

FITNESS PROGRAM

PHASE 5 / WEEK 3 OF 6

RACE SPECIFIC SPEED, STRENGTH & ENDURANCE

PROGRAM

Fitness

PHASE

5

WEEK

3 of 6

FOCUS

Speed + Strength

Week 3 builds on the foundation established in Week 2. The Combo Weight Workouts continue at 40 seconds per set across Tuesday, Thursday, and Saturday. Wednesday and Saturday introduce Explosive Power Intervals – short, high-intensity efforts designed to develop your fast-twitch muscle recruitment and lactate tolerance. Friday and Sunday are aerobic recovery sessions. Use your Week 1 assessment data to guide your target HR zones throughout the week.

WEEK AT A GLANCE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Rest Day Recovery	Combo Weight 40 sec / 2 sets AM	Row or Bike + Core AM Explosive Power	Combo Weight 40 sec / 2 sets AM	Bike or Row Even Tempo 60 min	Row or Bike + Core AM Power	Bike or Row Even Tempo 60 min

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:** [Difference Between Anabolic or Catabolic](#) – 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: 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

Explosive Power Intervals – Row (40–50 min) OR Bike (45 min) + Core

POWER + CORE

OPTION A – CRS ROW: EXPLOSIVE POWER INTERVALS (40-50 MINUTES)

Workout Notes: These short, explosive intervals are designed to recruit your fast-twitch muscle fibers and push your lactate threshold. Each work interval should be at maximum sustainable effort. Focus on explosive leg drive and a strong pull through the finish. Allow full recovery between intervals so each effort is at peak power.

▲ **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 head to toe.

HR ZONE 1

MAIN SET – 8 × 250M EXPLOSIVE INTERVALS

Load Level: 8–10 | **Pull Rate:** 30–36
Maximum effort each interval. **2 min active recovery** (HR Zone 1) between each interval.

HR ZONE 4–5

COOL-DOWN (HR ZONE 1)

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

Stretch from head to toe. Do not skip the cool-down.

HR ZONE 1

OPTION B – CRS BIKE: EXPLOSIVE POWER INTERVALS (45 MINUTES)

Workout Notes: These intervals are designed to develop your explosive power and lactate tolerance on the bike. Each sprint should be at maximum effort. Use a gear that allows you to spin at 100+ RPM during the sprint. Full recovery between intervals is essential.

▲ **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 SET – 8 × 30-SECOND SPRINTS

Maximum effort each sprint. **2 min active recovery** (HR Zone 1) between each sprint. Cadence 100+ RPM during sprint.

HR ZONE 4–5

COOL-DOWN (5 MIN – HR ZONE 1)

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

HR ZONE 1

CORE WORK (IMMEDIATELY FOLLOWING POWER INTERVALS)

Complete 2 sets each x 30 seconds

[Open Abdominals](#)

[Hanging Leg Lifts](#)

[Push Ups & Knee to Chest](#)

[Pike – Side to Side Steps](#)

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 <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.

EVENING

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



FRIDAY

Even Tempo – Bike (60 min) OR Row (60 min) + 2-Hour Nap

AEROBIC

Workout Notes: Choose either the bike or the row for today's aerobic session. This is a steady-state aerobic session designed to flush metabolic waste from Wednesday's power intervals and Thursday's weight workout. Stay in HR Zone 2 throughout. Do not push into Zone 3.

OPTION A – CRS BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (60 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 (45 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

OPTION B – CRS ROW: EVEN TEMPO (60 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. Stretch from head to toe.

HR ZONE 1

MAIN PERFORMANCE BLOCK (45 MIN – HR ZONE 2)

Load Level: 5–6 | **Pull Rate:** 22–28
Steady-state aerobic effort. Stay in HR Zone 2 throughout.

HR ZONE 2

COOL-DOWN (HR ZONE 1)

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

HR ZONE 1

POST-WORKOUT & EVENING PROTOCOLS

Same as previous days.



SATURDAY

Explosive Power Intervals – Row (40–50 min) OR Bike (45 min) + Core

POWER + CORE

OPTION A – CRS ROW: EXPLOSIVE POWER INTERVALS (40-50 MINUTES)

Workout Notes: These short, explosive intervals are designed to recruit your fast-twitch muscle fibers and push your lactate threshold. Each work interval should be at maximum sustainable effort. Focus on explosive leg drive and a strong pull through the finish. Allow full recovery between intervals so each effort is at peak power.

▲ **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 head to toe.

HR ZONE 1

MAIN SET – 8 × 250M EXPLOSIVE INTERVALS

Load Level: 8–10 | **Pull Rate:** 30–36
Maximum effort each interval. **2 min active recovery** (HR Zone 1) between each interval.

HR ZONE 4–5

COOL-DOWN (HR ZONE 1)

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

Stretch from head to toe. Do not skip the cool-down.

HR ZONE 1

OPTION B – CRS BIKE: EXPLOSIVE POWER INTERVALS (45 MINUTES)

Workout Notes: These intervals are designed to develop your explosive power and lactate tolerance on the bike. Each sprint should be at maximum effort. Use a gear that allows you to spin at 100+ RPM during the sprint. Full recovery between intervals is essential.

▲ **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 SET – 8 × 30-SECOND SPRINTS

Maximum effort each sprint. **2 min active recovery** (HR Zone 1) between each sprint. Cadence 100+ RPM during sprint.

HR ZONE 4–5

COOL-DOWN (5 MIN – HR ZONE 1)

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

HR ZONE 1

CORE WORK (IMMEDIATELY FOLLOWING POWER INTERVALS)

Complete 2 sets each x 30 seconds

[Open Abdominals](#)

[Hanging Leg Lifts](#)

[Push Ups & Knee to Chest](#)

[Pike – Side to Side Steps](#)

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.



SUNDAY

Even Tempo – Bike (60 min) OR Row (60 min) + 2-Hour Nap

AEROBIC + NAP

Workout Notes: Choose the option you did NOT complete on Friday. This gives you exposure to both aerobic modalities this week. Stay in HR Zone 2 throughout. The 2-hour nap after this session is critical for recovery heading into Week 4.

OPTION A – CRS BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (60 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 (45 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

OPTION B – CRS ROW: EVEN TEMPO (60 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. Stretch from head to toe.

HR ZONE 1

MAIN PERFORMANCE BLOCK (45 MIN – HR ZONE 2)

Load Level: 5–6 | **Pull Rate:** 22–28
Steady-state aerobic effort. Stay in HR Zone 2 throughout.

HR ZONE 2

COOL-DOWN (HR ZONE 1)

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

HR ZONE 1

2-Hour Power Nap

This nap is your secret weapon heading into Week 4. The additional recovery time will maximize your hGH release, accelerate muscle repair, and ensure you arrive at Monday's rest day already ahead of the recovery curve. Take full advantage of this time.

POST-WORKOUT & EVENING PROTOCOLS

Same as previous days.