

FITNESS PROGRAM • PHASE 5

PHASE 5

WEEK 1 OF 6

RE-EVALUATE YOUR STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM

Fitness

PHASE

5 of 6

WEEK

1 of 6

FOCUS

Assessment

Welcome to Phase 5, Week 1 — your Re-Assessment Week. This week you will repeat the same battery of assessments you completed in Phase 1 Week 1, allowing you to objectively measure your improvements in strength, endurance, and lactate tolerance. Document everything carefully; these numbers become the foundation for your Phase 5 training targets. Pace yourself strategically — your goal is not to go all-out, but to establish a repeatable, honest baseline that reflects your current fitness level.

WEEK AT A GLANCE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Assessment Plyometric Assessment	Row 1000m Time Trials x5	Row or Bike HR Intensity Blocks + Even Tempo	Bike 10-Mile Pacing Assessment	Rest Rest Day + 2- Hr Nap	Row or Bike HR Intensity Blocks + 2-hour Nap	Assessment Push-Pull-Sprint P5 + 2-Hr Nap

INTENSITY GUIDE

■ Blue — HR Zone 2 or Less

Builds your aerobic engine and burns fat as a primary fuel source. Focus on diaphragmatic breathing, relaxed form, and staying below your aerobic threshold.

■ Red — HR Zone 3+

Builds strength, speed and lactate tolerance — burns stored sugar as a primary fuel source. Controlled aggression: push hard but maintain perfect form and deep breathing.



MONDAY

Plyometric Assessment P5 – Establish Strength Baseline

TESTING AM

This is a pure assessment – not a workout. The goal is to record how many reps you can complete in the allotted time per exercise. Download the **Plyometric Assessment P5 spreadsheet** to record all data. Strive to complete at a location you can easily duplicate for future assessments and comparisons. Do not push to failure – controlled, consistent effort only.

PLYOMETRIC ASSESSMENT P5 – STRUCTURE

▲ **PRE-WORKOUT:** Consume 8-10 oz of cold Energy Fuel 10-15 min prior to stabilize blood sugar throughout the entire assessment. Cold fluids absorb faster than warm fluids.

PROTOCOL	DETAILS
Duration per Exercise	30 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 Assessment P5 spreadsheet
Goal	Establish baseline rep counts – these numbers will track your strength progress over 6 weeks

BIKE WARM-UP (FOLLOWING ASSESSMENT)

Following the plyometric assessment, complete a 10-minute easy bike warm-up to flush lactic acid and promote active recovery. Focus on optimum pedal mechanics right from the beginning.

WARM-UP – 10 MIN (HR ZONE 1)

Cadence: 80-90 (no higher/lower)

Gearing: Small chain ring up front, middle rear

Misc: Stretch and hydrate before moving into your main set

FOCUS

Optimum pedal mechanics right from the beginning

Easy, controlled effort – HR Zone 1 only

Monitor HR; do not push beyond Zone 1

PURPOSE

Flush lactic acid from plyometric work

Promote active recovery

Prepare body for tomorrow's row testing

POST-WORKOUT & EVENING PROTOCOLS

FLEXIBILITY

- ▶ Complete dynamic movements, static stretches & foam rolling exercises for optimum recovery.
▶ [Playlist](#)

NUTRITION

- ▶ Immediately consume 8–10 oz of Best Whey Protein to replace depleted muscle sugar and repair muscle tissue.
- ▶ 15 minutes before bed, take your evening supplements with your whey protein smoothie.

EVENING WELLNESS

- ▶ After your shower, grab a tennis, lacrosse or TP ball and work any trigger points in your chest & glutes.
- ▶ **Diaphragmatic Breathing:** 10 min before sleep. ▶ [Watch](#)

▲ NUTRITION SPOTLIGHT: SODIUM & HYDRATION

3–5.5g

Sodium lost/hr

3–4g

Preload 12–24 hrs before

800–1,500mg

Per hr during training

Preload 3–4g sodium 12–24 hrs before a hard workout or race. Consume 800–1,500 mg/hr during training; use a sports drink with 150–200 mg sodium per serving (Energy Fuel: 160 mg/serving). Symptoms of low sodium: dizziness, nausea, vomiting, throbbing headache, swollen hands & bloated stomach.



TUESDAY

Row 1000m Time Trials × 5

ASSESSMENT DAY

Coach's Note: The key to this assessment is to PACE yourself. If you go anaerobic early you will have no choice but to slow down. Begin with a strategy — get stronger as the time transpires (exactly how you should be racing). Document your elapsed time for each 1000m interval and take as much rest as you need between sets. The shorter the rest interval, the more you can complete; however, the quicker you will fatigue — this is where the assessment gets interesting. Use the **Rowing Time Trial Spreadsheet** at the back of this document.

Pre-Hydration & Nutrition: 10–15 minutes prior, consume 8–10 oz of cold Energy Fuel to stabilize blood sugar throughout the assessment. Cold fluids absorb quicker than warm fluids, keeping you properly hydrated.

■ Row: 1000m Time Trials – 5 Intervals

Warm-Up – HR Zone 1: Focus on a straight back, leading with your legs and finishing with your arms coming to your chest.

Load Level: 3 | Distance: 2000m | Pull Rate: less than 25 | Stretch head to toe

Main Set – 5 × 1000m Time Trials: Row each 1000m at your maximum sustainable pace. Record your time for each interval. Rest as needed between intervals (document rest time).

Load Level: 7–10 | Pull Rate: 25–35+ | HR Zone 3–4

Cool-Down – HR Zone 1: Focus on a straight back and leading with your legs.

Load Level: 3 | Distance: 1000m | Pull Rate: less than 25 | Stretch head to toe

INTERVAL 1 TIME

INTERVAL 2 TIME

INTERVAL 3 TIME

INTERVAL 4 TIME

INTERVAL 5 TIME

■ POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** complete dynamic movements, static stretches & foam rolling
- ▶ **Nutrition:** immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar and repair muscle tissue

■ EVENING WELLNESS PROTOCOLS

- ▶ **Hydration:** 24–32 oz water with electrolytes before bed
- ▶ **Nutrition:** balanced dinner with high-quality protein, healthy fats, and complex carbohydrates
- ▶ **Psychology:** [Face Your Fear of Failure](#)



WEDNESDAY

Row HR Intensity Blocks or Even Tempo Bike

BIKE OR ROW

Coach's Note: This workout acclimates your body to staying comfortable while 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-Hydration & Nutrition: 10–15 minutes prior, consume 8–10 oz of cold Energy Fuel to top off both your calories and provide electrolytes for proper muscle contractions.

OPTION A – ROW: HR INTENSITY BLOCKS (40 MINUTES)

WARM-UP – HR ZONE 1

Load Level: 3 | Distance: 2000m
Pull Rate: less than 25
Stretch head to toe

HR Zone 1

MAIN SET – 3 × 10-MIN BLOCKS

Block 1 (10 min): HR Zone 2 upper range (5 beats below top number)

Block 2 (10 min): HR Zone 3 lower range (5 beats above bottom number)

Block 3 (10 min): HR Zone 3 upper range (5 beats below top number)

HR Zone 2–3

COOL-DOWN – HR ZONE 1

Load Level: 2 | Duration: 5 min
Pull Rate: less than 25
Stretch head to toe

HR Zone 1

OPTION B – BIKE: EVEN TEMPO (45 MINUTES)

WARM-UP – HR ZONE 1

Duration: 10 min
Gearing: small chain ring, middle rear
Cadence: 80–85

HR Zone 1

MAIN SET – HR ZONE 2 (30 MIN)

Cadence: 85–95
Stand and stretch every 15 min
Hydrate every 15 min

HR Zone 2

COOL-DOWN – HR ZONE 1

Duration: 5 min
Gearing: easiest combination
Cadence: 85–90

HR Zone 1

■ POST-WORKOUT PROTOCOLS

- ▶ **Flexibility:** complete dynamic movements, static stretches & foam rolling – [▶ Playlist](#)
- ▶ **Nutrition:** immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar and repair muscle tissue

■ EVENING WELLNESS PROTOCOLS

- ▶ **Hydration:** 24–32 oz water with electrolytes before bed
- ▶ **Nutrition:** balanced dinner with high-quality protein, healthy fats, and complex carbohydrates



THURSDAY

Bike 10-Mile Pacing Assessment

ASSESSMENT DAY

Coach's Note: The key to this assessment is to PACE yourself. If you go anaerobic early you will have no choice but to slow down. Begin with a strategy — get stronger as the time transpires. Document your elapsed time at each mile marker. The shorter the rest interval between efforts, the more you can complete; however, the quicker you will fatigue.

Pre-Hydration & Nutrition: 10–15 minutes prior, consume 8–10 oz of cold Energy Fuel to stabilize blood sugar throughout the assessment.

■ Bike: 10-Mile Pacing Assessment

Warm-Up — HR Zone 1: Duration: 10 minutes | Gearing: small chain ring, middle rear | Cadence: 80–85 | Stretch head to toe

Main Set — 10 Miles: Ride 10 miles at your maximum sustainable pace. Record your elapsed time at each mile marker. Maintain HR Zone 3–4 throughout. Focus on consistent cadence (85–95) and diaphragmatic breathing. Gearing: largest chain ring front, middle-to-large rear | Cadence: 85–95 | HR Zone 3–4

Cool-Down — HR Zone 1: Duration: 5 minutes | Gearing: easiest combination | Cadence: 85–90 | Do not dismount until HR is in Zone 1

MILE 1 TIME

MILE 2 TIME

MILE 3 TIME

MILE 4 TIME

MILE 5 TIME

MILE 6 TIME

MILE 7 TIME

MILE 8 TIME

MILE 9 TIME

MILE 10 / TOTAL

■ POST-WORKOUT PROTOCOLS

- **Flexibility:** complete dynamic movements, static stretches & foam rolling — ► [Playlist](#)
- **Nutrition:** immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar and repair muscle tissue

■ EVENING WELLNESS PROTOCOLS

- **Hydration:** 24–32 oz water with electrolytes before bed
- **Nutrition:** balanced dinner with high-quality protein, healthy fats, and complex carbohydrates



FRIDAY

Rest Day + 2-Hour Power Nap

REST DAY + NAP

Coach's Note: 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 from your nap. Eat a large salad topped with high-quality protein to help offset the tearing down of your muscles and associated inflammation. Schedule permitting, take a hot shower and then stretch passively, feeling for any hot spots.

■ 2-Hour Power Nap / Recovery Protocols

Think about this nap as a short cut to the top. The extra two hours of rest and recovery will ensure that your body is getting the necessary hGH (human growth hormone) along with time to simply relax — mentally and physically. You have earned this extra dose of sleep, so take full advantage of it.

■ EVENING WELLNESS PROTOCOLS

- ▶ **Hydration:** 24–32 oz water with electrolytes before bed
- ▶ **Nutrition:** balanced dinner with high-quality protein, healthy fats, and complex carbohydrates
- ▶ **Contrast Therapy:** alternate hot/cold therapy to accelerate recovery and reduce inflammation



SATURDAY

AEROBIC DAY

Row HR Intensity Blocks or Even Tempo Bike + 2-Hour Nap

Coach's Note: Choose the option you did NOT complete on Wednesday. This gives you exposure to both aerobic modalities this week while keeping the volume manageable given the assessment fatigue. Focus on quality movement and staying within the prescribed heart rate zones.

Pre-Hydration & Nutrition: 10–15 minutes prior, consume 8–10 oz of cold Energy Fuel to top off both your calories and provide electrolytes for proper muscle contractions.

OPTION A – ROW: HR INTENSITY BLOCKS (40 MINUTES)

WARM-UP – HR ZONE 1

Load Level: 3 | Distance: 2000m
Pull Rate: less than 25
Stretch head to toe

HR Zone 1

MAIN SET – 3 × 10-MIN BLOCKS

Block 1 (10 min): HR Zone 2 upper range

Block 2 (10 min): HR Zone 3 lower range

Block 3 (10 min): HR Zone 3 upper range

HR Zone 2–3

COOL-DOWN – HR ZONE 1

Load Level: 2 | Duration: 5 min
Pull Rate: less than 25
Stretch head to toe

HR Zone 1

OPTION B – BIKE: EVEN TEMPO (45 MINUTES)

WARM-UP – HR ZONE 1

Duration: 10 min
Gearing: small chain ring, middle rear
Cadence: 80–85

HR Zone 1

MAIN SET – HR ZONE 2 (30 MIN)

Cadence: 85–95
Stand and stretch every 15 min
Hydrate every 15 min

HR Zone 2

COOL-DOWN – HR ZONE 1

Duration: 5 min
Gearing: easiest combination
Cadence: 85–90

HR Zone 1

■ POST-WORKOUT PROTOCOLS

- **Flexibility:** complete dynamic movements, static stretches & foam rolling
- **Nutrition:** immediately consume 8–10 oz Best Whey Protein to replace depleted muscle sugar and repair muscle tissue

■ EVENING WELLNESS PROTOCOLS

Same as previous days.



SUNDAY

Push-Pull-Sprint Assessment P5 + 2-Hr Nap

ASSESSMENT DAY

Coach's Note: The key to this assessment is to PACE yourself. If you go anaerobic early you will have no choice but to slow down. Begin with a strategy — get stronger as the time transpires (exactly how you should be racing). Document how many push-ups and pull-ups you can complete in 1 minute along with your elapsed time for each interval. Take as much rest as you need between sets. The shorter the rest interval, the more you can complete; however, the quicker you will fatigue.

Pre-Hydration & Nutrition: 10–15 minutes prior, consume 8–10 oz of cold Energy Fuel to stabilize blood sugar throughout the assessment.

■ Push-Pull-Sprint Assessment P5

Warm-Up — HR Zone 1: Row 5 minutes at Load Level 3, Pull Rate less than 25. Stretch head to toe.

Main Set — Record in 1 Minute:

- ▶ **Push-Ups:** maximum reps in 1 minute — record count
- ▶ **Pull-Ups:** maximum reps in 1 minute — record count
- ▶ **Sprint Intervals:** document elapsed time for each sprint interval; rest as needed between sets

Please download the Complete Racing Solutions **Push-Pull-Sprint P5 Spreadsheet** for this effort.

PUSH-UPS (1 MIN)

PULL-UPS (1 MIN)

SPRINT 1 TIME

SPRINT 2 TIME

SPRINT 3 TIME

■ 2-Hour Power Nap / Recovery Protocols

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 help offset the tearing down of your muscles and associated inflammation. Schedule permitting, take a hot shower and then stretch passively, feeling for any hot spots.

■ POST-WORKOUT AND EVENING PROTOCOLS

Same as previous days.



ROW: 1000M TIME TRIALS

ASSESSMENT

Phase 5 Assessment — 5 Intervals | Record elapsed time for each 1000m

Warm-Up	HR Zone 1 — 2000m Easy Row Load Level: 3 Pull Rate: <25 Stretch head to toe HR Zone 1
Interval 1	1000m Time Trial — Maximum Sustainable Pace Load Level: 7-10 Pull Rate: 25-35+ HR Zone 3-4 HR Zone 3-4 Time: _____ Avg Split: _____ Avg HR: _____ Rest Time: _____
Interval 2	1000m Time Trial — Maximum Sustainable Pace Load Level: 7-10 Pull Rate: 25-35+ HR Zone 3-4 HR Zone 3-4 Time: _____ Avg Split: _____ Avg HR: _____ Rest Time: _____
Interval 3	1000m Time Trial — Maximum Sustainable Pace Load Level: 7-10 Pull Rate: 25-35+ HR Zone 3-4 HR Zone 3-4 Time: _____ Avg Split: _____ Avg HR: _____ Rest Time: _____
Interval 4	1000m Time Trial — Maximum Sustainable Pace Load Level: 7-10 Pull Rate: 25-35+ HR Zone 3-4 HR Zone 3-4 Time: _____ Avg Split: _____ Avg HR: _____ Rest Time: _____
Interval 5	1000m Time Trial — Maximum Sustainable Pace Load Level: 7-10 Pull Rate: 25-35+ HR Zone 3-4 HR Zone 3-4 Time: _____ Avg Split: _____ Avg HR: _____ Rest Time: _____
Warm-Down	HR Zone 1 — 1000m Easy Row Load Level: 3 Pull Rate: <25 Stretch head to toe HR Zone 1 Total Assessment Time: _____ Best Interval: _____