

TRAINING PROTOCOL

PHASE 2








WEEK 8 OF 8

ACTIVE RECOVERY – ABSORB THE LAST THREE WEEKS OF TRAINING

PROGRAM Weekend Warrior	PHASE 2	WEEK 8 of 8	FOCUS Active Recovery
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Week 8 is your final Active Recovery week – the week your body absorbs three weeks of enhanced training and converts it into real, lasting gains. Expect Zone 2 pacing blocks midweek, Super Slow Challenge sessions at 20% reduced weight to maintain strength without taxing recovery, and easy MX rides on the weekend paired with 2-hour naps to deepen adaptation. Friday is complete rest. If your waking heart rate is up 4+ beats from last week's average, skip the session and prioritize sleep and food. Recover well and you'll head into the next phase fresher, stronger, and ready to break through.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
 Bike or Row HR Pacing Blocks 60 min – Z2 Only	 Super Slow Challenge 20% Less Weight	 Bike or Row HR Pacing Blocks 60 min – Z2 Only	 Super Slow Challenge 20% Less Weight	 Rest Day Full Recovery	 Free MX Ride + Nap 2 hrs – Z3 or less	 Free MX Ride + Nap 2 hrs – Z3 or less

TRAINING INTENSITY GUIDE

● Blue Zone – HR Zone 2 (Mon/Wed)

Monday and Wednesday workouts are strictly Zone 2. The Bike and Row HR Pacing Blocks alternate between the low and high end of Zone 2 – never exceeding Zone 2. This is your aerobic engine maintenance week.

● Green Zone – Recovery (Sat/Sun)

Saturday and Sunday are free MX rides – no structure, no intervals. Maintain HR Zone 3 or less for the entire ride. Break riding into 15-minute sessions with 15 minutes rest. Simply have fun railing turns or jumping.



MONDAY

Bike or Row HR Pacing Blocks (60 Minutes)

ACTIVE RECOVERY

⚠ **Recovery Check:** If your heart rate is up by **4 or more beats** over last week's average – do not train today. Sleep and eat instead.

Coach's Note: For this workout you will need to know your HR Zone 2 numbers (high and low specific number). This is a pure aerobic maintenance session – stay in Zone 2 the entire time. The goal is to absorb the last three weeks of training and allow your body to fully recover and adapt.

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

MORNING WORKOUT – CHOOSE ONE

Option A – Bike: HR Pacing Blocks (60 Minutes)

WARM-UP (HR ZONE 1)

Duration: 5 min | **Cadence:** 80-85
Small chain ring, middle rear gearing. Stretch and hydrate before main set.

MAIN SET: HR PACING BLOCKS (50 MIN)

Settle into the **low end of HR Z2** and maintain for 8 minutes.
After 8 minutes, increase intensity to the **high end of HR Z2** and maintain for 2 minutes.
After 2 minutes, lower effort back to the lower end of HR Z2.
Repeat for 50 minutes.

COOL-DOWN (HR ZONE 1)

Duration: 5 min | **Cadence:** 85-90
Don't dismount until your heart rate is within HR Zone 1.

HR Zone 2 Only

– OR –

Option B – Row: HR Pacing Blocks (60 Minutes)

WARM-UP (HR ZONE 1)

Duration: 5 min | **Load:** 3

Pull Rate: <25 | Stretch your lower body.

MAIN SET: HR PACING BLOCKS (50 MIN)

Settle into the **low end of HR Z2** and maintain for 8 minutes.
After 8 minutes, increase intensity to the **high end of HR Z2** and maintain for 2 minutes.
After 2 minutes, lower effort back to the lower end of HR Z2.
Repeat for 50 minutes.

COOL-DOWN (HR ZONE 1)

Duration: 5 min | **Load:** 2

Pull Rate: <25 | Stretch from head to toe.

HR Zone 2 Only

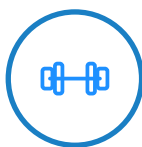
POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

EVENING RECOVERY

- ▶ **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 with the foam roller, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** Strengthen your diaphragm – practice slow, deep breathing using your diaphragm muscle.



TUESDAY

Super Slow Challenge – 20% Less Weight

SSC – RECOVERY LOAD

⚠ **Recovery Check:** If your heart rate is up by **4 or more beats** over last week's average – do not train today. Sleep and eat instead.

Coach's Note: Same exercises as you have been doing for the last three weeks – but with **20% less weight**. You should finish your weight workout feeling fresh (the entire idea about an active recovery week). **Sets: 2 | Repetitions: 6 minimum / 8 maximum.**

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

SUPER SLOW CHALLENGE

Refer to the **Super Slow Challenge spreadsheet** at the bottom of this document for all exercises, videos, and weight tracking fields. Use 20% less weight than last week on all weighted exercises.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel to replace depleted muscle sugar & repair muscle tissue.

EVENING RECOVERY

- ▶ **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 with the foam roller, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** Practice slow, deep breathing using your diaphragm muscle.



WEDNESDAY

Bike or Row HR Pacing Blocks (60 Minutes)

ACTIVE RECOVERY

⚠ Recovery Check: If your heart rate is up by **4 or more beats** over last week's average – do not train today. Sleep and eat instead.

Coach's Note: Same HR Pacing Blocks as Monday – stay in Zone 2 the entire time. Focus on perfect form and diaphragmatic breathing throughout.

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

MORNING WORKOUT – CHOOSE ONE

Option A – Bike: HR Pacing Blocks (60 Minutes)

<p>WARM-UP (HR ZONE 1) Duration: 5 min Cadence: 80–85 Small chain ring, middle rear gearing. Stretch and hydrate before main set.</p>	<p>MAIN SET: HR PACING BLOCKS (50 MIN) Settle into the low end of HR Z2 and maintain for 8 minutes. After 8 minutes, increase intensity to the high end of HR Z2 for 2 minutes. Lower effort back to lower end of HR Z2. Repeat for 50 minutes.</p>	<p>COOL-DOWN (HR ZONE 1) Duration: 5 min Cadence: 85–90 Don't dismount until your heart rate is within HR Zone 1.</p>
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HR Zone 2 Only

– OR –

Option B – Row: HR Pacing Blocks (60 Minutes)

<p>WARM-UP (HR ZONE 1) Duration: 5 min Load: 3 Pull Rate: <25 Stretch your lower body.</p>	<p>MAIN SET: HR PACING BLOCKS (50 MIN) Settle into the low end of HR Z2 and maintain for 8 minutes. After 8 minutes, increase intensity to the high end of HR Z2 for 2 minutes. Lower effort back to lower end of HR Z2. Repeat for 50 minutes.</p>	<p>COOL-DOWN (HR ZONE 1) Duration: 5 min Load: 2 Pull Rate: <25 Stretch from head to toe.</p>
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HR Zone 2 Only

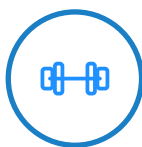
POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

EVENING RECOVERY

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel.
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** Practice slow, deep breathing using your diaphragm muscle.



THURSDAY

Super Slow Challenge – 20% Less Weight

SSC – RECOVERY LOAD

⚠ **Recovery Check:** If your heart rate is up by **4 or more beats** over last week's average – do not train today. Sleep and eat instead.

Coach's Note: Same exercises as Tuesday – **20% less weight**. You should finish feeling fresh. **Sets: 2 | Repetitions: 6 minimum / 8 maximum.**

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

SUPER SLOW CHALLENGE

Refer to the **Super Slow Challenge spreadsheet** at the bottom of this document for all exercises, videos, and weight tracking fields. Use 20% less weight than last week on all weighted exercises.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8–10 oz of Recovery Fuel.

EVENING RECOVERY

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel.
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** Practice slow, deep breathing using your diaphragm muscle.



FRIDAY

Complete Rest Day

FULL RECOVERY

Coach's Note: Most of our biggest frustrations are a result of letting the little things get by us. When we allow ourselves to run behind on our morning schedule, we end up rushing around and creating more work for later. The point here is to step back two or three steps with each frustration you are dealing with to maximize your complete potential. Use today to rest, reflect, and prepare for the weekend rides.

EVENING RECOVERY PROTOCOLS

EVENING RECOVERY

- ▶ **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 with the foam roller, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** Strengthen your diaphragm – practice slow, deep breathing using your diaphragm muscle.



SATURDAY

Free MX Ride (2 Hours) + 2-Hour Nap After Lunch

FREE MX RIDE + NAP

Coach's Note: Break your riding up into **15-minute sessions with 15 minutes rest**. Maintain a HR of Zone 3 or less for your entire time on the track. Refrain from "training" – simply go ride your motorcycle. Have fun railing turns or jumping. Stretch with dynamic movements prior to getting back on the bike.

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

MX Workout – Free Ride (2 Hours Total)

Structure: 15 minutes riding → 15 minutes rest. Repeat for 2 hours total.

Intensity: HR Zone 3 or less – no higher. Wear your heart rate monitor.

Focus: Have fun. Rail turns, jump, work on technique. No structured intervals.

Hydration: Drink Energy Fuel during each rest interval.

HR Zone 3 or Less

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

2-Hour Nap After Lunch

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cool room and strive to get 2-3 hours of sleep. This window of sleep will provide your body the opportunity to release natural growth hormones to begin the recovery process. When you wake up, immediately consume a fruit smoothie and a serving of amino acids.

EVENING RECOVERY PROTOCOLS

EVENING RECOVERY

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel.
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** Practice slow, deep breathing using your diaphragm muscle.



SUNDAY

Free MX Ride (2 Hours) + 2-Hour Nap After Lunch

FREE MX RIDE + NAP

⚠ **Recovery Check:** If your heart rate is up by **4 or more beats** over last week's average – do not train today. Sleep and eat instead.

Coach's Note: Same as Saturday – break your riding up into **15-minute sessions with 15 minutes rest**. Maintain HR Zone 3 or less. Simply go ride your motorcycle and have fun. Research has validated that your pituitary gland releases the greatest amount of hGH during sleep – responsible for rebuilding muscle tissue and improving your strength-to-weight ratio. To ensure you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein and fat.

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

MX Workout – Free Ride (2 Hours Total)

Structure: 15 minutes riding → 15 minutes rest. Repeat for 2 hours total.

Intensity: HR Zone 3 or less – no higher. Wear your heart rate monitor.

Focus: Have fun. Rail turns, jump, work on technique. No structured intervals.

Hydration: Drink Energy Fuel during each rest interval.

HR Zone 3 or Less

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete dynamic movements, static stretches & foam rolling for optimum recovery.
- ▶ **Nutrition:** Immediately consume 8-10 oz of Recovery Fuel.

2-Hour Nap After Lunch

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cool room and strive to get 2-3 hours of sleep. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

EVENING RECOVERY PROTOCOLS

- ▶ **Nutrition:** Consume 8 oz of Energy Fuel.
- ▶ **Foam Roller & TP Therapy:** Soften muscle and connective tissue, then apply TP therapy.
- ▶ **Diaphragmatic Breathing:** Practice slow, deep breathing using your diaphragm muscle.

SUPER SLOW CHALLENGE – SPREADSHEET

Warm-Up: Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter)

EXERCISE	SETS / REPS	DATE	DATE	DATE	DATE
CYCLE ONE					
Single Leg Step onto Bench	2 sets × 6–8 reps (4" up / 4" down)	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____
Abdominal Crunch on Fit Ball w/Weight	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Military Spiders Off Bench	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE TWO					
Single Leg – Good Mornings	2 sets × 6–8 reps (4" up / 4" down)	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____
Pike-Push Ups on Fit Ball	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Side Skaters	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE THREE					
Bicep Curls w/Dumbbells (up to 90°)	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Lat Pull Over – Triceps Extension	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Jump Rope with Eyes Closed	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____

SUPER SLOW CHALLENGE – CONTINUED

EXERCISE	SETS / REPS	DATE	DATE	DATE	DATE
CYCLE FOUR					
Arm & Leg Extension	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Hanging Leg Lifts (Knees to Chest)	2 sets × 6–8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Military Spiders Off Bench	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE FIVE					
Single Leg Push Ups Off of Bench	2 sets × 6–8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Single Leg Shoulder Press	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Side Skaters	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
2000 METER ROWING					
Warm up: 200 meters – Low Intensity (Damper Setting 2)					
1,000 meters at 80–85% effort (Damper Setting 5)		Elapsed Time: _____			
1-minute rest interval 25 push-ups with eyes closed 1-minute rest interval					
1,000 meters at 80–85% effort (Damper Setting 5)		Elapsed Time: _____			
1-minute rest interval 25 push-ups with eyes closed 1-minute rest interval					
BICYCLE SPRINTS					
Warm up: 2 minutes – Low Intensity (Light Load Levels). Then increase load levels to MODERATE.					
4-minute interval at 80–85% effort		Distance Covered: _____			
1-minute rest 25 push-ups with eyes closed 2-minute rest					
4-minute interval at 80–85% effort		Distance Covered: _____			
1-minute rest 25 push-ups with eyes closed 2-minute rest					