

TRAINING PROTOCOL

PHASE 2








WEEK 1 OF 8

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Weekend Warrior	PHASE 2	WEEK 1 of 8	FOCUS Testing
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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 Assessment 3 Sets · 30 sec	Row AM 500m Time Trials 5 × 500m	Row or Bike AM HR Intensity Blocks 30–45 Min	Row or Bike AM HR Blocks or Even Tempo	Rest Day Full Recovery	Bike AM + Nap 10-Mile Time Trial	MX Speed + Nap 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

PLYOMETRIC ASSESSMENT

Coach's Note: Today's Plyometric Assessment measures your explosive power – the number of repetitions you can complete within 30 seconds for each exercise. Complete 3 sets of each exercise with 30 seconds rest between exercises and 1 minute rest before moving to the next exercise. Record your numbers carefully – these are your Phase 2 baseline scores. **Important:** Log your body analysis data (resting HR, weight, energy levels) before starting.

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

PLYOMETRIC ASSESSMENT

Complete Racing Solutions Plyometric Assessment

Please download the Plyometric Assessment spreadsheet.

Structure: 3 sets of each exercise | 30 seconds per set | 30 seconds rest between exercises | 1 minute rest before next exercise

Goal: Determine the maximum number of repetitions you can complete within 30 seconds with perfect form. Record your count for each set – this is your Phase 2 explosive power baseline.

Form Note: Never sacrifice form to hit a higher rep count. If you feel any muscle tighten up, stop immediately, stretch passively for 8–10 seconds while breathing deeply, then resume.

HR Zone 1-2

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:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades, etc. ▶ [Flexibility Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off your electrolytes and hydration levels
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy
- ▶ **Diaphragmatic Breathing:** ▶ [Strengthen your breathing muscle](#) – Slow, deep breathing using your diaphragm muscle.



TUESDAY

Row 500m Time Trials

500M TIME TRIALS

Coach's Note: Today's 500-meter time trials establish your rowing baseline for Phase 2. Complete 5 intervals at close to maximum effort, recording your elapsed time and ending maximum heart rate for each. If anything tightens up, stop immediately, stretch, and resume at easy effort for 10 minutes. **Important:** Log your body analysis data before starting.

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

ROW: 500 METER TIME TRIALS

Complete Racing Solutions Row: 500 Meter Time Trials

Please refer to the spreadsheet at the bottom of this document for your testing protocols.

Warm-Up: 10 minutes at Load Level 3 or less – easy, even tempo. Stretch from head to toe.

Main Set: 5 × 500 meters | Load Level 5 | 1:00 rest after each interval

Goal: Maximum effort for each 500-meter interval. Document your elapsed time and ending maximum heart rate at the end of each interval.

Safety: If anything tightens up, stop immediately and stretch. Resume at easy effort for 10 minutes.

90–95% Effort

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:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy
- ▶ **Diaphragmatic Breathing:** ▶ [Watch](#) – Slow, deep breathing using your diaphragm muscle.



WEDNESDAY

Row or Bike HR Intensity Blocks (AM)

AEROBIC AM

Coach's Note: Complete one of the two morning options (Row or Bike). For maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels" like increases your familiarity with the intensity and associated speed – and provides feedback on how long you can maintain each level.

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

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 from 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 from head to toe after dismounting.

– OR –

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. Play with gearing while staying in HR Zone 2.

WARM-DOWN · HR ZONE 1

Duration: 5 min

Cadence: 70–80

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

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to areas you may not think about stretching – hips, glutes, shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy



THURSDAY

Row or Bike HR Blocks or Even Tempo (AM)

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 from 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 from 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 Zone 2.

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:** Immediately consume 8-10 oz of Recovery Fuel

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy
- ▶ **Diaphragmatic Breathing:** ▶ [Watch](#) – Slow, deep breathing using your diaphragm muscle.



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, spaghetti, bread, boxed cereals, chips, etc.) and replace them with complex carbohydrates in the form of fruits and vegetables. Think about your fruits and vegetables as the key to fresh antioxidants to offset the negative side effects of aerobic exercise. Free radicals are released during respiration – the longer and harder you train, the greater the number produced. Brightly colored fruits and vegetables offset these negative side effects and improve your health and performance from the inside out.

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:** Consume 8 oz of Energy Fuel to top off electrolytes
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy
- ▶ **Diaphragmatic Breathing:** ▶ [Watch](#) – Slow, deep breathing using your diaphragm muscle.



SATURDAY

Bicycle 10-Mile Time Trial – Pacing Assessment + 2-Hour Nap

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 from all muscle groups.

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:** Immediately consume 8-10 oz of Recovery Fuel

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy
- ▶ **Diaphragmatic Breathing:** ▶ [Watch](#) – Slow, deep breathing using your diaphragm muscle.



SUNDAY

MX Speed & Max HR Assessment + 2-Hour Nap

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

Complete Racing Solutions MX: Speed and Maximum Heart Rate Assessment

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:** Immediately consume 8–10 oz of Recovery Fuel

EVENING

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel to top off electrolytes
- ▶ **Foam Roller & TP Therapy:** Soften the muscle and connective tissue, then apply TP therapy
- ▶ **Diaphragmatic Breathing:** ▶ [Watch](#) – Slow, deep breathing using your diaphragm muscle.

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
_____	_____	_____

Rest 10 minutes – stretch head to toe / re-hydrate

5-LAP ELAPSED TIME – INT #2	FASTEST LAP – INT #2	MAX HR – INT #2
_____	_____	_____

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
_____	_____	_____

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

3-LAP ELAPSED TIME – INT #2	FASTEST LAP – INT #2	MAX HR – INT #2
_____	_____	_____

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