



Caseybuiltfitness.com

# BACK TO BASICS:



LIFT+RUN  
12 WEEK

# PROGRAM



## WELCOME TO CASEY BUILT FITNESS

Welcome to Back to Basics, Running + Lifting. This programme. It's designed for beginners through to advanced athletes who want to build real-world fitness by focusing on the fundamentals. No gimmicks. No unnecessary complexity. Just running and lifting, performed with purpose.

Every workout is different, helping to reduce the monotony found in many training plans while continually challenging both your body and mindset. The structure allows you to train once per day, making it realistic to follow alongside work, family and life commitments.



Earn your pace.  
Earn your strength.  
Earn your confidence.



If you're willing to show up and be consistent, this programme will deliver.

## PROGRAMME OVERVIEW

This programme follows a 12-week progressive structure built around simplicity and consistency.

- 6 training days per week, 1 rest day
- 3 running sessions per week
- 3 lifting sessions per week
- One workout per day

Training days alternate between running and lifting. Running sessions include distance runs, interval/speed work and time-based aerobic runs. Lifting sessions cover all major muscle groups with a balanced focus on push, pull and lower-body strength.

The programme is divided into three 4-week blocks. Each block increases in volume and/or intensity. Weeks 4 and 8 are scheduled de-load weeks to support recovery and long-term progress.



## TERMS / DEFINITIONS

The following are general explanation of certain terms used throughout this program.

### Superset

Two exercises performed back-to-back with no rest between them.

### Drop Set

Perform the exercise, then immediately reduce the weight and continue without rest.

### Triple Drop Set

Two weight reductions within the same set.

### Triple Set

Three different exercises performed consecutively without rest.



## WARM UP ROUTINES

These warm-ups are used throughout the program. You'll follow one routine on push/pull days, another on leg day, and your runs will have their own daily warm-ups provided.

### LIFTING

In addition to the warm-up routines, always complete 2-3 warm-up sets of your main lift before moving into your working sets.

For example: If your plan calls for 5 drop sets on bench, you should first do progressively heavier warm-up sets - then start your working weight.

This prepares the body, reduces injury risk, and improves performance.

#### Leg Day Warm-Up

Complete 1 round:

1. 30-second bar hang
2. 10 air squats
3. 10 alternating lunges
4. 10 caterpillar walks
5. 10 knees-to-chest (standing)
6. 10 hip circles forward
7. 10 hip circles backward
8. 10 good mornings (with bar)
9. 10 RDLs (with bar)
10. 10 back squats (with bar)

#### Push & Pull Day Warm-Up

Complete 1 round (with a light elastic band):

1. 30-second bar hang
2. 10 band pulls
3. 10 overhead band pulls
4. 10 behind-the-head band pulls
5. 10 band high pulls
6. 10 standing band chest flies
7. 10 band shoulder presses

If your gym doesn't have bands, perform the same movements using just your arms or very light weights.

The goal is simply to prime your joints and muscles - not fatigue them.



## RUNS

Each run day has its own warm-up designed to prep your joints, raise your heart rate, and get you moving smoothly - without fatigue.

- W1 — Distance Runs
- W2 — Interval / Speed Days
- W3 — Zone 2 / Easy Runs

These are dynamic warm-ups - keep moving, don't hold stretches. Smooth, controlled, and fluid.

### W1 - Distance Day Warm-Up

1. Leg swings — 10 each leg
2. Toy soldiers (straight-leg kicks) — 10 each leg
3. Alternating knees to chest — 5 each leg
4. Alternating quad pulls — 5 each leg (don't hold the stretch)
5. Alternating lunges — 10 each side
6. Hip circles (forward) — 5 each side
7. Hip circles (backward) — 5 each side

### W2 — Interval / Speed Day Warm-Up

1. Leg swings forward/back — 10 each leg
2. Leg swings side-to-side — 10 each leg
3. Walking lunge with twist — 7 each side
4. High knees — 15 meters
5. Butt kickers — 15 meters
6. Caterpillar walks — 15 meters
7. Hip rotations ("over the fence") — 15 meters

### W3 — Zone 2 Day Warm-Up

1. Caterpillar walks — 10 meters
2. Knees to chest (walking) — 10 meters
3. Quad pulls (walking) — 10 meters
4. Tip-toe walk — 10 meters
5. Heel walk — 10 meters
6. A-skips — 2 x 10 meters

### HOW TO USE THIS PROGRAMME (READ FIRST)

This plan works when you keep things simple and stay consistent. Here's how to get the most from it:

1. Show up — one session per day. Don't try to "make up" missed days by doubling workouts. If you miss, move on and get back on track.
2. Move with intent. Every rep and every run has a purpose. Don't rush lifts. Don't turn easy runs into hard ones.
3. Progress, don't chase ego. Increase weights gradually. If form goes, the lift doesn't count.
4. Zone 2 means easy. If you can't hold a conversation, you're going too hard.
5. Warm up properly. It prevents injuries and improves performance. Never skip it.
6. Recovery matters. Sleep, hydration and food will make or break your results.
7. Write things down. Track your runs, your weights, and how you felt. Progress becomes obvious when it's recorded.

If you stay patient and keep turning up, the results will take care of themselves.

### QUICK FAQ

#### What if I'm short on time?

Get the main lift or main run done first. Accessories are optional when time is tight.

#### Can I add extra cardio or classes?

Light activity is fine, but avoid stacking intense workouts. Quality over volume.

#### What if something hurts?

Pain is a signal — adjust, substitute, or reduce load. Training through pain is how injuries happen.

#### Can I swap exercises?

Yes — as long as the new movement trains the same muscle group and fits the intent (e.g. dumbbell press instead of barbell press).

#### What pace should runs be?

Distance runs = steady but controlled.

Intervals = hard but repeatable.

#### Zone 2 = genuinely easy.

#### When do I increase weight?

If you hit all reps with good form and 1-2 reps left in the tank — add a small increase next week.

#### Diet — what should I do?

Eat enough protein, hydrate, and keep meals simple. Extreme dieting will slow recovery.

If you're unsure about anything, stay on the side of smart, not reckless. Consistency beats intensity.

The image is a promotional graphic for Casey Built Fitness. It features a black and white photograph of a shirtless man flexing his right bicep while holding a smartphone in his left hand, taking a selfie. He is standing in front of a tiled wall. To the left of this image is a silhouette of a person running on a path. The website address 'Caseybuiltfitness.com' is visible in the top corners of both images. A large orange diagonal banner across the middle contains the text 'WEEK 1' in large letters and 'TEST WEEK' in smaller letters below it. A black circular logo for 'CASEY BUILT' is positioned at the bottom left of the banner. The banner is bordered by two thick green chevrons pointing towards the center.

Caseybuiltfitness.com

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**ABOUT THIS PROGRAMME**

This programme was built with three goals:

1. Scalable progression suitable for all levels
2. One high-quality workout per day
3. Efficiency – sessions completed in around an hour,  
This will not be easy. But it will work.

Welcome to Casey Built Fitness.  
Let's get to work.

**WEEK 1**

**TEST WEEK**

**CASEY BUILT**

WEEK 1 TEST WEEK	
Day 1 – (PUSH)	
<p><b>1. Bench Press – build to a 1-rep max (1RM):</b></p> <ul style="list-style-type: none"> <li>• 12 reps</li> <li>• 8 reps</li> <li>• 5 reps</li> <li>• 2 reps</li> <li>• 1 rep</li> <li>• 1 rep (this is your 1RM)</li> </ul> <p><b>2. Bench Press – drop sets:</b></p> <ul style="list-style-type: none"> <li>• 4 sets: 5 reps / 10 reps</li> </ul> <p><b>3. Superset – 3 sets:</b></p> <ul style="list-style-type: none"> <li>• Dumbbell fly – 15 reps</li> <li>• Dumbbell tricep extension – 15 reps</li> </ul> <p><b>4. Seated dumbbell shoulder press:</b></p> <ul style="list-style-type: none"> <li>• 4 sets × 12 reps</li> </ul> <p><b>5. Superset – 3 sets:</b></p> <ul style="list-style-type: none"> <li>• Dumbbell lateral raise – 15 reps</li> <li>• Dumbbell front raise – 15 reps</li> </ul> <p><b>6. Finisher:</b></p> <ul style="list-style-type: none"> <li>• Deficit press-ups – 100 total reps (as few sets as possible)</li> </ul>	<p><b>Training Notes</b></p> <p><b>Rest:</b> Keep rest periods 1-2 minutes between normal sets.</p> <p><b>Drop Sets:</b> Perform 5 reps at ~70% of your 1RM, then immediately reduce the weight to ~40% and complete 10 more reps without resting.</p> <p><b>Finisher:</b> Use dumbbells to create a deficit and perform 100 push-ups, completing them in as few sets - and with as little rest - as possible.</p>
DAY 2 – RUN (DISTANCE)	
<p><b>• 400 m easy jog</b> <b>• Warm-up routine: W1</b></p> <p><b>Main run:</b></p> <ul style="list-style-type: none"> <li>• 3 km run for time</li> <li>• Push the pace and establish your current benchmark</li> </ul> <p><b>• 400 m cool-down jog</b></p> <p><b>Post-run core:</b></p> <ul style="list-style-type: none"> <li>• 10 rounds:</li> <li>– 20 flutter kicks</li> <li>– 10 squats</li> <li>– 5 press-ups</li> </ul>	<p><b>Training Pace</b></p> <p>Go hard - but controlled. Aim to settle into a sustainable race pace within the first quarter mile. You should feel challenged, but able to stay consistent.</p> <p><b>Warm-Up Routine — W1 (Distance Days)</b></p> <ol style="list-style-type: none"> <li>1. Leg swings — 10 each leg</li> <li>2. Toy soldiers (straight-leg kicks) — 10 each leg</li> <li>3. Alternating knees-to-chest — 5 each leg</li> <li>4. Alternating quad pulls — 5 each leg (don't hold the stretch)</li> <li>5. Alternating lunges — 10 each side</li> <li>6. Hip circles — forward — 5 each side</li> <li>7. Hip circles — backward — 5 each side</li> </ol> <p>This is a dynamic warm-up — no static stretching. Stay smooth, controlled, and always moving.</p>
WEEK 1 TEST WEEK	
Day 3 – (PULL)	
<p><b>1. Deadlift – build to a 1-rep max (1RM):</b></p> <ul style="list-style-type: none"> <li>• 10 reps</li> <li>• 8 reps</li> <li>• 5 reps</li> <li>• 2 reps</li> <li>• 1 rep</li> <li>• 1 rep (this is your 1RM)</li> </ul> <p><b>2. Wide-grip lat pulldown – drop sets:</b></p> <ul style="list-style-type: none"> <li>• 4 sets: 5 reps / 10 reps (Use weighted pull-ups if no lat pulldown is available)</li> </ul> <p><b>3. Superset – 3 sets:</b></p> <ul style="list-style-type: none"> <li>• Alternating gorilla rows – 10 reps each side</li> <li>• Rear-delt dumbbell fly – 12 reps</li> </ul> <p><b>4. Barbell row:</b></p> <ul style="list-style-type: none"> <li>• 4 sets × 12 reps</li> </ul> <p><b>5. Superset – 4 sets:</b></p> <ul style="list-style-type: none"> <li>• Barbell curl – 5 reps (heavy)</li> <li>• Alternating dumbbell curl – 10 reps</li> </ul> <p><b>6. Finisher:</b></p> <ul style="list-style-type: none"> <li>• 3 x max hang hold</li> <li>• 30 seconds rest between efforts</li> </ul>	<p><b>Training Notes</b></p> <p><b>Rest:</b> Keep your rest 1-2 minutes between most sets.</p> <p><b>Drop Sets:</b> Perform 5 challenging reps, then immediately reduce the weight and complete 10 more reps without resting.</p> <p>If there's no lat pulldown available, substitute with weighted pull-ups.</p> <p><b>Finisher:</b> Hang from a pull-up bar for as long as possible. Rest 30 seconds between hangs and repeat until failure.</p>
DAY 4 – RUN (SPEED / INTERVALS)	
<p><b>• 400 m easy jog</b> <b>• Warm-up routine: W2</b></p> <p><b>Intervals:</b></p> <ul style="list-style-type: none"> <li>• 1 x 800 m (3 minutes rest)</li> <li>• 2 x 400 m (2 minutes rest)</li> <li>• 4 x 200 m (1 minute rest)</li> </ul> <p><b>• 400 m cool-down jog</b></p> <p><b>Training pace:</b></p> <ul style="list-style-type: none"> <li>• Faster than race pace</li> <li>• Aim for consistent split times</li> </ul>	<p><b>Warm-Up Routine — W2 (Intervals / Speed Days)</b></p> <p>Leg swings forward/back — 10 each leg Leg swings side-to-side — 10 each leg Walking lunge with side — 7 each side High knees — 15 meters Butt kickers — 15 meters Caterpillar walks — 15 meters Hip rotations ("over the fence") — 15 meters</p> <p><b>Training Pace</b></p> <p>Run slightly faster than race pace. Aim to push into Heart Rate Zones 4-5 — it should feel uncomfortable, but still repeatable across all intervals.</p>



# WEEK 1

## TEST WEEK

### DAY 5 – (LEGS)

#### 1. Back squat — build to a 1RM

Warm up progressively:

- 2 × 10 reps, 1 × 8 reps, 1 × 5 reps, 1 × 2 reps, 1 × 1 rep, 1 × 1 rep (this is your 1RM — only if it's clean and controlled)

Take your time between heavy attempts and prioritise good form.

#### 2. Back squat — drop sets (4 sets)

Each set:

- 5 reps → immediately reduce the weight
- 10 reps

Control the tempo — no rushing the reps.

#### 3. Superset — 3 sets

- Bulgarian split squats — 10 reps each leg
- Single-leg Romanian deadlift — 10 reps each leg

Balance and control first.

#### 4. Overhead walking lunges

- 3 sets × 16 reps (8 each leg)

Keep the core tight and arms locked out overhead.

#### 5. Superset — 2 sets

- Box jump — 5 reps  
(choose a height that's challenging but manageable)
- Standing power jump — 5 reps

Focus on explosive take-off and soft landings.

#### NOTES

##### Rest:

Keep rest around 1–2 minutes between most sets.

Allow 2–3 minutes when building up to your 1RM attempts.

##### Drop sets (back squat):

Perform 5 reps at roughly 70%, then immediately reduce the weight and complete 10 reps at around 40–50%.

Stay controlled — no rushing the reps.

##### Bulgarian split squats:

Perform 10 reps per leg.

Hold a kettlebell in the opposite hand to the working leg.

##### Single-leg Romanian deadlift:

Use a light load and move with a slow, smooth range of motion.

An empty barbell or a light dumbbell is ideal.

##### Overhead walking lunges:

Hold a kettlebell overhead with one arm. Switch arms every set and keep the core braced throughout.

### DAY 6 – RUN (TIME)

#### Warm-up routine: W3

##### Main run:

- 40 minutes Zone 2 running
- Easy, conversational pace

##### Post-run core:

- 5 rounds:
  - minute plank
  - 20 butterfly sit-ups
  - 15 press-ups
  - 10 V-ups
  - 1-minute rest

#### Warm-Up Routine — W3 (Zone 2 / Easy Runs)

1. Caterpillar walks — 10 meters
2. Knees-to-chest (walking) — 10 meters
3. Quad pulls (walking) — 10 meters
4. Tip-toe walk — 10 meters
5. Heel walk — 10 meters
6. A-skips — 2 × 10 meters
- 7.

##### Training Pace

Run at an easy, conversational pace — Heart Rate Zone 2.

Focus on staying smooth and consistent for the entire 40 minutes.