING BLOCKS (6,000 METERS)

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

WARM-UP – 1,000 METERS (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 30

Misc.: Focus on straight back, leading with legs, arms finishing to chest. Stretch head to toe.

MAIN SET – 4,500 METERS (DESCENDING BLOCKS)

Load Level: 5 / Pull Rate: 25–35

Baseline: Complete 500m at 70–75% – capture elapsed time as your Baseline Number.

Intervals 1&2: Maintain same pace as Baseline

Intervals 3&4: Hold a pace 2 seconds faster than Baseline

Intervals 5&6: Maintain same pace as Baseline

Intervals 7&8: Hold a pace 2 seconds faster than Baseline

COOL DOWN – 500 METERS (HR ZONE 1)

Load Level: 3

Pull Rate: Less than 30

Misc.: Stretch head to toe.

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

- ▶ Please reference Monday's evening protocols and video links.



THURSDAY

Bike: Even Tempo / Aerobic Enhancement (40 min) + Core Work

BIKE + CORE

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (HR Z2 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 your HR Z2.

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (40 MINUTES)

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

WARM-UP – 5 MIN (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 SET – 30 MIN (HIGH END OF HR ZONE 2)

Cadence: 75–85

Gearing: Tallest gear you can maintain with chain tension tight and cadence in zone.

Every 10 min: Stand up and stretch hamstrings, quads, calves, lower back. Pay close attention to not trip into Z3.

WARM DOWN – 5 MIN (HR ZONE 2 OR LESS)

Gearing: Small chain ring front, middle rear

Cadence: 70–80

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

IMMEDIATELY AFTER: CORE & LOWER BACK WORK

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

- ▶ **Standing Abdominal Twists** ▶ [Video](#)
- ▶ **Abdominal Pike on Fit Ball** ▶ [Video](#)
- ▶ **Abdominal Roll Out on Fit Ball** ▶ [Video](#)
- ▶ **Ab Crunch on Fit Ball** ▶ [Video](#)

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

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

EVENING

- ▶ Please reference Monday's evening protocols and video links.



FRIDAY

Complete Rest Day – Body Analysis & Recovery

RECOVERY

The benefits of a rest day are actually larger than your hard workout days; this is because your body doesn't get any stronger or improve regarding your endurance during training. Your body actually 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, your body releases the much-needed human growth hormone (HGH) naturally and you wake up leaner, stronger and have an improved immune system. With this in mind, please embrace your rest day as if it was one of your harder workout days; your body will appreciate it.

EVENING PROTOCOLS

EVENING

- ▶ Please reference Monday's evening protocols and video links.



SATURDAY

MX AM · NAP · ROW PM

AM: MX Aerobic Workout #2 – Post-Ride Nap – PM: Row Negative Split Pacing Blocks (6,000m)

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead. Please complete the following based on your track availability – seat time is always preferred. Familiar protocols – strive to be consistent for all three main sets. If you have more than a two second deviation, then your average speed needs to increase slightly or you need to slow down your initial pace. Remember, the idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. [Refer to **MX Aerobic Workout #2 spreadsheet** at the back of this document]

MORNING: MX AEROBIC WORKOUT #2

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

POST-MX 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 – AFTER POST-RIDE MEAL

△ 2-Hour Power Nap / Recovery Protocols

The benefit to a nap is the release of hGH (human growth hormone). With this in mind, eat a post-ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2–3 hours without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver – if it runs out of sugar, you will be woken up!

AFTERNOON: ROW NEGATIVE SPLIT PACING BLOCKS (6,000 METERS)

This workout is going to hold you accountable both mentally and physically. Have your monitor set to 500 meter / 1:00 minute rest interval. Adjust the load levels as indicated. Breathe in on the coil in and exhale on your leg extension. Hydrate with Energy Fuel and stretch as necessary.

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

WARM-UP – 1,000 METERS (HR ZONE 1)

Load Level: 3 / Pull Rate: less than 30

Misc.: Stretch head to toe.

MAIN SET – 4,500 METERS (DESCENDING BLOCKS)

Load Level: 5 / Pull Rate: 25–35

Baseline: 500m at 70–75% – capture elapsed time as Baseline Number.

Blocks: Int. 1&2: match baseline / Int. 3&4: 2 sec faster / Int. 5&6: match baseline / Int. 7&8: 2 sec faster

COOL DOWN – 500 METERS (HR ZONE 1)

Load Level: 3 / Pull Rate: less than 30

Misc.: Stretch head to toe.

IMMEDIATELY AFTER ROW: CORE & LOWER BACK WORK

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

- ▶ **Standing Abdominal Twists** ▶ [Video](#)
- ▶ **Abdominal Pike on Fit Ball** ▶ [Video](#)
- ▶ **Abdominal Roll Out on Fit Ball** ▶ [Video](#)
- ▶ **Ab Crunch on Fit Ball** ▶ [Video](#)

EVENING PROTOCOLS

EVENING

- ▶ Please reference Monday's evening protocols and video links.



SUNDAY

MX AM · NAP · BIKE PM

AM: MX Aerobic Workout #3 – Post-Ride Nap – PM: Row or Bike Fragmented Intervals

Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead. Please complete the following based on your track availability – seat time is always preferred. To get the most out of this workout, make sure that you allow yourself some room to pick up the pace the second half of your main intervals. If possible, wear a HR monitor to keep you from going too hard initially. Proper hydration will be imperative for you to optimize your time on the motorcycle. [Refer to **MX Aerobic Workout #3 spreadsheet** at the back of this document]

MORNING: MX AEROBIC WORKOUT #3

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

POST-MX 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 – AFTER POST-RIDE MEAL

△ 2-Hour Power Nap / Recovery Protocols

Please reference Saturday's nap notes. Eat a post-ride meal high in carbohydrates before lying down. The goal is to fall asleep quickly and stay asleep for 2–3 hours without waking up hungry.

CHOOSE ONE – COMPLETE PRIOR TO DINNER:

OPTION A – ROW: DISTANCE INTERVALS

This workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

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

WARM-UP – 1,000 METERS (HR ZONE 1)

Load Level: 3 / Pull Rate: 20–25
Misc.: Stretch head to toe.

MAIN SETS (LOAD LEVEL 5 / PULL RATE 30+)

Set #1: 1,000m – pick up pace every 200m up to HR Z3 (no higher). Repeat 3x. Transition: 1,000m @ HR Z2 – stretch & rehydrate.
Set #2: 6 x 500m @ HR Z2 (no higher) / 500m Active Recovery @ HR Z1 (no higher).

COOL DOWN – 500 METERS (HR ZONE 1)

Load Level: 3 / Pull Rate: less than 25
Misc.: Stretch head to toe.

OPTION B – BIKE: FRAGMENTED INTERVALS (50 MINUTES)

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

WARM-UP – 10 MIN (HR ZONE 1)

Gearing: Small chain ring front, middle rear / Cadence: 80–85

Misc.: Focus on optimum pedal mechanics.

MAIN SET – 30 MIN (HR ZONE 2)

Block #1 (10 min): Lower end HR Z1. Cadence 75–85; tallest gear you can maintain.

Block #2 (20 min): High end HR Z2. Repeat: 2 min ON (30 sec out of saddle + 1:30 seated, tallest gear) / 3 min OFF (easy gear). Repeat until 20 min transpired.

COOL DOWN – 10 MIN (HR ZONE 1)

Cadence: 85–90

Misc.: Do not dismount until HR is within Z1.

EVENING PROTOCOLS

EVENING

- ▶ Please reference Monday's evening protocols and video links.



CRS MX AEROBIC WORKOUT #2

Workout Focus: Muscular Endurance and Strength

SPREADSHEET

Familiar protocols – strive to be consistent for all three main sets. If you have more than a two second deviation, then your average speed needs to increase slightly or you need to slow down your initial pace. Remember, the idea is to teach your body what it is like to maintain a consistent pace from the first to last lap. If possible, try to wear your HR monitor to help keep you honest throughout this workout.

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Gradual Warm Up	Row or Bike for 10 minutes – break a solid sweat prior to moving over to your motorcycle. Stretch for 5 minutes – head to toe; hydrate if needed.	< 40%
Main Set #1 Focus: Starts & Transitions	10 Minutes of starts – use your core; keep your upper body relaxed. 10 Minutes of first turn transition – push with the outer knee and keep the inner knee pressed up. Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	N/A
Main Set #2 Focus: Intensive Endurance (15 Min)	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 15 minutes. Elapsed Times – Laps 1-5: _____ Laps 6-10: _____ Fastest Lap Time: _____ Average Lap Pace: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85%
Main Set #3 Focus: Intensive Endurance (15 Min)	Same as Main Set #2 – strive to match or beat your previous lap times. Elapsed Times – Laps 1-5: _____ Laps 6-10: _____ Fastest Lap Time: _____ Average Lap Pace: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85%
Main Set #4 Focus: Intensive Endurance (15 Min)	Same as Main Set #2 – strive to match or beat your previous lap times. Elapsed Times – Laps 1-5: _____ Laps 6-10: _____ Fastest Lap Time: _____ Average Lap Pace: _____ Elapsed Times Recap – Fastest Time: _____ Slowest Time: _____ Average Time: _____ Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	80-85%
		N/A

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Main Set #5 Focus: Starts & Transitions	10 Minutes of starts – use your core; keep your upper body relaxed. 10 Minutes of first turn transition – push with the outer knee and keep the inner knee pressed up. Rest For 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	
Warm Down	10 Minutes of easy riding – nothing structured or intense (watch the HR monitor to ensure). Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	<div data-bbox="1724 245 1818 285" style="border: 1px solid #0070C0; border-radius: 5px; padding: 2px 5px; display: inline-block;"> < 40% </div>

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN



CRS MX AEROBIC WORKOUT #3

Workout Focus: Aerobic Enhancement / Pacing

SPREADSHEET

SET	DESCRIPTION & PROTOCOLS	INTENSITY
Warm Up Set Focus: Generate Blood Flow	Ride either your bike on the trainer or row for 10 minutes – even tempo; sweating when finished. Stretch passively (no bouncing) from head to toe.	< 40%
Main Set #1 – Starts Focus: Body Balance & Reaction Time	Complete 10 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight. Fight the tendency to tighten up – this cuts off your breathing. Begin to internalize what your "pace" feels like when you nail your starts. Int.1: ___ Int.2: ___ Int.3: ___ Int.4: ___ Int.5: ___ Int.6: ___ Int.7: ___ Int.8: ___ Int.9: ___ Int.10: ___ Fastest Interval: _____ Average Interval: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	N/A
Main Set #2 – 20 Min Moto Focus: Aerobic Enhancement / Negative Split	Complete your interval with a start and then settle into the track at a pace that you can maintain (less than a two second deviation) for 20 minutes. At the halfway point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto. Elapsed Times – Laps 1-5: _____ Laps 6-10: _____ Fastest Lap Time: _____ Average Lap Pace: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	75-85%
Main Set #3 – 20 Min Moto Focus: Aerobic Enhancement / Negative Split	Same as Main Set #2 – strive to match or beat your previous lap times. At the halfway point, increase your pace slightly (1 to 2 seconds) and maintain to the end of the moto. Elapsed Times – Laps 1-5: _____ Laps 6-10: _____ Fastest Lap Time: _____ Average Lap Pace: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	75-85%
Main Set #4 – Starts Focus: Body Balance & Reaction Time	Complete 10 starts from the gate; same protocol as Main Set #1 above. Begin to internalize what your "pace" feels like when you nail your starts. Int.1: ___ Int.2: ___ Int.3: ___ Int.4: ___ Int.5: ___ Int.6: ___ Int.7: ___ Int.8: ___ Int.9: ___ Int.10: ___	N/A

SET	DESCRIPTION & PROTOCOLS	INTENSITY
	Fastest Interval: _____ Average Interval: _____ Rest For 10 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel.	
Warm Down	15 Minutes of easy riding – nothing structured or intense (watch the HR monitor to ensure). Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.	<div data-bbox="1724 207 1818 250" style="border: 1px solid #add8e6; border-radius: 5px; padding: 2px; display: inline-block;"> < 40% </div>

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN
