

Kevin Casey's

7-DAY HYBRID TRAINING PLAN

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- A man in a black t-shirt and shorts is performing a burpee exercise. He is in a deep squat position, holding his weight with his arms. His head is down, and he is looking towards the floor. In the background, there is a dartboard mounted on a blue wall, a dumbbell on the floor, and a stationary bike.
- Build Strength **AND** Endurance.
 - Look **AND** Feel better than EVER.
 - Take The First Step In **YOUR** Hybrid Fitness Journey.

@caseybuiltfitness

Who is this for?

This plan is for men who are:

- Sick & tired of their **SAME OLD** fitness routine.
- Seeking a training style that will **CHALLENGE them mentally AND physically**, forcing them to become **MORE RESILIENT**.
- Wanting to build **STRENGTH & ENDURANCE** to become a more well-rounded, hybrid athlete.

GOOD LUCK - LET ME KNOW HOW IT GOES!

If you have any questions, DM me
@caseybuiltfitness

Programme terminology

'sets' x 'reps' @ 'intensity'

Lifting sessions will often be written as above. The first number, referring to the sets, the second, the reps & the third, the intensity (or weight) that should be used.

EMOM

EMOM stands for “every minute, on the minute”. It is a style of workout in which the prescribed exercise is performed at the start of the minute of a running clock. You can then rest any remaining time in the minute. When the next minute begins, you start a new round of the prescribed exercise.

Similarly, if you want the round time to be greater than a single minute, you could use something like this. E3MOM15 means that you start a new round every 3 minutes for a total of 15 minutes (or 5 rounds).

Monday

Squat-Focused Strength Day

FOCUS PIECE:

5 sets of 5 back squats @ 75/80/85/80/75%
(New set every 5:00)

FULL-BODY WORKOUT:

Every 4:00 for 24:00:

6 (weighted) pull-ups @ RPE 7
6 (weighted) dips @ RPE 7
12 DB Walking Lunges @ RPE 7

ACCESSORY EMOM:

EMOM12:

Min 1 - 10 strict hanging leg raise
Min 2 - 10 DB overhead press (RPE 6-7)

Tuesday

Long Run Day

DEPENDING ON EXPERIENCE:

25-60 minutes of zone 2 running

HOW TO RUN AT ZONE 2:

You should be able to hold a conversation at this pace. You should be able to breathe solely through your nose at this pace

Wednesday

Bench-Focused Strength Day

FOCUS PIECE:

Bench Press - 1x8 @ 75%
2x6 @ 80%
2x4 @85%
(Every 4:00)

FULL-BODY WORKOUT:

Every 4:00 for 24:00:
8 front squats @ RPE 6
8 DB Overhead Press @ RPE 6
8 Romanian Deadlift @ RPE 6-7

ACCESSORY EMOM:

EMOM12:

Min 1 - 5 strict chest-to-bar pull-ups.
Min 2 - 15 v-ups.

Thursday

Easy/Recovery Run Day

DEPENDING ON EXPERIENCE/FATIGUE:

15-30 minutes of easy running

Adjust according to running experience & fatigue
level from previous training days

This meant to be a day to allow the body to recover.

If you need to take a full rest day at this point in the
week, that's fine.

Friday

Deadlift-Focused Strength Day

FOCUS PIECE:

5 sets of 3 deadlifts @ 80/85/88/90/85
Every (5:00)

FULL-BODY WORKOUT:

Every 4:00 for 24:00:
7 DB bench press @ RPE 7
7 BB bent-over row @ RPE 7
14 DB Bulgarian split-squat @ RPE 7

ACCESSORY EMOM:

EMOM12:
Min 1 - 10 DB Overhead Press (RPE 6-7)
Min 2 - 30-second hollow hold

Saturday

Threshold/Tempo Run Day

DEPENDING ON EXPERIENCE:

10:00-15:00 @ Tempo Pace
Rest 4 minutes.

10:00-15:00 @ Tempo Pace

HOW TO RUN AT TEMPO PACE:

Tempo pace is a “comfortably hard” effort.

Typically 20 seconds per/km slower than 5k pace

Sunday

Rest Day

TRAINING WEEK COMPLETE - WELL DONE!

**Feel free to DM me @caseybuiltfitness
& let me know how it went!**

If you'd like to continue your hybrid training journey & become stronger, fitter & more well-rounded...

The next step is to join **my training team** & find **the last training program you'll ever need:**

https://tr.ee/vYXmtB_Bpp