

WEEK AT A GLANCE

Mon
Legs + Core

Tue
Zone 2 + Back

Wed
Chest + Calves

Thu
Track HIIT

Fri
Pull + Abs

Sat
Zone 2 · 60

Sun
Rest / walk

ZONE 2 CARDIO — 2× / week · 60 minutes

- Goal: conversational pace; nose breathing if possible.
- Cap heart rate at 180 minus your age the entire session.
- Options: brisk walk, easy jog, bike, rower, elliptical.
- Warm-up 5–8 min easy → 45–50 min Zone 2 → 5 min cool-down.
- If HR creeps up: slow down or walk; do not push into Zone 3.
- Space the two sessions: Tuesday + one weekend day (Sat or Sun).

TRACK HIIT — Thursday · sprint intervals

- Full warm-up: 8–10 min easy jog + drills + 2 build-ups.
- Main set A (choose one): 6–8 × 100 m hard / walk-back rest.
- Main set B: 5–6 × 150–200 m hard / 90–120 sec walk rest.
- Main set C: 8–10 × 60–80 m hills or flat sprints / full rest.
- Effort: hard but controlled (not all-out day 1); quality over volume.
- Cool-down 8–10 min easy + light stretch. Stop if sharp pain.
- Scheduled Thursday — away from Monday legs for recovery.

STRENGTH — 4 days · Mon Legs · Tue Back · Wed Chest · Fri Pull

MON — LEG DAY + CORE

- Warm-up: 5 min bike/walk + BW squats, hip openers
- Squat pattern (goblet / back squat) — 3×8–12
- Romanian deadlift — 3×8–12 · lunges / split squat — 2–3×8–10/leg
- Leg press or step-ups — 2–3×10–12 · ham curl / glute bridge
- Core (Leg Day sheet): side plank, reverse crunch, bird dog
- Rest 90–120 sec on big lifts. Full list on Leg Day one-pager.

TUE — BACK TRAINING BLOCK

- McGill Big 3 first: curl-up · side plank · bird dog
- Posterior chain: reverse hyper · Roman chair back ext
- Nordic hamstring curls (assisted OK) · QL / side bend work
- Controlled tempo; quality over load. After Zone 2 or separate.
- Full sets/ reps on Back Training companion one-pager.

WED — CHEST DAY + CALVES

- Warm-up: band pull-aparts, arm circles, 1 light set each
- Bench / push-ups — 3×8–12 · overhead press — 3×8–12
- Incline press / fly — 2–3×10–15 · triceps + laterals — 2×10–15
- Calves: standing 3×10–15 · seated 2–3×12–15 (full stretch)
- Rest 60–90 sec. Full list on Chest Day companion one-pager.

FRI — PULL DAY + ABS

- Warm-up: scapular pulls, light row
- Lat pulldown / assisted pull-up — 3×8–12 · row — 3×8–12
- Single-arm DB row — 2–3×10–12/side · face pulls — 2–3×12–15
- Biceps curls — 2×10–15
- Abs: dead bug · plank · cable/band crunch (Pull Day sheet)
- Rest 60–90 sec. Controlled tempo (2–3 sec lowers).

SAMPLE WEEK · Sat = Zone 2 · Sun = Rest · keep HIIT away from Monday legs

Mon
Legs + Core

Tue
Zone 2 + Back

Wed
Chest + Calves

Thu
Track HIIT

Fri
Pull + Abs

Sat
Zone 2 · 60 min

Sun
Rest / walk

TRAINING NOTES

Lift with progressive overload (small weekly load or rep increases). Prioritize protein, sleep, and recovery. Strength 4×/week builds muscle and supports bone health. Stop for sharp joint pain; muscle burn and mild DOMS are OK. Hydrate well; warm up thoroughly before HIIT and heavy sets. Reassess HR cap with a clinician if meds or conditions change.

General fitness guidance · Adjust loads to ability · Not medical advice — check with your doctor before starting