

FITNESS PROGRAM

PHASE 5 / WEEK 6 OF 6

ACTIVE RECOVERY

PROGRAM

Fitness

PHASE

5

WEEK

6 of 6

FOCUS

Active Recovery

Week 6 is your Active Recovery week, concluding Phase 5. After the intense muscular endurance and threshold pacing work of the previous weeks, this week removes all weight training to allow your muscles and central nervous system to fully recover and rebuild. The cardio sessions focus on Even Tempo (Zone 2) and Fragmented Intervals on the bike to maintain aerobic capacity while actively flushing out metabolic waste. Use the two complete rest days (Monday and Friday) to prioritize sleep, hydration, and nutrition.

WEEK AT A GLANCE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Rest Day Recovery	Bike + Core Even Tempo - 40 min.	Bike + Core Fragmented - 45 min	Bike + Core Even Tempo - 40 min.	Rest Day Recovery	Bike + Nap Frag. Intervals	Bike + Nap Frag. Intervals

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

Welcome to Active Recovery week. The goal this week is to let your body absorb the training load from the past five weeks. Starting with a full day of rest is essential. 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:** [The Importance of Consuming Enough Fluids](#) – Watch in a place with zero distractions.
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



TUESDAY

Even Tempo – Bike (40 min) + Core

AEROBIC + CORE

Workout Notes: This is a light, steady-state aerobic session designed to promote active recovery. Keep your heart rate strictly in Zone 2 or below. The goal is blood flow, not fatigue.

CRS BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (40 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 (25 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

CORE WORK (IMMEDIATELY FOLLOWING CARDIO)

Complete each of the exercises for 15 seconds. Your rest intervals is 15 seconds. Repeat the entire set 2x.

[Standing Abdominal Twists](#)

[Abdominal Pike On Fit Ball](#)

[Abdominal Rollout On Fit Ball](#)

[Ab Crunch on Fit Ball](#)

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.



WEDNESDAY

Fragmented Intervals – Bike (45 min) + Core

AEROBIC + CORE

Workout Notes: Fragmented intervals are designed to vary your cadence and power output slightly while keeping your heart rate in the aerobic zones. This variability prevents muscle staleness during the recovery week.

CRS BIKE: FRAGMENTED INTERVALS (45 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 SET – FRAGMENTED INTERVALS (30 MIN)

Alternate 5 minutes at 85–90 cadence with 5 minutes at 95–100 cadence. Keep HR in Zone 2 throughout.

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

CORE WORK (IMMEDIATELY FOLLOWING CARDIO)

Repeat each of the exercises for 15 seconds. Your rest interval is 15 seconds. Repeat 2x.

[Standing Abdominal Twists](#)

[Abdominal Pike On Fit Ball](#)

[Abdominal Rollout On Fit Ball](#)

[Ab Crunch on Fit Ball](#)

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.



THURSDAY

Even Tempo – Bike (40 min) + Core

AEROBIC + CORE

Workout Notes: Another light, steady-state aerobic session designed to promote active recovery. Keep your heart rate strictly in Zone 2 or below.

CRS BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (40 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 (25 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

CORE WORK (IMMEDIATELY FOLLOWING CARDIO)

Complete each of the exercises for 15 seconds. Your rest intervals is 15 seconds. Repeat the entire set 2x.

[Standing Abdominal Twists](#)

[Abdominal Pike On Fit Ball](#)

[Abdominal Rollout On Fit Ball](#)

[Ab Crunch on Fit Ball](#)

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

Complete Rest Day – Recovery

RECOVERY

Complete Rest Day

Your second rest day of the week. This is an important part of the active recovery process, ensuring your body is fully rested before the longer weekend sessions.

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](#)
- ▶ **Nutrition:** High-quality smoothie 30 min before bed.



SATURDAY

Fragmented Intervals – Bike (90 min) + 2-Hour Power Nap

AEROBIC + NAP

Workout Notes: A longer aerobic session using the fragmented interval structure. This builds endurance without the muscular strain of heavy resistance or high heart rates. Stay strictly in Zone 2.

CRS BIKE: FRAGMENTED INTERVALS (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

HR ZONE 1

MAIN SET – FRAGMENTED INTERVALS (75 MIN)

Alternate 5 minutes at 85–90 cadence with 5 minutes at 95–100 cadence. Keep HR in Zone 2 throughout.

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

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.

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.



SUNDAY

Fragmented Intervals – Bike (90 min) + 2-Hour Power Nap

AEROBIC + NAP

Workout Notes: The final session of Phase 5. Another 90-minute fragmented interval session on the bike. Stay in HR Zone 2 throughout to finish the phase strong and recovered.

CRS BIKE: FRAGMENTED INTERVALS (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

HR ZONE 1

MAIN SET – FRAGMENTED INTERVALS (75 MIN)

Alternate 5 minutes at 85–90 cadence with 5 minutes at 95–100 cadence. Keep HR in Zone 2 throughout.

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

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.

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.