

TRAINING PROTOCOL

PHASE 2 WEEK 5 OF 8

RE-EVALUATE STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM

Fulltime

PHASE

2

WEEK

5 of 8

FOCUS

Assessment

Week 5 is your re-evaluation week — a critical checkpoint to measure how your body has responded to the first four weeks of Phase 2 training. You will complete a Plyometric Assessment on Monday, Row 500m Time Trials on Tuesday, HR Intensity Blocks mid-week, a Bicycle 10-Mile Time Trial on Saturday, and an MX Speed Assessment on Sunday. The data you collect this week will be used to calibrate your training load for Weeks 6–8. Record everything accurately — these numbers are your new baseline.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Plyometric Assessment 30-Sec Tests	Row 500m Time Trials 5 × 500m	Row or Bike HR Intensity Blocks + MX #1	Row or Bike HR Intensity Blocks	Rest Day Full Recovery	Bike 10-Mile Time Trial + 2-Hr Nap	MX Speed Assessment + 2-Hr Nap

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Builds your aerobic engine. Burns fat as primary fuel. Used during mid-week HR Intensity Blocks and warm-up/cool-down phases of assessment days.

● HR Zone 3+ – Red Workouts

Near-maximum effort. Used during the Row 500m Time Trials, Bicycle 10-Mile Time Trial, and MX Speed Assessment. Record all HR data accurately — these are your new benchmarks.



MONDAY

Plyometric Assessment

ASSESSMENT AM

Coach's Note: Today's Plyometric Assessment establishes your current explosive power baseline. The goal is to determine how many repetitions you can complete within 30 seconds for each exercise. Complete 3 sets of each exercise with 30 seconds rest between sets and 1 minute rest before moving to the next exercise. Record every number – this data will be used to track your progress through Weeks 6–8. Complete your body analysis before the workout.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to workout.

MORNING WORKOUT – PLYOMETRIC ASSESSMENT

Complete Racing Solutions Plyometric Assessment

Structure: 3 sets of each exercise | **Work:** 30 seconds maximum effort | **Rest:** 30 seconds between sets, 1 minute before next exercise

Goal: Determine how many repetitions you can complete within 30 seconds. Record all data in the Plyometric Assessment Spreadsheet.

Note: Download the **Plyometric Assessment Spreadsheet** to log all results. These numbers are your new explosive power baseline for Phase 2 Weeks 6–8.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, and shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Recovery Fuel.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



TUESDAY

Row 500 Meter Time Trials

ROW TIME TRIAL

Coach's Note: Today's 500m Time Trials establish your rowing speed baseline. Complete 5 × 500 meters with 1-minute rest intervals (Load Level 5) after warming up for 10 minutes (Load Level 3 or less) and stretching from head to toe. The goal is to be at close to maximum effort as possible for each 500-meter interval. Document your elapsed time and ending maximum heart rate at the end of each interval. If at any time you feel something tighten up, stop immediately and stretch – resume at an easy effort for 10 minutes.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to workout.

MORNING WORKOUT – ROW: 500 METER TIME TRIALS

Warm-Up – 10 Minutes (Load Level 3 or Less)

Focus: Straight back, lead with legs, arms to chest | **Pull Rate:** Less than 25

Stretch from head to toe after warm-up before beginning time trials.

Main Set – 5 × 500 Meters (Maximum Effort)

Load Level: 5 | **Rest:** 1:00 between each interval

Goal: close to maximum effort for each 500-meter interval. Record elapsed time and ending max HR.

Interval 1: Time: _____ Max HR: _____

Interval 2: Time: _____ Max HR: _____

Interval 3: Time: _____ Max HR: _____

Interval 4: Time: _____ Max HR: _____

Interval 5: Time: _____ Max HR: _____

Fastest Interval: _____ **Average Time:** _____

Near-Maximum Effort

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Pay close attention to hips, glutes, and shoulder blades. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8-10 oz Recovery Fuel.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy.
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



WEDNESDAY

Row or Bike HR Intensity Blocks + MX Aerobic #1 (PM)

ROW / BIKE AM + MX PM

Coach's Note: For maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels" like increases your familiarity of the intensity and associated speed. This awareness also provides you feedback regarding how long you can maintain the various intensity levels – keep in mind the inverse relationship of volume and intensity: the higher the intensity, the lower the duration you can maintain and vice versa. In the afternoon, ask yourself if you are producing speed through "thinking" or "flowing."

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to each workout.

MORNING OPTION A – ROW: HR INTENSITY BLOCKS (30 MINUTES)

WARM-UP – 10 MIN (VERY EASY)

Load Level: 3 | **Pull Rate:** <25

Focus: straight back, lead with legs, arms to chest. Stretch from head to toe after warm-up.

MAIN SET – 15 MIN (HR INTENSITY BLOCKS)

Load Level: 5 | **Pull Rate:** 25–35

Settle into each HR Zone as quickly as possible with perfect form and deep breathing:

5 Min: moderate effort (able to sing or talk without problem)

5 Min: harder effort (breathing harder, but still able to talk)

5 Min: back to moderate effort

COOL-DOWN – 5 MIN (VERY EASY)

Load Level: 2 | **Pull Rate:** <25

Stretch from head to toe after cool-down.

– OR –

MORNING OPTION B – BIKE: HR INTENSITY BLOCKS (45 MINUTES)

WARM-UP – 10 MIN (HR ZONE 1)

Cadence: 80–85 RPM

Gearing: Small chain ring, middle rear

Stretch and hydrate before main set.

MAIN BLOCK – 30 MIN (HR ZONE 2)

Cadence: 75–85 RPM | Tallest gearing that maintains chain tension and cadence zone.

Every 10 minutes: stand up and stretch hamstrings, quads, calves, and lower back.

Play with gearing while staying in HR Zone 2 – find free speed without raising HR.

WARM-DOWN – 5 MIN (HR ZONE 1)

Cadence: 70–80 RPM

Gearing: Small chain ring, middle rear

Stretch lower back, calves, and quads before dismounting.

AFTERNOON WORKOUT – MX AEROBIC WORKOUT #1

MX Aerobic Workout #1 – Aerobic Endurance · 90 Minutes

Refer to the **MX Aerobic Workout #1 spreadsheet** at the back of this document for all sets, lap tracking, and performance recap fields.

Workout Notes: Ask yourself if you are producing speed through "thinking" or "flowing." Your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you have to implement what you have been visualizing during your nap or evening rest. The combination of staying relaxed while riding fast will keep the heart rate down and your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate – the overall goal of this workout.

80–85%

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Dynamic movements, static stretches & foam rolling. ▶ [Playlist](#)
- ▶ **Nutrition:** Immediately consume 8–10 oz Recovery Fuel.

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)



THURSDAY

Row or Bike HR Intensity Blocks

ROW / BIKE AM + MX PM

Coach's Note: Ideally complete whichever option (Row or Bike) you did NOT complete on Wednesday. Same intensity structure – focus on awareness of what each intensity level feels like. This mid-week aerobic reinforcement is critical for maintaining your aerobic base while the assessment data from Monday and Tuesday is absorbed.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to each workout.

MORNING OPTION A – ROW: HR INTENSITY BLOCKS (30 MINUTES)

WARM-UP – 10 MIN (VERY EASY)

Load Level: 3 | **Pull Rate:** <25

Straight back, lead with legs, arms to chest. Stretch head to toe after.

MAIN SET – 15 MIN (HR INTENSITY BLOCKS)

Load Level: 5 | **Pull Rate:** 25–35

5 Min: moderate effort (able to sing or talk)

5 Min: harder effort (breathing harder, still able to talk)

5 Min: back to moderate effort

COOL-DOWN – 5 MIN (VERY EASY)

Load Level: 2 | **Pull Rate:** <25

Stretch from head to toe after cool-down.

– OR –

MORNING OPTION B – BIKE: EVEN TEMPO AEROBIC ENHANCEMENT (45 MINUTES)

WARM-UP – 10 MIN (HR ZONE 1)

Cadence: 80–85 RPM

Gearing: Small chain ring, middle rear

Stretch and hydrate before main block.

MAIN BLOCK – 30 MIN (HR ZONE 2)

Cadence: 75–85 RPM | Tallest gearing maintaining chain tension and cadence zone.

Every 10 minutes: stand and stretch hamstrings, quads, calves, and lower back.

WARM-DOWN – 5 MIN (HR ZONE 1)

Cadence: 70–80 RPM

Gearing: Small chain ring, middle rear

Stretch lower back, calves, and quads before dismounting.

POST-WORKOUT & EVENING PROTOCOLS

Refer to previous days.



FRIDAY

Complete Rest Day + Assessment Prep

RECOVERY

Coach's Note: When it comes to performing at an optimum level, it is the elimination of mistakes that will result in optimum results – not throwing more effort into your attempt. Simple performance elements like avoiding over or under hydration, consistent and deep sleep, following a race strategy on race day – all lead to specific performance results. Pay attention to the variables outlined on your Body Analysis spreadsheet. They are the elements you have the most control over and they yield huge dividends on race day.

RECOVERY PRIORITIES

Today's Focus – Rest, Reflect & Prepare for Weekend Assessments

- ☐ **Hydration:** Drink 8 oz Energy Fuel to top off electrolytes and hydration levels.
- ☐ **Nutrition:** Eat clean – high-quality protein, healthy fats, and fresh vegetables. Avoid processed foods.
- ☐ **Sleep:** Aim for 8–9 hours tonight. This is when your body rebuilds for tomorrow's time trial.
- ☐ **Mental Prep:** Review your body analysis data from this week. Note trends in resting HR, weight, and energy levels.

SATURDAY MORNING PREP CHECKLIST

Prepare Tonight for Saturday's Bicycle 10-Mile Time Trial

- ☐ **Bike & HR Monitor:** Fully charged and calibrated. Verify cadence sensor is working.
- ☐ **Route:** Plan your 10-mile out-and-back course. Flat terrain preferred for accurate comparison.
- ☐ **Nutrition:** Energy Fuel and Recovery Fuel packed and ready. Scale for pre/post body weight.
- ☐ **Sleep:** In bed by 9:30 PM – early start tomorrow.

EVENING PROTOCOLS

Refer to previous days.



SATURDAY

Bicycle 10-Mile Time Trial – Pacing Assessment + 2-Hour Nap

BIKE TIME TRIAL

Coach's Note: Keep accurate notes about your elapsed time and heart rate levels throughout this assessment. Capture your body weight pre and post testing. Have cold liquid recovery calories ready to consume immediately following this workout. During the 10-mile field test, keep your cadence in the 80-85 range and your effort level under control at the start. Once you begin, be aggressive – work on maintaining perfect form to get the maximum power out of your legs (use all of your muscle groups, not just your quads).

▲ **PRE-WORKOUT:** Consume **8-10 oz of ice cold Energy Fuel** 10-15 min prior to workout.

MORNING WORKOUT – BICYCLE 10-MILE TIME TRIAL

Pre-Testing Body Weight

Pre-Testing Weight: _____ Time of Weigh-In: _____

Warm-Up – 10 Minutes (Very Easy Even Spin)

Stretch your lower back, quads, and hamstrings as necessary to eliminate any tightness in all muscle groups.

Transition Set – 10 Minutes (Bring HR Up for Testing Block)

2 Minutes: 100+ cadence – move around on the seat, toggle between aero and non-aero positions.

3 Minutes: Less than 80 cadence – active recovery with relevant stretching.

Repeat the above 2-minute/3-minute block once more.

Test Block – 10-Mile Field Test

During a 5-mile out-and-back block, keep cadence in the 80–85 range and effort level under control at the start. Once you begin, be aggressive — maintain perfect form for maximum power output. Use all muscle groups, not just your quads.

Elapsed Time: _____

Average HR: _____ **Ending HR:** _____ **Max HR:** _____

Total Fluids Consumed: _____

Post-Testing Body Weight: _____

Maximum Sustainable Effort

Cool-Down – Minimum 10 Minutes Easy Spin

Re-hydrate and ride easy for a minimum of 10 minutes. Following the assessment, stretch from head to toe for a minimum of 15 minutes to relax any tight muscles. Consume 8–10 oz liquid sports drink/recovery calories and a complete meal within 20 minutes to replenish glycogen reserves.

2-Hour Power Nap After Lunch

Growth hormones are your biggest by-product of napping — set yourself up to get the most out of your nap by eating a clean and dense meal prior to lying down in a cool, dark room. When you wake up, start your day off with 8–10 oz of cold water to facilitate your re-hydration. Immediately consume a fruit smoothie and a serving of amino acids.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)

MENTAL PROTOCOL

- ▶ **Visualization:** 10 minutes visualizing Sunday's MX Speed Assessment — smooth, controlled, maximum effort laps.
- ▶ **Why I Yawn:** ▶ [Watch before sleep](#)



SUNDAY

MX Speed & Maximum Heart Rate Assessment + 2-Hour Nap

MX SPEED ASSESSMENT

Coach's Note: This workout is going to be very intense – plan ahead with your food. Ideally your last meal should be 3 hours before you begin this workout. Consume a banana or energy gel prior to the start to top off your glycogen reserves for your muscles and brain. If you hit the indicated intensity levels, you will feel the residual fatigue by the end of the workout. However, if you consume your sports drink on regular increments, you will resist premature fatigue from the inside out. Refer to the [MX Speed Assessment spreadsheet](#) at the back of this document.

▲ **PRE-WORKOUT:** Consume **8–10 oz of ice cold Energy Fuel** 10–15 min prior to workout.

MORNING WORKOUT – MX SPEED ASSESSMENT (60 MINUTES TOTAL)

Warm-Up – Gradual Warm-Up (Less Than 50%)

Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo. Stretch from head to toe. Re-hydrate with Energy Fuel.

Less Than 50%

Main Set #1 – Smooth Start + Fast 5 Laps (90–95%)

Complete a start and merge onto the track just like a race. Over the next 5 laps, maintain the highest rate of speed while staying consistent for all 5 laps.

Moto HR Zone – Low: _____ High: _____

Interval #1: 5-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

Rest 10 Minutes – Stretch from head to toe / Re-hydrate

Interval #2: 5-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

90–95%

Main Set #2 – Smooth Start + Fast 3 Laps (95-100%)

Goal: match or beat your fastest lap from Set #1.

Interval #1: 3-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

Rest 5 Minutes – Stretch from head to toe / Re-hydrate

Interval #2: 3-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

95-100%

Main Set #3 – Smooth Start + Fast 2 Laps (95-100%)

Goal: match or beat your fastest lap from Set #2.

Interval #1: 2-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

Rest 3 Minutes – Stretch from head to toe / Re-hydrate

Interval #2: 2-Lap Elapsed Time: _____ Fastest Lap: _____ Max HR: _____

95-100%

Warm-Down – Easy Riding (Less Than 40%)

Easy riding – nothing structured or intense. Allow the HR to come down slowly.

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS CONSUMED

LOSS / GAIN

2-Hour Power Nap After Lunch

Strive to consume a nutrient-dense smoothie prior to lying down – the high-quality nutrients will enhance your immunity, muscles, and various vascular systems. High-quality fruits and vegetables are nutrient rich, calorically low, fill your belly up, and provide stable blood sugar levels for up to three hours after consumption.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** 8 oz Energy Fuel to top off electrolytes & hydration.
- ▶ **Flexibility:** Foam roller & trigger point therapy. ▶ [Playlist](#)
- ▶ **Breathing:** Diaphragmatic breathing 10 min before sleep. ▶ [Watch](#)

MENTAL PROTOCOL

- ▶ **Reflection:** Review all assessment data from this week. Update your Performance Report Card with the results.
- ▶ **Why I Yawn:** ▶ [Watch before sleep](#)



MX AEROBIC WORKOUT #1

Maintaining Aerobic Intensity Through Entire Duration · 90 Minutes

AEROBIC

Warm-Up

Gradual Warm-Up – 10 Minutes

Concept 2 Rower – 10 minutes low intensity pulling.

Stretch from head to toe. Re-hydrate with Energy Fuel as needed.

Less Than 40%

Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel

Main Set #1

Moving the Bike with Your Core – 10 Starts

10 Starts using only your inner leg – hold onto the bars barely, only with your fingertips.

5 Starts: look ahead and move the bike with your thighs.

5 Starts: put a rock down about 10 yards out from your front wheel; see if you can run over it.

Very Relaxed

Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel

Main Set #2

Muscular Endurance – 30-Minute Even-Paced Moto

Do not allow your pace to fall off by more than 2 seconds throughout the moto.

Moto HR Zone – Low: _____ High: _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____

Fastest Lap: _____ Avg HR: _____ Max HR: _____

80-85%

Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel

Main Set #3

Muscular Endurance – 30-Minute Even-Paced Moto

Strive to maintain the same pace as Set #2.

Moto HR Zone – Low: _____ High: _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____

Fastest Lap: _____ Avg HR: _____ Max HR: _____

80-85%

Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel

Main Set #4**Muscular Endurance – 20-Minute Negative Split Moto**

First half at 80–85%; second half at 90–95% (negative split – faster second half).

Moto HR Zone – Low: _____ High: _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Fastest Lap: _____ Avg HR: _____ Max HR: _____

80–85%

90–95% (2nd Half)

Rest 5 Minutes – Stretch from head to toe / Re-hydrate with Energy Fuel

Main Set #5**Body Balance – 10 Starts**

10 Starts using only your inner leg – hold onto the bars barely, only with your fingertips.

5 Starts: look ahead and move the bike with your thighs.

5 Starts: put a rock down about 10 yards out; see if you can run over it.

Very Relaxed

Warm-Down**10 Minutes Easy Riding**

Nothing structured or intense. Watch the HR monitor to ensure effort stays low.

Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

Less Than 40%

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN