

FITNESS PROGRAM

PHASE 5 / WEEK 2 OF 6

RACE SPECIFIC SPEED, STRENGTH & ENDURANCE

PROGRAM

Fitness

PHASE

5

WEEK

2 of 6

FOCUS

Speed + Strength

Week 2 introduces the full Fitness Phase 5 training load. You will combine Combo Weight Workouts (40-second sets) on Tuesday, Thursday, and Saturday with aerobic rowing and cycling sessions mid-week. Friday is a double cardio session. The key this week is consistency — hit your HR zones, complete your sets with proper form, and protect your recovery with quality nutrition and the Saturday nap. The data from Week 1 assessments now guides your target intensity numbers.

WEEK AT A GLANCE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Rest Day Recovery	Combo Weight 40 sec / 2 sets AM	Row or Bike HR Blocks or Even Tempo	Combo Weight 40 sec / 2 sets AM	Row or Bike Intervals	Combo Weight 40 sec + Nap	Row or Bike HR Blocks or Even Tempo

INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Builds your aerobic engine. Burns fat as a primary fuel source. You should be able to sing or talk without any problem. Effort feels comfortable and controlled throughout.

● HR Zone 3+ – Red Workouts

Builds your strength, speed & lactate tolerance. Burns stored sugar as a primary fuel source. Near-maximum effort — breathing is labored, conversation is not possible.



MONDAY

Complete Rest Day – Recovery

RECOVERY

Complete Rest Day

Taking an honest look at your body's ability to adapt to stress is going to yield huge dividends to your training efforts. If you are sleeping deeply and for long periods of time, your body is getting adequate quality fat, protein and carbohydrates. Deep and high-quality sleep will provide your body the elements it needs to re-build muscle tissue quickly and minimize residual muscle soreness.

EVENING PROTOCOLS

EVENING

- ▶ **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ▶ [Watch](#)
- ▶ **Foam Roller & Trigger Point:** Soften muscle and connective tissue. ▶ [Watch](#)
- ▶ **Psychology:** [Face Your Fear of Failure](#) – Watch in a place with zero distractions for the full 10 minutes.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



TUESDAY

Combo Weight Workout – Muscular Endurance (Morning)

STRENGTH

Workout Notes: These exercises are familiar with a longer duration. Focus on consistent speed of lift through the entire range of motion. Complete **2 sets** of each exercise at **40 seconds** per set (unless otherwise noted). No rest between exercises within a cycle; **1 minute rest** between cycles.

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of cold Energy Fuel**.

WARM-UP

EASY ROW OR SPIN ON BIKE – 10 MINUTES

Gradual warm-up to get blood flow into all working muscles.

Full body stretch from head to toe before beginning exercises. ► [Full Body Stretch Playlist](#)

COMBO WEIGHT WORKOUT – CYCLE 1

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
1	Marching Bridge	2 × 40 sec <i>Each leg</i>	R: ____ / L: ____	R: ____ / L: ____
2	Low Back Extension off Fit Ball	2 × 40 sec	---	---
3	Single Leg Step Up with Weight	2 × 40 sec <i>Each leg</i>	Wt: ____ Reps: ____	Wt: ____ Reps: ____

COMBO WEIGHT WORKOUT – CYCLE 2

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
4	Hanging Abdominal Knee Raises	2 × 40 sec <i>Goal: 8 reps</i>	---	---
5	Chest Fly with Pause on Fit Ball	2 × 40 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____
6	2-Legged Box Hops	2 × 60 sec	---	---

COMBO WEIGHT WORKOUT – CYCLE 3

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
7	Flat Bench Press on Fit Ball	2 × 40 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____
8	Hamstring Press with Extension on Fit Ball	2 × 40 sec	____	____
9	Push Up – Knee to Shoulder	2 × 40 sec	____	____
10	Bicep 14's	2 × 40 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____

COMBO WEIGHT WORKOUT – CYCLE 4

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
11	Abdominal Criss Cross	2 × 40 sec	____	____
12	Single Leg Push Ups	2 × 40 sec	____	____
13	Abdominal Open Rotation	2 × 40 sec	____	____
14	Abdominal Hip Risers	2 × 40 sec <i>Each side</i>	R: ____ / L: ____	R: ____ / L: ____

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- **Flexibility:** Complete an entire stretch routine for hips, hamstrings, quads and calves. ► [Stretch Playlist](#)
- **Nutrition:** Immediately consume 8-10 oz Best Whey Protein to shorten your recovery window and replace depleted muscle sugar.

EVENING

- **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ► [Watch](#)
- **Nutrition:** High-quality smoothie 30 min before bed.



WEDNESDAY

AEROBIC

Row HR Intensity Blocks (60–70 min) OR Even Tempo Bike (90 min)

OPTION A – CRS ROW: HR INTENSITY BLOCKS (60-70 MINUTES)

Workout Notes: This workout will acclimate 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-Workout:** 10–15 minutes prior, consume **8–10 oz of cold Energy Fuel.**

WARM-UP (HR ZONE 1)

Load Level: 3 | **Distance:** 2,000m | **Pull Rate:** 20–25

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

HR ZONE 1

MAIN SET #1 – 5 × 1,000M

Load Level: 7 | **Pull Rate:** 25–35

Pick up the pace every 200m up to HR Zone 3 (no higher).

UP TO HR ZONE 3

TRANSITION SET – 1,000M

HR Zone 2 – stretch and rehydrate as necessary.

HR ZONE 2

MAIN SET #2 – 5 × 1,000M

Load Level: 7 | **Pull Rate:** 25+
HR Zone 3 (no higher or lower) –
500m Active Recovery: HR Zone 2 or less (no higher).

HR ZONE 3

COOL-DOWN (HR ZONE 1)

Load Level: 3 | **Distance:** 1,000m |
Pull Rate: Less than 25

Focus on straight back, leading with legs. Stretch from head to toe.

HR ZONE 1

OPTION B – CRS BIKE: EVEN TEMPO (90 MINUTES)

Workout Notes: For this workout you will need to know your HR Zone 2 numbers (high and low specific number). Keep your cadence between 85–95, focusing on optimized pedal mechanics. Stand up and stretch your hamstrings, quads, calves and lower back every 15 minutes. Hydrate to maintain your blood sugar levels every 15 minutes.

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of cold Energy Fuel.**

WARM-UP (10 MIN – HR ZONE 1)

Gearing: Small chain ring front, middle rear | **Cadence:** 80–85
Stretch and hydrate before moving into main set.

HR ZONE 1

MAIN PERFORMANCE BLOCK (75 MIN – HR ZONE 2)

Keep cadence 85–95. Stand and stretch every 15 min. Hydrate every 15 min.

HR ZONE 2

COOL-DOWN (5 MIN – HR ZONE 1)

Cadence: 85–90 | Don't dismount until HR is within Zone 1.

HR ZONE 1

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- **Flexibility:** Complete an entire stretch routine for hips, hamstrings, quads and calves. ► [Stretch Playlist](#)
- **Nutrition:** Immediately consume **8–10 oz Best Whey Protein**.

EVENING

- **Nutrition:** High-quality smoothie 30 min before bed.



THURSDAY

Combo Weight Workout – Muscular Endurance (Morning)

STRENGTH

Workout Notes: Same structure as Tuesday – 2 sets at 40 seconds per exercise, no rest between exercises within a cycle, 1 minute rest between cycles. Focus on matching or improving your rep counts from Tuesday. [

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of cold Energy Fuel.**

WARM-UP

EASY ROW OR SPIN ON BIKE – 10 MINUTES

Gradual warm-up to get blood flow into all working muscles.

Full body stretch from head to toe before beginning exercises. ► [Full Body Stretch Playlist](#)

COMBO WEIGHT WORKOUT – CYCLE 1

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
1	Marching Bridge	2 × 40 sec Each leg	R: ____ / L: ____	R: ____ / L: ____
2	Low Back Extension off Fit Ball	2 × 40 sec	____	____
3	Single Leg Step Up with Weight	2 × 40 sec Each leg	Wt: ____ Reps: ____	Wt: ____ Reps: ____

COMBO WEIGHT WORKOUT – CYCLE 2

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
4	Hanging Abdominal Knee Raises	2 × 40 sec Goal: 8 reps	____	____
5	Chest Fly with Pause on Fit Ball	2 × 40 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____
6	2-Legged Box Hops	2 × 60 sec	____	____

COMBO WEIGHT WORKOUT – CYCLE 3

Exercise		Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
7	Flat Bench Press on Fit Ball	2 × 40 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____
8	Hamstring Press with Extension on Fit Ball	2 × 40 sec	____	____
9	Push Up – Knee to Shoulder	2 × 40 sec	____	____
10	Bicep 14's	2 × 40 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____

COMBO WEIGHT WORKOUT – CYCLE 4

Exercise		Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
11	Abdominal Criss Cross	2 × 40 sec	____	____
12	Single Leg Push Ups	2 × 40 sec	____	____
13	Abdominal Open Rotation	2 × 40 sec	____	____
14	Abdominal Hip Risers	2 × 40 sec <i>Each side</i>	R: ____ / L: ____	R: ____ / L: ____

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- **Flexibility:** Complete an entire stretch routine for hips, hamstrings, quads and calves. ► [Stretch Playlist](#)
- **Nutrition:** Immediately consume 8-10 oz Best Whey Protein.

EVENING

- **Nutrition:** High-quality smoothie 30 min before bed.



FRIDAY

Row HR Intensity Blocks (55 min) or Bike HR Intervals (75 min)

DOUBLE SESSION

OPTION A – CRS ROW: HR INTENSITY BLOCKS (55 MINUTES)

Workout Notes: For maximum productivity, pay close attention to your intensity levels throughout. Your awareness of what each intensity level “feels” like increases your familiarity with the intensity and associated speed. This awareness also provides feedback on how long you can maintain the various intensity levels – keep in mind the inverse relationship of volume and intensity.

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of cold Energy Fuel.**

WARM-UP (5 MIN – HR ZONE 1)

Load Level: 3 | **Pull Rate:** Less than 25

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

HR ZONE 1

MAIN SET #1 (45 MIN – PROGRESSIVE HR)

Load Level: 7 | **Pull Rate:** 25–35

Have HR Zones visible. Settle into each zone quickly with perfect form and deep breathing.

• **15 min:** Upper range of HR Zone 2 (5 beats below top number)

• **15 min:** Lower range of HR Zone 3 (5 beats above low number)

• **15 min:** Upper range of HR Zone 3 (5 beats below top number)

HR ZONE 2

HR ZONE 3

COOL-DOWN (5 MIN – HR ZONE 1)

Load Level: 2 | **Pull Rate:** Less than 25 | Stretch from head to toe.

HR ZONE 1

OPTION B – CRS BIKE: HEART RATE INTERVALS (75 MINUTES)

Workout Notes: For this workout you will need your HR zone numbers specific to HR Zone 2 and Zone 3. The interval doesn’t begin until you get within the indicated HR zone numbers. Be aggressive without going anaerobic.

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of cold Energy Fuel.**

WARM-UP (10 MIN – HR ZONE 1)

Gearing: Small chain ring front, middle rear | **Cadence:** 80–85
Stretch and hydrate before moving into main set.

HR ZONE 1

MAIN PERFORMANCE BLOCK (60 MIN – HR ZONE 3–4)

The interval doesn't begin until you get into HR Zone 3 – be aggressive but in total control.

- **5 min:** High end of HR Zone 4 – aggressive but controlled (focus on belly breathing)
- **10 min:** Low end of HR Zone 2 – active recovery; stretch and hydrate as necessary

Repeat 4 times for a total of 60 minutes of work.

HR ZONE 4

HR ZONE 2 RECOVERY

COOL-DOWN (5 MIN – HR ZONE 1)

Cadence: 85–90 | Don't dismount until HR is within Zone 1.

HR ZONE 1

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Complete an entire stretch routine for hips, hamstrings, quads and calves. ▶ [Stretch Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Best Whey Protein.

EVENING

- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



SATURDAY

Combo Weight Workout – Muscular Endurance + 2-Hour Power Nap

STRENGTH + NAP

Workout Notes: Third and final Combo Weight Workout of the week. Focus on maintaining the same quality of movement as Tuesday and Thursday despite accumulated fatigue. Complete **2 sets** at **40 seconds** per exercise.

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of cold Energy Fuel**.

WARM-UP

EASY ROW OR SPIN ON BIKE – 10 MINUTES

Gradual warm-up to get blood flow into all working muscles.

Full body stretch from head to toe before beginning exercises. ► [Full Body Stretch Playlist](#)

COMBO WEIGHT WORKOUT – CYCLE 1

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
1	Marching Bridge	2 × 40 sec <i>Each leg</i>	R: ____ / L: ____	R: ____ / L: ____
2	Low Back Extension off Fit Ball	2 × 40 sec	---	---
3	Single Leg Step Up with Weight	2 × 40 sec <i>Each leg</i>	Wt: ____ Reps: ____	Wt: ____ Reps: ____

COMBO WEIGHT WORKOUT – CYCLE 2

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
4	Hanging Abdominal Knee Raises	2 × 40 sec <i>Goal: 8 reps</i>	---	---
5	Chest Fly with Pause on Fit Ball	2 × 40 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____
6	2-Legged Box Hops	2 × 60 sec	---	---

COMBO WEIGHT WORKOUT – CYCLE 3

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
7	Flat Bench Press on Fit Ball	2 × 40 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____
8	Hamstring Press with Extension on Fit Ball	2 × 40 sec	____	____
9	Push Up – Knee to Shoulder	2 × 40 sec	____	____
10	Bicep 14's	2 × 40 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____

COMBO WEIGHT WORKOUT – CYCLE 4

	Exercise	Sets / Duration	Set #1 Reps/Wt	Set #2 Reps/Wt
11	Abdominal Criss Cross	2 × 40 sec	____	____
12	Single Leg Push Ups	2 × 40 sec	____	____
13	Abdominal Open Rotation	2 × 40 sec	____	____
14	Abdominal Hip Risers	2 × 40 sec <i>Each side</i>	R: ____ / L: ____	R: ____ / L: ____

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- **Flexibility:** Complete an entire stretch routine for hips, hamstrings, quads and calves. ► [Stretch Playlist](#)
- **Nutrition:** Immediately consume **8–10 oz Best Whey Protein** to shorten your recovery window and replace depleted muscle sugar.

2-Hour Power Nap

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 PROTOCOLS

EVENING

- **Flexibility:** Upper and lower body trigger point, foam rolling, and stretching. ► [Watch](#)
- **Nutrition:** High-quality smoothie 30 min before bed.



SUNDAY

AEROBIC

Row HR Intensity Blocks (60–70 min) OR Even Tempo Bike (90 min) + 2-Hour Nap

Workout Notes: 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 accumulated fatigue. Focus on quality movement and staying within the prescribed heart rate zones.

OPTION A – CRS ROW: HR INTENSITY BLOCKS (60-70 MINUTES)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of cold Energy Fuel.**

WARM-UP (HR ZONE 1)

Load Level: 3 | **Distance:** 2,000m | **Pull Rate:** 20–25

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

HR ZONE 1

MAIN SET #1 – 5 × 1,000M

Load Level: 7 | **Pull Rate:** 25–35

Pick up the pace every 200m up to HR Zone 3 (no higher).

UP TO HR ZONE 3

TRANSITION SET – 1,000M

HR Zone 2 – stretch and rehydrate as necessary.

HR ZONE 2

MAIN SET #2 – 5 × 1,000M

Load Level: 7 | **Pull Rate:** 25+
HR Zone 3 (no higher or lower) –
500m Active Recovery: HR Zone 2 or less.

HR ZONE 3

COOL-DOWN (HR ZONE 1)

Load Level: 3 | **Distance:** 1,000m |
Pull Rate: Less than 25
Stretch from head to toe.

HR ZONE 1

OPTION B – CRS BIKE: EVEN TEMPO (90 MINUTES)

▲ **Pre-Workout:** 10–15 minutes prior, consume **8–10 oz of cold Energy Fuel.**

WARM-UP (10 MIN – HR ZONE 1)

Gearing: Small chain ring front, middle rear | **Cadence:** 80–85
Stretch and hydrate before moving into main set.

HR ZONE 1

MAIN PERFORMANCE BLOCK (75 MIN – HR ZONE 2)

Keep cadence 85–95. Stand and stretch every 15 min. Hydrate every 15 min.

HR ZONE 2

COOL-DOWN (5 MIN – HR ZONE 1)

Cadence: 85–90 | Don't dismount until HR is within Zone 1.

HR ZONE 1

POST-WORKOUT & EVENING PROTOCOLS

Same as previous days.