

TRAINING PROTOCOL

PHASE 4








WEEK 8 OF 8

ACTIVE RECOVERY

PROGRAM Fulltime	PHASE 4	WEEK 8 of 8	FOCUS Recovery
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Week 8 is your final active recovery week of Phase 4. The goal is to absorb the last five weeks of high-intensity training by reducing volume and intensity significantly. All bike workouts are performed at HR Zone 2 or below – this is non-negotiable. Your body is rebuilding, repairing, and consolidating the fitness gains made during the previous weeks. Prioritize sleep, nutrition, and hydration. Embrace this week as much as your hardest training days – your race-day performance depends on it.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day #1 Full Recovery	Bike + Core Even Tempo 1 hr HR Zone 2 + Core Work	Bike Even Tempo 90 Minutes HR Zone 2	Bike + Core Even Tempo 1 hr HR Zone 2 + Core Work	Rest Day #2 Full Recovery	Bike + Core + Nap Even Tempo 90 min HR Zone 2 + Core + 2-Hr Nap	Bike + Nap Even Tempo 90 min HR Zone 2 + 2-Hour Nap

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – All Workouts This Week

This is an active recovery week. All bike workouts must stay at HR Zone 2 or below. Builds aerobic base, burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout.

⚠ Heart Rate Alert – Skip Training If Elevated

If your waking heart rate is 4 or more beats above last week's average – do not train. Sleep and eat instead. Your body is signaling that it needs more recovery. Forcing training when HR is elevated will set back your fitness gains.



MONDAY

Rest Day #1 – Full Recovery

RECOVERY

The benefit of 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, make a note in your food and 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!

EVENING MENTAL PROTOCOLS

PSYCHOLOGY VIDEO

- ▶ Watch this video in a place where you have zero distractions for 2:15 (the length of the video).
- ▶ Concept video: "**Why I Yawn**" – focus on the breathing and relaxation principles discussed.

BELLY BREATHING

- ▶ Take a straw and breathe through it – in and out for 30 seconds; then 90 seconds without the straw, focusing on using the same muscles. Repeat 5x.

MENTAL IMAGERY

- ▶ After 10-15 deep belly breaths, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.



TUESDAY

Bike: Even Tempo / Aerobic Enhancement (1 Hour) + Core Work

BIKE + CORE

⚠ HEART RATE ALERT: If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead!

Don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (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 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (1 HOUR)

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

WARM-UP – 10 MINUTES (HR ZONE 1)

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear

Misc.: Stretch and hydrate before moving into main set

MAIN PERFORMANCE BLOCK – 40 MINUTES (HR ZONE 2)

Cadence: 75–85

Gearing: Tallest gearing that you can maintain while keeping chain tension tight and maintaining cadence zone

Every 10 min: Stand up and stretch hamstrings, quads, calves, and lower back

COOL DOWN – 10 MINUTES (HR ZONE 1)

Cadence: 70–80 (no higher/lower)

Gearing: Small chain ring up front, middle rear

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

IMMEDIATELY AFTER: CORE WORK (2 SETS – 15" ON / 15" OFF)

CORE CIRCUIT

- ▶ **Standing Abdominal Twists** – 15 sec on / 15 sec rest
- ▶ **Abdominal Pike on Fit Ball** – 15 sec on / 15 sec rest
- ▶ **Abdominal Roll Out on Fit Ball** – 15 sec on / 15 sec rest
- ▶ **Ab Crunch on Fit Ball** – 15 sec on / 15 sec rest
- ▶ Complete the full set and then repeat – total of 2 sets.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz **Best Whey Protein** to replace depleted muscle sugar & repair muscle tissue.

EVENING

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



WEDNESDAY

Bike: Even Tempo / Aerobic Enhancement (90 Minutes)

BIKE EVEN TEMPO

⚠️ HEART RATE ALERT: If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead!

Don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (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 – you may surprise yourself to find that you can adjust your gearing, increase your speed and not increase your HR.

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (90 MINUTES)

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

WARM-UP – 20 MINUTES (HR ZONE 1)

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear

Misc.: Stretch and hydrate before moving into main set

MAIN PERFORMANCE BLOCK – 60 MINUTES (HR ZONE 2)

Cadence: 75–85

Gearing: Tallest gearing that you can maintain while keeping chain tension tight and maintaining cadence zone

Every 10 min: Stand up and stretch hamstrings, quads, calves, and lower back

COOL DOWN – 10 MINUTES (HR ZONE 1)

Cadence: 70–80 (no higher/lower)

Gearing: Small chain ring up front, middle rear

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar & repair muscle tissue.

EVENING

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



THURSDAY

Bike: Even Tempo / Aerobic Enhancement (1 Hour) + Core Work

BIKE + CORE

⚠ HEART RATE ALERT: If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead!

Same as Tuesday. Don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine.

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (1 HOUR)

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

WARM-UP – 10 MINUTES (HR ZONE 1)

Cadence: 80–85 (no higher/lower)

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Gearing: Small chain ring up front, middle rear

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

IMMEDIATELY AFTER: CORE WORK (2 SETS – 15" ON / 15" OFF)

CORE CIRCUIT

- ▶ **Standing Abdominal Twists** – 15 sec on / 15 sec rest
- ▶ **Abdominal Pike on Fit Ball** – 15 sec on / 15 sec rest
- ▶ **Abdominal Roll Out on Fit Ball** – 15 sec on / 15 sec rest
- ▶ **Ab Crunch on Fit Ball** – 15 sec on / 15 sec rest
- ▶ Complete the full set and then repeat – total of 2 sets.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

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EVENING

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FRIDAY

Rest Day #2 – Full 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

BELLY BREATHING

- ▶ Take a straw and breathe through it – in and out for 30 seconds; then 90 seconds without the straw, focusing on using the same muscles. Repeat 5x.

MENTAL IMAGERY

- ▶ After 10–15 deep belly breaths, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.

NUTRITION & SLEEP

- ▶ Prioritize a high-quality, high-carbohydrate evening meal to support overnight recovery and HGH release during deep sleep.



SATURDAY

Bike: Even Tempo 90 min + Core Work + 2-Hour Nap

BIKE + CORE + NAP

⚠️ HEART RATE ALERT: If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead!

Same as Wednesday. Don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine.

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (90 MINUTES)

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

WARM-UP – 20 MINUTES (HR ZONE 1)

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear

Misc.: Stretch and hydrate before moving into main set

MAIN PERFORMANCE BLOCK – 60 MINUTES (HR ZONE 2)

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COOL DOWN – 10 MINUTES (HR ZONE 1)

Cadence: 70–80 (no higher/lower)

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

IMMEDIATELY AFTER: CORE WORK (2 SETS – 15" ON / 15" OFF)

CORE CIRCUIT

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- ▶ Complete the full set and then repeat – total of 2 sets.

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc.
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar & repair muscle tissue.

☾ **2-Hour Power Nap (After Post-Ride Meal)**

The benefit of 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, make a note in your food and 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!

EVENING PROTOCOLS

EVENING

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



SUNDAY

Bike: Even Tempo 90 min + 2-Hour Nap

BIKE + NAP

⚠ HEART RATE ALERT: If your heart rate is up by four or more beats over last week's average – do not train. Sleep and eat instead!

Same as Wednesday and Saturday. Don't eat prior to this ride. Keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels on the easy side (HR Z2 or less) for maximum productivity: burn fat and enhance your aerobic engine.

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (90 MINUTES)

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

WARM-UP – 20 MINUTES (HR ZONE 1)

Cadence: 80–85 (no higher/lower)

Gearing: Small chain ring up front, middle rear

Misc.: Stretch and hydrate before moving into main set

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