



FITNESS PROGRAM

PHASE 5 / WEEK 4 OF 6

PEAK INTENSITY – RACE SPECIFIC SPEED, STRENGTH & ENDURANCE

PROGRAM

Fitness

PHASE

5

WEEK

4 of 6

FOCUS

Peak Intensity

Week 4 is the peak intensity week of Phase 5. The Combo Weight Workouts increase to **60 seconds** per set across Tuesday, Thursday, and Saturday. Wednesday and Saturday introduce **Pacing Intervals** – structured 5-minute effort blocks designed to develop your race-specific lactate threshold. Friday and Sunday are aerobic recovery sessions. Sunday adds an afternoon Even Tempo session. Use your Week 1 assessment data to guide your target HR zones and push to beat your Week 3 numbers.

WEEK AT A GLANCE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Rest Day Recovery	Combo Weight 60 sec / 2 sets AM	Pacing Intervals	Combo Weight 60 sec / 2 sets AM	Pacing Intervals	Combo Weight 60 sec + Nap	Even Tempo + Nap

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

Week 4 is your peak intensity week. Starting it with a full day of rest is not optional – it is strategic. Your body needs this time to complete the repair cycle from last week before you push to new limits. Focus on hydration, quality nutrition, and sleep tonight.

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:** [What is Contrast Therapy](#) – Watch in a place with zero distractions for the full 10 minutes.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



TUESDAY

Combo Weight Workout – Peak Muscular Endurance (Morning)

STRENGTH

Workout Notes: Duration increases to **60 seconds** per set this week. Complete **2 sets** of each exercise. No rest between exercises within a cycle; **1 minute rest** between cycles. Your goal is to beat your Week 3 rep counts at the same or higher weight.

▲ **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 × 60 sec <i>Each leg</i>	R: ____ / L: ____	R: ____ / L: ____
2	Low Back Extension off Fit Ball	2 × 60 sec	---	---
3	Single Leg Step Up with Weight	2 × 60 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 × 60 sec <i>Goal: 8 reps</i>	---	---
5	Chest Fly with Pause on Fit Ball	2 × 60 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 × 60 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____
8	Hamstring Press with Extension on Fit Ball	2 × 60 sec	____	____
9	Push Up – Knee to Shoulder	2 × 60 sec	____	____
10	Bicep 14's	2 × 60 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 × 60 sec	____	____
12	Single Leg Push Ups	2 × 60 sec	____	____
13	Abdominal Open Rotation	2 × 60 sec	____	____
14	Abdominal Hip Risers	2 × 60 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

Pacing Intervals – Row (70 min) OR Bike (70 min) + Core

PACING + CORE

OPTION A – CRS ROW: PACING INTERVALS (70 MINUTES)

Workout Notes: Pacing intervals develop your ability to sustain a high, consistent effort over time – the exact demand of a moto. Each 5-minute work block should be at a controlled HR Zone 3 effort. The 5-minute recovery between blocks allows partial recovery so you can repeat the effort. Focus on consistent split times across all intervals.

▲ **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 – 5 × (5 MIN ON / 5 MIN OFF)

Load Level: 7–8 | **Pull Rate:** 26–30
| **Recovery:** Load Level 3, Pull Rate 20–22

Maintain consistent split times across all 5 intervals. Record your 500m split for each interval.

HR ZONE 3

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: PACING INTERVALS (70 MINUTES)

Workout Notes: Same pacing interval structure on the bike. Each 5-minute work block at HR Zone 3 with 5-minute active recovery. Focus on maintaining the same cadence and power output across all intervals.

▲ **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 – 5 × (5 MIN ON / 5 MIN OFF)

Cadence: 90–100 during work intervals | **Recovery:** 75–80 cadence, HR Zone 1

Maintain consistent effort across all 5 intervals. Record your average HR for each interval.

HR ZONE 3

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 – Peak Muscular Endurance (Morning)

STRENGTH

Workout Notes: Same structure as Tuesday – 2 sets at **60 seconds** per exercise, no rest between exercises within a cycle, 1 minute rest between cycles. Focus on matching or improving your Tuesday rep counts. [

▲ **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 × 60 sec <i>Each leg</i>	R: ____ / L: ____	R: ____ / L: ____
2	Low Back Extension off Fit Ball	2 × 60 sec	---	---
3	Single Leg Step Up with Weight	2 × 60 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 × 60 sec <i>Goal: 8 reps</i>	---	---
5	Chest Fly with Pause on Fit Ball	2 × 60 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 × 60 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____
8	Hamstring Press with Extension on Fit Ball	2 × 60 sec	____	____
9	Push Up – Knee to Shoulder	2 × 60 sec	____	____
10	Bicep 14's	2 × 60 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 × 60 sec	____	____
12	Single Leg Push Ups	2 × 60 sec	____	____
13	Abdominal Open Rotation	2 × 60 sec	____	____
14	Abdominal Hip Risers	2 × 60 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

Pacing Intervals – Row (70 min) OR Bike (70 min) + Core

PACING + CORE

OPTION A – CRS ROW: PACING INTERVALS (70 MINUTES)

Workout Notes: Complete which ever workout you didn't complete on Wednesday. Pacing intervals develop your ability to sustain a high, consistent effort over time – the exact demand of a moto. Each 5-minute work block should be at a controlled HR Zone 3 effort. The 5-minute recovery between blocks allows partial recovery so you can repeat the effort. Focus on consistent split times across all intervals.

▲ **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 – 5 × (5 MIN ON / 5 MIN OFF)

Load Level: 7–8 | **Pull Rate:** 26–30
| **Recovery:** Load Level 3, Pull Rate 20–22

Maintain consistent split times across all 5 intervals. Record your 500m split for each interval.

HR ZONE 3

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: PACING INTERVALS (70 MINUTES)

Workout Notes: Same pacing interval structure on the bike. Each 5-minute work block at HR Zone 3 with 5-minute active recovery. Focus on maintaining the same cadence and power output across all intervals.

▲ **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 – 5 × (5 MIN ON / 5 MIN OFF)

Cadence: 90–100 during work intervals | **Recovery:** 75–80 cadence, HR Zone 1

Maintain consistent effort across all 5 intervals. Record your average HR for each interval.

HR ZONE 3

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.



SATURDAY

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

STRENGTH + NAP

Workout Notes: Third and final Combo Weight Workout of the week at peak duration. Complete **2 sets** at **60 seconds** per exercise. Focus on maintaining quality movement despite accumulated fatigue. This is your last strength session before the recovery nap.

▲ **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. ► [Concept 2 Setup Video](#)

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 × 60 sec <i>Each leg</i>	R: ____ / L: ____	R: ____ / L: ____
2	Low Back Extension off Fit Ball	2 × 60 sec	---	---
3	Single Leg Step Up with Weight	2 × 60 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 × 60 sec <i>Goal: 8 reps</i>	---	---
5	Chest Fly with Pause on Fit Ball	2 × 60 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 × 60 sec	Wt: ____ Reps: ____	Wt: ____ Reps: ____
8	Hamstring Press with Extension on Fit Ball	2 × 60 sec	____	____
9	Push Up – Knee to Shoulder	2 × 60 sec	____	____
10	Bicep 14's	2 × 60 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 × 60 sec	____	____
12	Single Leg Push Ups	2 × 60 sec	____	____
13	Abdominal Open Rotation	2 × 60 sec	____	____
14	Abdominal Hip Risers	2 × 60 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](#)
- **Psychology:** [What is Contrast Therapy](#) – Watch with zero distractions.
- **Nutrition:** High-quality smoothie 30 min before bed.



SUNDAY

AEROBIC + NAP

Even Tempo – Bike (70 min) OR Row Incremental Pacing (70 min) + 2-Hour Nap

Workout Notes: Choose the option you did NOT complete on Friday. This is a longer aerobic session than Friday – 70 minutes to build your aerobic base heading into Week 5. Stay in HR Zone 2 throughout. The 2-hour nap after this session is critical for recovery.

OPTION A – CRS BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (70 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

HR ZONE 1

MAIN PERFORMANCE BLOCK (55 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: INCREMENTAL PACING (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

HR ZONE 1

MAIN PERFORMANCE BLOCK – INCREMENTAL PACING (55 MIN)

Every 10 minutes, increase your pace by 1 second per 500m split. Start at a comfortable Zone 2 pace and build progressively. Record your 500m split at each 10-min mark.

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 5. 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.