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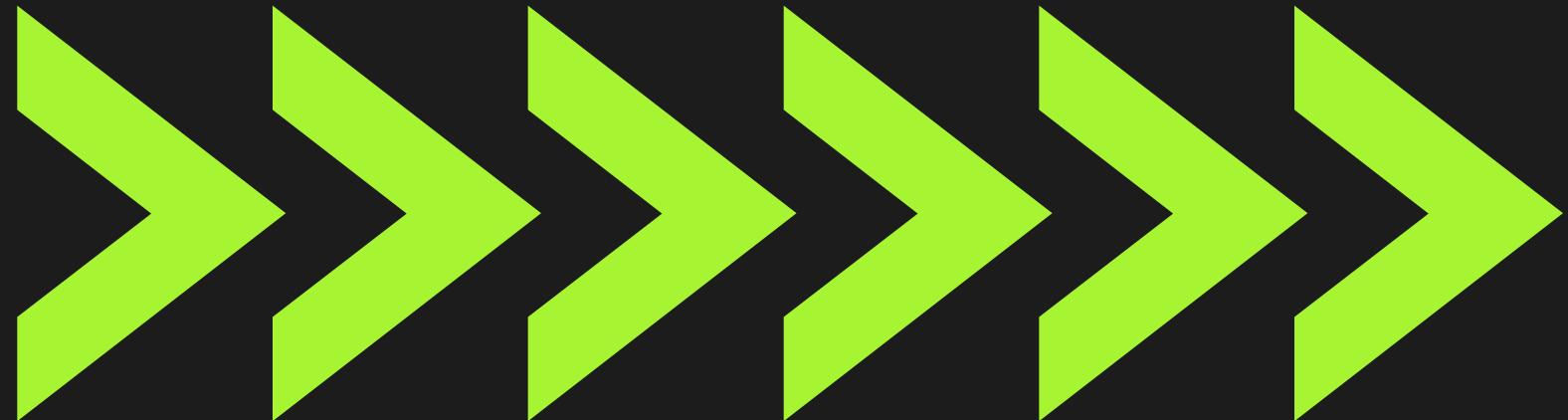
BACK TO BASICS: LIFT+RUN 12 WEEK PROGRAM



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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.

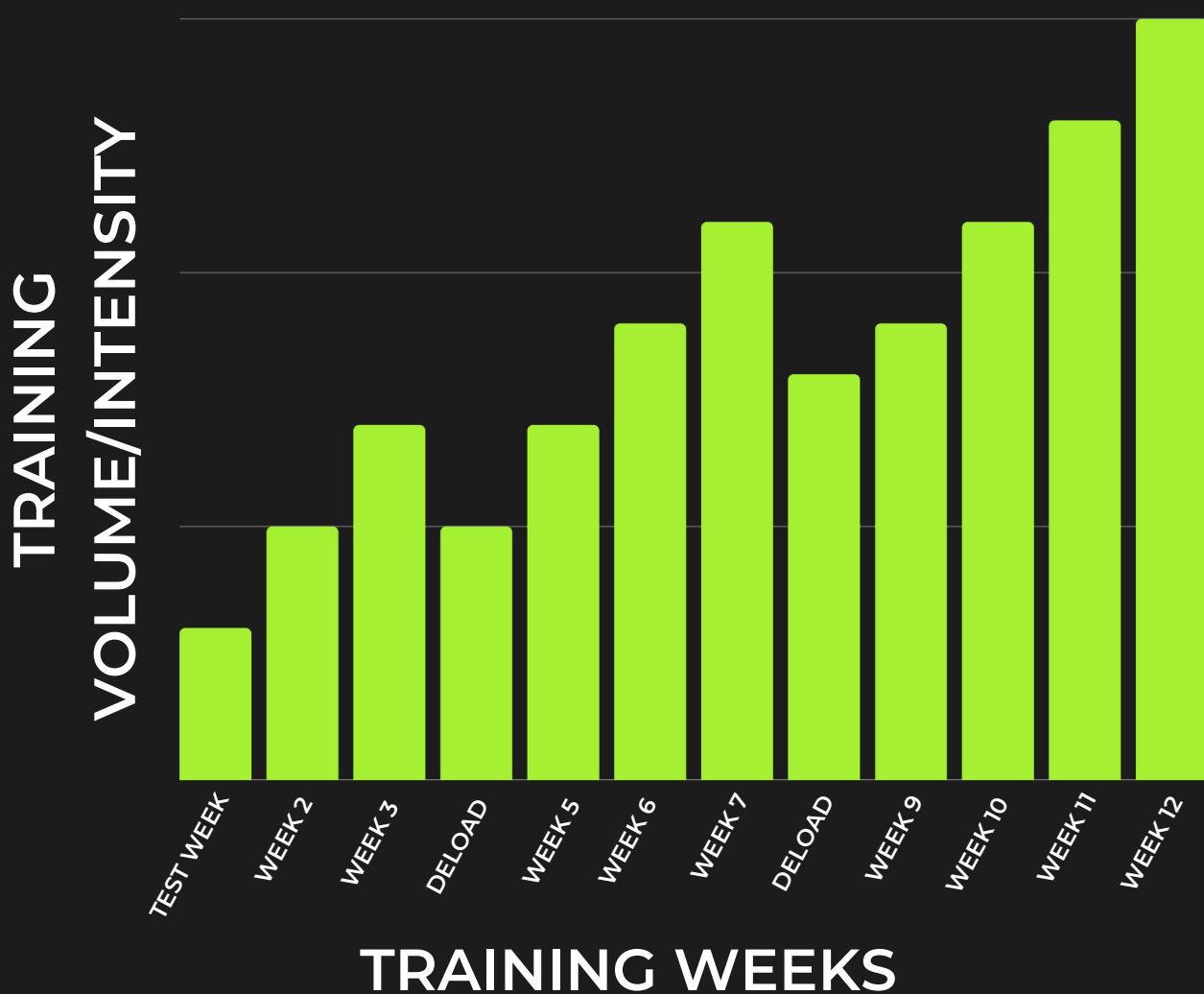
PROGRAMME OVERVIEW

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 deload weeks to support recovery and long-term progress.



WEEKLY BREAKDOWN

Day 1	
Lift- Push Day	We start the week strong. Blocks 1 and 3 kick off with a push-focused lift, targeting the chest, shoulders, and triceps. Expect 5–7 movements with supersets and drop sets. You'll open with a primary lift (like bench press or dumbbell press), then move into focused accessory work - finishing with a burnout finisher.
Day 2	
Run - Distance	Your first run of the week is measured by distance, not speed. The goal isn't simply to run long - it's to build controlled endurance: <ul style="list-style-type: none">• Block 1: focus on your 3km time• Block 2: build to 5k• Block 3: progress toward 8k
Day 3	
Lift - Pull Day	In Blocks 1 and 3, the second lift of the week is pull-focused, working the back and biceps. You'll start with a big lift (deadlifts or heavy pulldowns), then transition into volume and accessories. During Block 2, we'll shift to two push/pull sessions per week instead of one dedicated pull day.
Day 4	
Run - Speed	Our second run of the week focuses on speed development and intervals. This can be done on a track, treadmill, or outdoors. You'll rotate through 200m, 400m, and up to 2km intervals to build pace and resilience.
Day 5	
Legs - Lift	Leg day builds strength, power, and size in the lower body. In Blocks 1 and 3, it lands at the end of the week on purpose - to avoid interfering with your runs. In Block 2, it shifts to mid-week as volume increases.
Day 6	
Run - Time	Your final workout is a steady, time-based run. We'll build from 40 minutes of continuous movement in Block 1 up to 60 minutes by Block 3. The goal: develop aerobic capacity with controlled Zone 2 running.
Day 7 - REST	
Full recovery. Reset, hydrate, stretch, and prepare for the next week.	

KEY TRAINING PRINCIPLES

1. Training Timings

You may train at any time of day. Consistency matters more than timing. Most sessions should take around 60 minutes or less. If sessions regularly exceed this, you are likely resting too long or not managing time efficiently.

2. Weights and Load Selection

Specific weights are not prescribed for most lifts. Choose loads that allow correct technique while still being challenging.

Aim to finish most working sets with 1–2 repetitions left in reserve. If you complete all prescribed reps comfortably, increase the load.

Record your weights to track progress.

3. Equipment

All movements are intentionally accessible. No Olympic lifts or advanced gymnastic skills are required. All exercises can be completed in a standard gym or home gym

4. The Performance Triad

Training alone is not enough. Results depend on: Training, Nutrition, Rest. Neglect any one of these and progress will stall.



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 flyes
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 × 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.

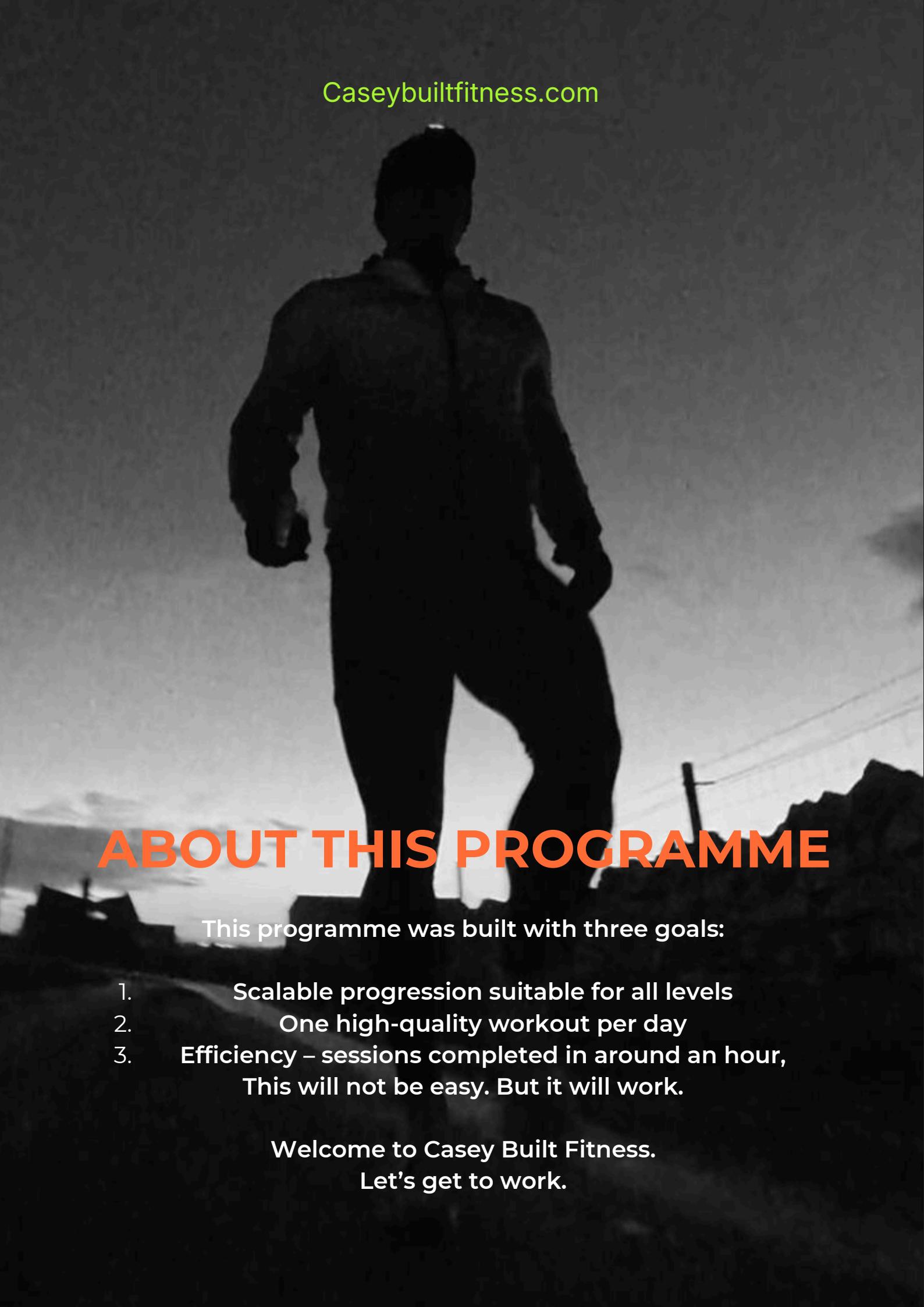
When do I increase weight?

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.



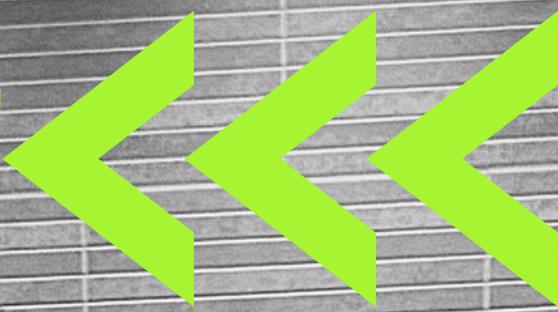
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ABOUT THIS PROGRAMME

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)

1. Bench Press – build to a 1-rep max (1RM):

- 12 reps
- 8 reps
- 5 reps
- 2 reps
- 1 rep
- 1 rep (this is your 1RM)

2. Bench Press – drop sets:

- 4 sets: 5 reps / 10 reps

3. Superset – 3 sets:

- Dumbbell fly – 15 reps
- Dumbbell tricep extension – 15 reps

4. Seated dumbbell shoulder press:

- 4 sets × 12 reps

5. Superset – 3 sets:

- Dumbbell lateral raise – 15 reps
- Dumbbell front raise – 15 reps

6. Finisher:

- Deficit press-ups – 100 total reps (as few sets as possible)

Training Notes

Rest:

Keep rest periods 1–2 minutes between normal sets.

Take 2–3 minutes when you need extra recovery to test or approach a 1RM.

Drop Sets:

Perform 5 reps at ~70% of your 1RM, then immediately reduce the weight to ~40% and complete 10 more reps without resting.

Finisher:

Use dumbbells to create a deficit and perform 100 push-ups, completing them in as few sets – and with as little rest – as possible.

DAY 2 – RUN (DISTANCE)

- 400 m easy jog
- Warm-up routine: W1

Main run:

- 3 km run for time
- Push the pace and establish your current benchmark

• 400 m cool-down jog

Post-run core:

- 10 rounds:
 - 20 flutter kicks
 - 10 squats
 - 5 press-ups

Training Pace

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.

Warm-Up Routine — W1 (Distance Days)

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
- This is a dynamic warm-up — no static stretching.

Stay smooth, controlled, and always moving.

WEEK 1

TEST WEEK

DAY 3 – (PULL)

1. Deadlift – build to a 1-rep max (1RM):

- 10 reps
- 8 reps
- 5 reps
- 2 reps
- 1 rep
- 1 rep (this is your 1RM)

2. Wide-grip lat pulldown – drop sets:

- 4 sets: 5 reps / 10 reps (Use weighted pull-ups if no lat pulldown is available)

3. Superset – 3 sets:

- Alternating gorilla rows – 10 reps each side
- Rear-delt dumbbell fly – 12 reps

4. Barbell row:

- 4 sets × 12 reps

5. Superset – 4 sets:

- Barbell curl – 5 reps (heavy)
- Alternating dumbbell curl – 10 reps

6. Finisher:

- 3 × max hang hold
- 30 seconds rest between efforts

Training Notes

Rest:

Keep your rest 1–2 minutes between most sets.

Take 2–3 minutes when building toward or testing your 1RM.

Drop Sets:

Perform 5 challenging reps, then immediately reduce the weight and complete 10 more reps without resting.

If there's no lat pulldown available, substitute with weighted pull-ups.

Finisher:

Hang from a pull-up bar for as long as possible.

Rest 30 seconds between hangs and repeat until failure.

DAY 4 – RUN (SPEED / INTERVALS)

- 400 m easy jog

- Warm-up routine: W2

Intervals:

- 1 × 800 m (3 minutes rest)
- 2 × 400 m (2 minutes rest)
- 4 × 200 m (1 minute rest)

- 400 m cool-down jog

Training pace:

- Faster than race pace
- Aim for consistent split times

Warm-Up Routine — W2 (Intervals / Speed Days)

Leg swings forward/back — 10 each leg

Leg swings side-to-side — 10 each leg

Walking lunge with twist — 7 each side

High knees — 15 meters

Butt kickers — 15 meters

Caterpillar walks — 15 meters

Hip rotations ("over the fence") — 15 meters

Training Pace

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.

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

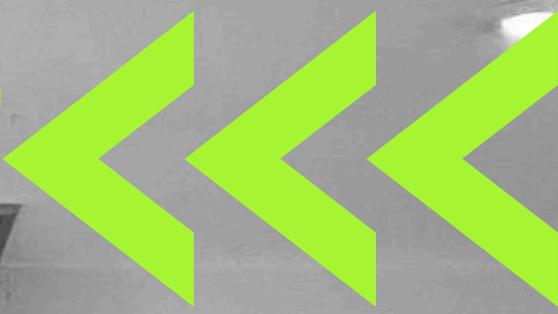
Warm-Up Routine — W3 (Zone 2 / Easy Runs)

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.



WEEK 2

TRAINING BLOCK 1



WEEK 2

TRAINING BLOCK 1

DAY 1 – (PUSH)

1. Standing barbell strict press — 6 sets

- 2 sets × 12 reps
- 2 sets × 8 reps
- 2 sets × 4 reps

No leg drive — press strictly from the shoulders.

2. Superset — 4 sets

- Seated dumbbell shrug — 12 reps
- Dumbbell lateral raise — 15 reps

Pause and squeeze — no swinging.

3. Dumbbell chest press — drop sets (4 rounds)

Each round:

- 5 reps
- drop the weight
- 10 reps

4. Superset — 3 sets

- Dumbbell chest fly — 12 reps
- Skull crushers — 12 reps

Control the stretch and protect the elbows.

5. Superset — 2 sets

- Seated dips — 15 reps
- Barbell front raise — 15 reps

Smooth, steady reps — no jerking.

FINISHER

Tricep extensions — 100 total reps

Break into as few sets as possible. Rest only when needed.

NOTES

Rest:

Keep rest around 1–2 minutes between sets.

Seated dips:

You can place a weight plate or dumbbell on your lap if you need extra load — or simply use bodyweight.

Finisher:

Use a rope or straight bar for tricep extensions. Aim to complete 100 total reps in as few sets as possible, with minimal rest.

No cables available?

Do 100 reps of overhead dumbbell tricep press instead.

DAY 2 – RUN (DISTANCE)

400 m easy warm-up jog

Then complete Warm-Up Routine: W1

MAIN SET — 3 ROUNDS (total 5 km)

2 km run (for pace)

- Rest 3 minutes

Repeat for 3 total rounds, Run controlled — fast, but repeatable.

400 m cool-down jog

Walk for 5–10 minutes afterwards.

POST-RUN CORE (OPTIONAL)

3 rounds:

- Max plank hold (up to 4 minutes max)
- Rest 2 minutes

Hold tight through shoulders, glutes and core — no dipping.

TRAINING PACE

Push the pace — but make it repeatable.

The goal is consistent kilometre splits across all three efforts.

Aim for no more than 30–60 seconds difference between any of the rounds.

If your first split is much faster than your last, you started too hard.

Run smart.

WARM-UP ROUTINE — W1

Move smoothly — don't rush and don't hold the stretches.

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

You should feel loose and ready — not tired.

WEEK 2

TRAINING BLOCK 1

DAY 3 – (PULL)

1. Barbell row — 6 sets

- 2 sets × 12 reps
- 2 sets × 8 reps
- 2 sets × 4 reps

Keep the back tight. No jerking or yanking.

2. Superset — 4 sets

- Dumbbell row — 10 reps each side
- Seated dumbbell curl — 10 reps

Control the negative on both movements.

3. Wide-grip lat pulldown — 4 sets

- 2 sets × 12 reps
- 2 sets × 8 reps

Full stretch at the top, pull to the chest.

4. Superset — 3 sets

- Cable lat pullover — 15 reps
- Cable curl — 15 reps

Stay smooth — don't chase weight.

5. Superset — 2 sets

- Reverse barbell curl — 20 reps
- Rear-delt dumbbell fly — 10 reps

Light weight, strict form.

FINISHER

3 sets — max pull-ups

Rest 1 minute between sets.

NOTES

Rest:

Keep rest around 1–2 minutes between sets.

Lat pulldown:

If you don't have access to a lat pulldown machine, use weighted pull-ups instead.

Cable lat pullover:

No cables available?

You can perform the same movement using an elastic training band.

Cable curl:

If cables aren't available, substitute with a barbell curl.

400 m easy warm-up jog

Then complete Warm-Up Routine: W2

MAIN SET — TRACK LADDER

1 × 200 m

- Rest 1 minute

1 × 400 m

- Rest 1 minute

1 × 800 m

- Rest 2 minutes

1 × 400 m

- Rest 1 minute

1 × 200 m

Focus on smooth pacing — every rep should feel fast but controlled.

400 m cool-down jog

Then walk 5–10 minutes and loosen off.

TRAINING PACE

Run faster than race pace.

This ladder builds up in distance, then works back down again.

Your goal:

Hit similar times on the way back down as you did on the way up — fast, but controlled and repeatable.

WARM-UP ROUTINE — W2

Move smoothly and don't rush.

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 metres
 5. Butt kickers – 15 metres
 6. Caterpillars / inchworms – 15 metres
 7. Hip rotations ("over the fence") – 15 metres
- You should finish warm, loose and ready — not tired.

WEEK 2

TRAINING BLOCK 1

DAY 5 – (LEGS)

1. Front squat — 6 sets

- 2 sets × 12 reps
- 2 sets × 8 reps
- 2 sets × 4 reps

Keep the chest up and elbows high.

2. Superset — 4 sets

- Double dumbbell Romanian deadlift — 12 reps
 - Standing power jump — 6 reps
- Explode up — soft controlled landings.

3. Superset — 4 sets

- Single-leg deficit squat — 8 each leg
- Bulgarian split squat — 8 each leg

Balance and control take priority.

4. Dumbbell walking lunges

- 2 sets × 20 steps (10 each leg)
- Stay tall — don't rush the steps.

FINISHER

100 bodyweight squats

Break into as few sets as possible with minimal rest.

NOTES

Rest:

Keep rest around 1–2 minutes between most sets.

Take around 2 minutes between front squat sets — slightly longer if needed for heavier work.

Double dumbbell RDL:

Hold a dumbbell in each hand.

No fast movements — keep the reps smooth, controlled and slow.

Single-leg deficit squat:

No extra weight needed.

Place one foot on a bench and stand up slowly, trying not to let the other foot touch the ground.

Dumbbell walking lunge:

Hold the dumbbells in a farmer's carry position at your sides while you walk.

DAY 6 – RUN (TIME)

Complete Warm-Up Routine: W3

MAIN RUN

45 minutes — Zone 2

- Easy, conversational pace
- A simple approach: 22–23 minutes out, then back

Stay relaxed and focus on rhythm.

POST-RUN CORE (OPTIONAL)

5 rounds:

- 40 flutter kicks
- 30 Russian twists
- 20 press-ups
- 10 V-ups

Move with control — don't rush the reps.

TRAINING PACE

Keep the effort easy and steady — stay in Heart Rate Zone 2.

Aim to hold one consistent pace across the full 45 minutes.

You should feel like you could keep going at the end.

WARM-UP ROUTINE — W3

Move smoothly — don't rush.

1. Caterpillar / inchworm walks – 10 metres
2. Knees to chest (walking) – 10 metres
3. Walking quad pull – 10 metres
4. Tiptoe walk – 10 metres
5. Heel walk – 10 metres
6. A-skips – 2 × 10 metres

You should finish warm, loose and ready — not tired.

WEEK 3

TRAINING BLOCK 1



WEEK 3

TRAINING BLOCK 1

DAY 1 – (PUSH)

1. Bench press — triple drop sets (4 rounds)

Each round:

- 4 reps → drop the weight
- 8 reps → drop the weight
- 12 reps

Stay controlled — no bouncing off the chest.

2. Superset — 4 sets

- Incline dumbbell fly — 12 reps
 - Overhead dumbbell tricep press — 12 reps
- Full stretch, smooth lockout.

3. Standing dumbbell strict press — drop sets (4 rounds)

Each round:

- 5 reps → drop the weight
- 10 reps

No leg drive — strict press only.

4. Superset — 3 sets

- Dumbbell lateral raises — 15 reps
(pause and squeeze the middle 5 reps for 2–3 seconds)
 - Dips (bench or parallel bars) — 12 reps
- Control the descent — no bouncing.

5. Superset — 2 sets

- Incline dumbbell press — 20 reps
 - Dumbbell front raise — 20 reps
- Light to moderate load — tidy reps.

FINISHER

Deficit press-ups — 100 total reps

Break into as few sets as possible with minimal rest.

NOTES

Rest:

Keep rest around 1–2 minutes between sets.

Triple drop sets:

This works like a normal drop set, but with three weight changes.

Example guideline:

- 4 reps at roughly 75%
- 8 reps at roughly 50%
- 12 reps at roughly 30%

Don't stress about the exact percentages — just ensure the final 12th rep is difficult to finish with good form.

Finisher:

Use dumbbells to create the deficit for press-ups.

Aim to complete 100 reps in as few sets as possible, with minimal rest.

If you need to drop to your knees at times, that's perfectly fine — keep moving.

DAY 2 – RUN (DISTANCE)

400 m easy warm-up jog

Then complete Warm-Up Routine: W1

MAIN SET — 2 ROUNDS (total 6 km)

3 km run (for pace)

- Rest 4 minutes

Repeat for 2 total rounds

Aim to keep both efforts close in time — strong but controlled.

400 m cool-down jog

Then walk 5–10 minutes to settle the heart rate.

POST-RUN CORE (OPTIONAL)

4 rounds:

- 25 ab crunches
- 25 leg raises
- 25 mountain climbers (25 each side)

Move with control — don't rush the reps.

TRAINING PACE

Push the pace — but keep it repeatable.

The goal is to run the second 3 km effort as close as possible to the first.

Aim for no more than about 1 minute difference between the two runs.

If the second effort drops off heavily, you went too hard on the first.

WARM-UP ROUTINE — W1

Move smoothly — don't hold the stretches.

1. Leg swings — 10 each leg
 2. Toy soldiers (straight-leg kicks) — 10 each leg
 3. Alternating knee pull to chest — 5 each side
 4. Alternating quad pulls — 5 each side (don't hold the stretch)
 5. Alternating lunges — 10 each side
 6. Hip circles (forwards) — 5 each side
 7. Hip circles (backwards) — 5 each side
- You should finish feeling loose and ready — not fatigued.

WEEK 3

TRAINING BLOCK 1

DAY 3 – (PULL)

1. Deadlift — 6 sets

- 2 sets × 10 reps (about 50–60% 1RM)
- 2 sets × 6 reps (about 60–70% 1RM)
- 2 sets × 4 reps (about 80–90% 1RM)

Move with control — no bouncing or jerking off the floor.

2. Superset — 3 sets

- Alternating gorilla row — 10 reps each side
- Rear-delt fly — 10 reps

Strong squeeze between the shoulder blades.

3. Wide-grip lat pulldown (or pull-ups) — triple drop sets (4 rounds)

Each round:

- 4 reps (heavy) → drop weight
- 8 reps → drop weight
- 12 reps

Use assisted pull-ups if needed.

4. Superset — 3 sets

- Barbell curl — 12 reps
- Seated hammer curl — 12 reps

Control every rep — no swinging.

5. Superset — 2 sets

- Barbell high pull — 20 reps
- Reverse curl — 20 reps

Light to moderate weight — focus on quality.

FINISHER

3 sets — max bar hang

Hold for as long as possible each time with good grip.

NOTES

Rest:

Keep rest around 1–2 minutes between most sets.

Take about 2 minutes between deadlift sets.

Triple drop set:

This can also be performed using weighted pull-ups if preferred or if no lat pulldown is available.

Finisher:

Hang from the pull-up bar and hold for as long as possible each round.

Take 30 seconds rest between hangs.

DAY 4 – RUN (SPEED)

400 m easy warm-up jog

Then complete Warm-Up Routine: W2

MAIN SET

6 × 400 m (race pace)

Rest 90 seconds between each interval.

Aim for consistent splits across all six reps — fast, but controlled.

400 m cool-down jog

Then walk 5–10 minutes and loosen off.

TRAINING PACE

Run faster than race pace, but stay disciplined. Aim for consistent 400 m splits across all six reps. If you blast the first interval so hard that you can't repeat the effort — you went too fast. Control the speed.

WARM-UP ROUTINE — W2

Move smoothly through each drill:

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 metres
5. Butt kickers — 15 metres
6. Caterpillars / inchworms — 15 metres
7. Hip rotations ("over the fence") — 15 metres

You should finish warm, loose and ready — not fatigued.

WEEK 3

TRAINING BLOCK 1

DAY 5 – (LEGS)

1. Back squat — drop sets (5 rounds)

Each round:

- 5 reps → drop the weight
- 10 reps

Control every rep — no collapsing at the bottom.

2. Superset — 4 sets

- Dumbbell walking lunges — 16 reps (8 each leg)
 - Bulgarian split squat — 8 reps each leg
- Stay tall and steady — avoid rushing.

3. Superset — 4 sets

- Goblet squat — 15 reps
 - Box jump — 5 reps
- Jump explosively, land softly, reset each jump.

4. Superset — 4 sets

- Alternating Cossack squats — 10 each leg
- Calf raises — 25 reps - Place your toes on a weight plate to increase the stretch.

NOTES

Rest:

Keep rest around 1–2 minutes between most sets.

Take around 2 minutes between squat drop-set rounds.

Drop sets (back squat):

Perform 5 reps at roughly 70–80%, then immediately drop the weight and perform 10 reps at around 40–50%.

Focus on control — not just surviving the reps.

Box jumps:

Choose a height that is challenging but safe. Reset each jump and focus on powerful take-offs and soft landings.

Cossack squats:

Keep the torso upright and move smoothly through the range.

These can be done bodyweight, or while holding a dumbbell or kettlebell for added challenge.

DAY 6 – RUN (TIME)

Complete Warm-Up Routine: W3

MAIN RUN

50 minutes — Zone 2

- Easy, conversational pace
- A simple approach: 25 minutes out, then 25 minutes back

Stay relaxed and keep breathing under control.

POST-RUN CORE (OPTIONAL)

- 100 flutter kicks
- Max plank hold

Hold the plank with good position — hips level, ribs down.

TRAINING PACE

Keep the effort easy and steady — stay in Heart Rate Zone 2.

Aim to hold one consistent pace across the full 50 minutes.

You should finish feeling like you could keep going.

WARM-UP ROUTINE — W3

Move smoothly through each drill — don't rush.

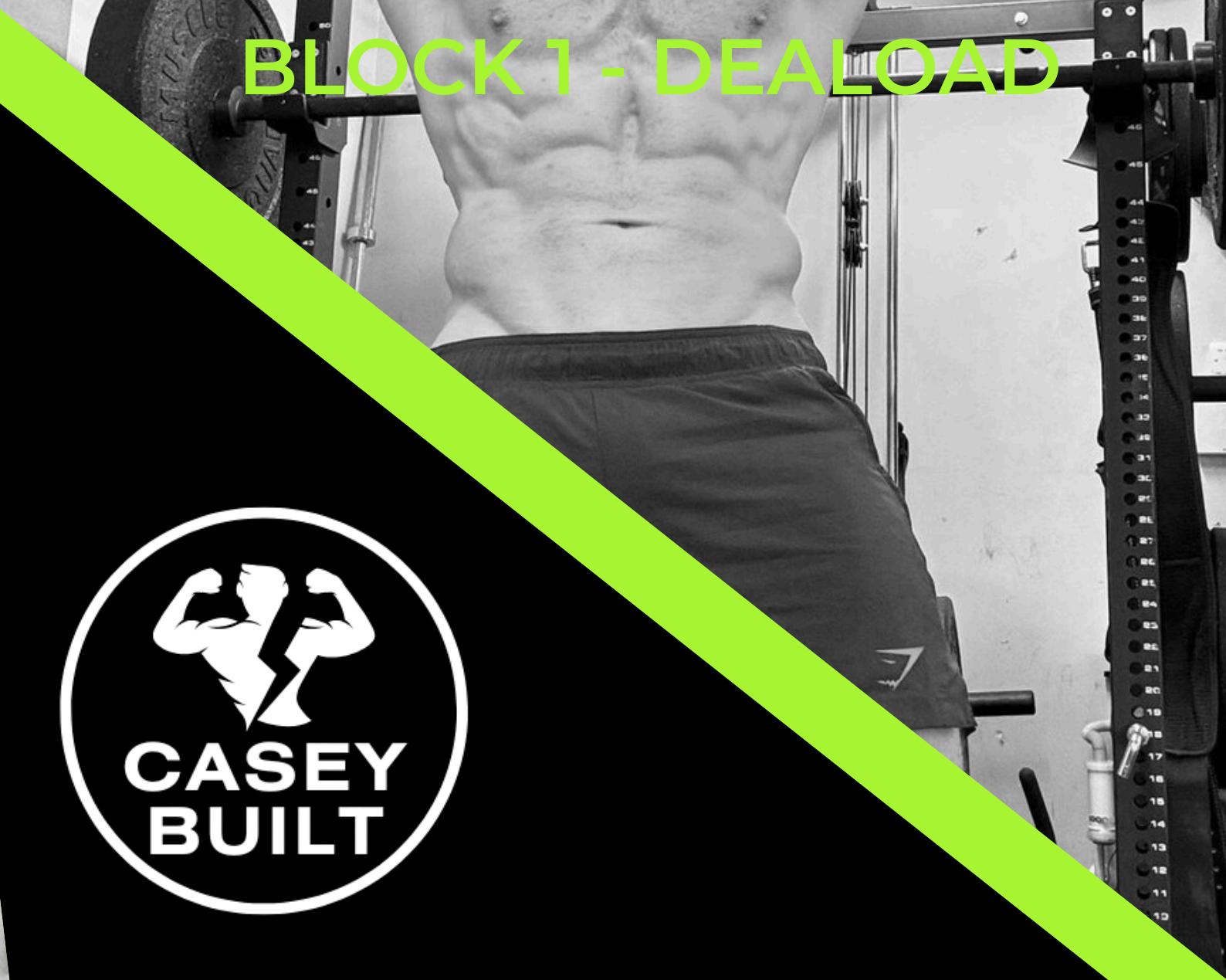
1. Caterpillar / inchworm walks – 10 metres
2. Knees to chest (walking) – 10 metres
3. Walking quad pull – 10 metres
4. Tiptoe walk – 10 metres
5. Heel walk – 10 metres
6. A-skips – 2 × 10 metres

You should finish warm, loose and ready — not tired.



WEEK 4

BLOCK 1 - DEALOAD



WEEK 4

BLOCK 1 - DEALOAD

DAY 1 – (PUSH)

1. Seated Dumbbell Shoulder Press — Drop Sets

- 4 sets: 5 reps, then immediately 10 reps (reduce weight)

2. Superset — 4 sets

- Sanding Barbell Press — 15 reps
- Dumbbell Lateral Raises — 15 reps

3. Dumbbell Chest Press

- sets: 10 reps

4. Superset — 3 sets

- Cable or Dumbbell Fly - 15 reps, (squeeze at the midpoint on the last 5 reps)
- Overhead Triceps Press - 12 reps

5. Superset — 3 sets

- Dumbbell Pullover — 15 reps
- Skull Crushers — 15 reps

6. Finisher

- Dumbbell Lateral Raises — 100 total reps
- Complete in as few sets as possible with minimal rest.

Notes

Rest:

Keep your rest 1–2 minutes between sets.

Cable / Dumbbell Fly:

During the set of 15, pause and squeeze at the midpoint for 2–3 seconds on the final 5 reps.

Finisher:

Can be done seated or standing.
Complete 100 total reps in as few sets — and with as little rest — as possible.

You can start heavier and drop the weight as you fatigue.

DAY 2 – RUN (DISTANCE)

400m easy warm-up jog

Warm-Up Routine — W1

(complete before the run)

(Use the W1 dynamic warm-up you've been following.)

Main Set — 3km Time Trial

- Run 3k miles for time.
- Push the pace and try to beat your Week 1 result if possible.

400m cool-down jog — relaxed, controlled breathing.

Post-Run Core

4 rounds:

- 1-minute plank
- 30 crunches
- 20 V-ups
- 10 push-ups

Training Pace

Push the pace — and aim to beat your Week 1 3km time.

Stay aggressive, but controlled.

Warm-Up Routine — W1 (Distance Days)

1. Leg swings — 10 each leg
2. Toy soldiers (straight-leg kicks) — 10 each leg
3. Alternating knee pull-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

WEEK 4

BLOCK 1 - DEALOAD

DAY 3 – (PULL)

1. Barbell Row — Drop Sets

- 5 sets: 5 reps, then immediately 10 reps (reduce weight)

2. Pull-Ups or Lat Pulldown — 4 Sets

- 2 sets (wide grip): 12 reps
- 2 sets (close supinated grip): 12 reps

3. Superset — 3 Sets

- Alternating Gorilla Row: 12 reps each side
- Alternating Dumbbell Curl: 12 reps each side

4. Superset — 2 Sets

- Rear Delt Fly: 20 reps
- Cable Lat Pullover: 20 reps

5. Superset — 2 Sets

- Barbell Curl: 20 reps
- Seated Hammer Curl: 20 reps

Notes

Rest:

Keep your rest 1–2 minutes between sets.

Gorilla Rows:

These are typically performed with kettlebells. If kettlebells aren't available, you can do them with dumbbells instead — same movement pattern.

DAY 4 – RUN (SPEED)

400m easy warm-up jog

Warm-Up Routine — W2

(complete your W2 dynamic warm-up)

Main Set — Ladder Intervals

1 × 800m

- Rest: 3 minutes

2 × 400m

- Rest: 2 minutes after each rep

4 × 200m

- Rest: 1 minute after each rep

400m cool-down jog — relaxed pace.

Training Pace

Run faster than race pace and aim for consistent splits.

This is a repeat of Week 1 — so you should be targeting faster times this round.

Warm-Up Routine — W2 (Intervals / Speed Days)

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

WEEK 4

BLOCK 1 - DEALOAD

DAY 5 – (LEGS)

1. Barbell Front Squats

- 5 sets: 10 reps

2. Superset — 4 Sets

- Barbell Back-Rack Lunge (alternating): 10 reps each leg
- Cossack Squats (alternating): 10 reps each leg

3. Superset — 4 Sets

- Broad Jump: 8 reps
- Box Jump: 8 reps

4. Superset — 2 Sets

- Bodyweight Squats: 50 reps
- Alternating Lunges: 50 total reps (25 each leg)

Notes

Rest:

Keep your rest 1–2 minutes between sets. Take about 2 minutes between back-squat sets.

Box Jumps:

Choose a height that is challenging but safe to complete with good form.

Reminder:

Volume is intentionally lower — this is a deload week, so focus on quality movement and recovery.

DAY 6 – RUN (TIME)

Warm-Up Routine — W3

Then complete:

40 minutes — Zone 2 run (easy pace)

- Remember: this is deload week, so we're returning to the Week 1 time duration.
- Easiest approach: run 20 minutes out, 20 minutes back.

Post-Run Core

2 rounds:

- 1-minute side plank — right
- 1-minute side plank — left
- 1-minute front plank
- 40 crunches

Training Pace

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

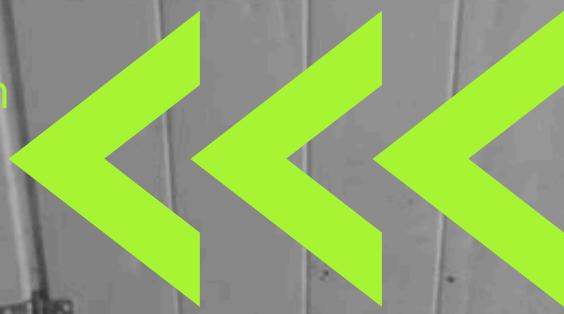
Aim to stay consistent across the full 40 minutes.

Ideally, you may cover more distance than Week 1, but don't stress if you don't — the goal is steady, controlled effort.

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

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WEEK 5

TRAINING BLOCK 2



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WEEK 5

TRAINING BLOCK 2

DAY 1 - PUSH+PULL DAY

1. Superset — 5 Sets

- Bench Press: 10 reps (60–70% 1RM)
- Dumbbell Chest Fly: 15 reps

2. Superset — 4 Sets

- Barbell Row: 10 reps
- Rear Delt Fly: 15 reps

3. Superset — 4 Sets

- Standing Dumbbell Shoulder Press: 10 reps
- Dumbbell Lateral Raise: 15 reps

4. Tripleset — 2 Sets

- Dumbbell Chest Press: 12 reps
- Pull-Ups: to failure
- Seated Shoulder Press: 12 reps

5. Superset — 2 Sets

- Barbell Curl: 15 reps
- Overhead Dumbbell Triceps Press: 15 reps

Notes

Training Structure:

During this block, we'll train push + pull together twice per week.

Rest:

Keep your rest 1–2 minutes between sets.

Tripleset:

Similar to a superset — but instead of two movements, you'll perform three exercises back-to-back before resting.

DAY 2 – RUN (DISTANCE)

400m easy warm-up jog

Warm-Up Routine — W1

(complete your W1 dynamic warm-up)

Main Set — 5k Time Trial

Run 5km for time.

Push the pace and establish your baseline 3-mile time.

400m cool-down jog — relaxed and controlled.

Post-Run Core

5 rounds:

- 10 crunches
- 10 Russian twists
- 10 V-ups
- 10 push-ups

Training Pace

Push the pace and establish your baseline 5k time.

Stay focused, steady, and strong throughout.

Warm-Up Routine — W1 (Distance Days)

1. Leg swings — 10 each leg
2. Toy soldiers (straight-leg kicks) — 10 each leg
3. Alternating knee pull-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

WEEK 5

TRAINING BLOCK 2

Day 3 - (LEGS)

1. Barbell Back Squat

- 3 sets: 8 reps

2. Barbell Front Squat

- 3 sets: 12 reps

3. Superset — 4 Sets

- Bulgarian Split Squat: 8 reps each leg
- Single-Leg Deficit Squat: 10 reps each leg

4. Superset — 3 Sets

- Overhead Alternating Lunge: 20 reps (10 each leg)
- Dumbbell RDL: 15 reps

5. Superset — 2 Sets

- Broad Jump: 8 reps
- Bodyweight Squats: 25 reps

Notes

Schedule:

In Training Block 2, leg day now falls mid-week.

Rest:

Keep your rest 1-2 minutes between sets. Take about 2 minutes between squat sets.

Overhead Alternating Lunge:

Hold a kettlebell or dumbbell overhead. Switch sides halfway through the set — for example:

10 reps overhead on the right, then 10 on the left to complete 20 total reps.

DAY 4 – RUN (SPEED)

400m easy warm-up jog

Warm-Up Routine — W2

(complete your W2 dynamic warm-up)

Km Set — Ladder Intervals

1 × 2k

- Rest: 4 minutes

2 × 800m

- Rest: 3 minutes after each

3 × 400m

- Rest: 2 minutes after each

4 × 200m

- Rest: 1 minute after each

400m cool-down jog — relaxed pace.

Training Pace

Run faster than race pace and aim for consistent splits.

This workout introduces your first 2k effort, so stay controlled and smooth while pushing the pace.

Warm-Up Routine — W2 (Intervals / Speed Days)

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

WEEK 5

TRAINING BLOCK 2

DAY 5 - (PUSH+PULL)

1. Superset — 4 Sets

- Standing Barbell Shoulder Press: 10 reps
- Dumbbell Lateral Raise — Drop Set: 5 reps, then 10 reps (reduce weight)

2. Superset — 4 Sets

- Pull-Ups or Lat Pulldown: 10 reps
- Cable Lat Pullover: 15 reps

3. Superset — 4 Sets

- Dumbbell Chest Press: 10 reps
- Dumbbell Pullover: 15 reps

4. Tripleset — 2 Sets

- Dumbbell Arnold Press: 10 reps
- Barbell Row: 10 reps
- Close-Grip Bench Press: 10 reps

5. Superset — 2 Sets

- Barbell Curl: 20 reps
- Skull Crushers: 20 reps

Notes

Training Split:

This is your second push-pull day of the week.

Rest:

Keep your rest 1–2 minutes between sets.

Arnold Press:

Similar to a shoulder press — but lower to 90° (upper arm parallel to the floor) and rotate inward on each rep.

If you're unsure, watch a quick demonstration video.

Close-Grip Bench Press:

Focus on driving through the triceps — not the shoulders.

DAY 6 – RUN (TIME)

Warm-Up Routine — W3

Then complete:

45 minutes — Zone 2 run (easy, steady pace)

- Keep it relaxed and controlled.
- Easiest approach: run 22–23 minutes out, then turn around and come back.

Post-Run Core

2 rounds:

- 50 crunches
- 40 V-ups
- 30 Russian twists
- 20 push-ups
- 10 burpees

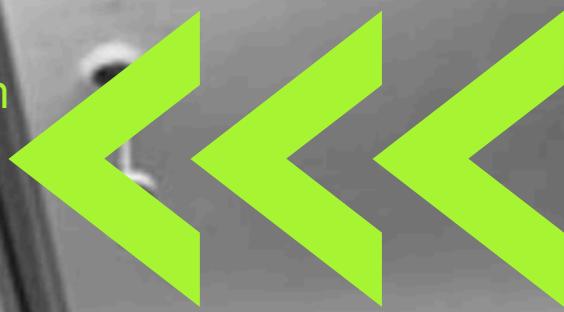
Training Pace

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

Aim to hold a consistent effort across the full 45 minutes.

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



WEEK 6

TRAINING BLOCK 2



WEEK 6

TRAINING BLOCK 2

DAY 1 – (PUSH+PULL)

1. Superset — 5 sets

- Dumbbell chest press — drop set: 4 reps → drop weight → 12 reps
 - Barbell row — 10 reps
- Control both movements — no rushing.

2. Superset — 4 sets

- Standing barbell shoulder press — 8 reps
 - Pull-ups or lat pulldown — 10 reps
- Keep the core tight — no leaning back to cheat the press.

3. Superset — 3 sets

- Dumbbell chest fly — 15 reps
 - Rear-delt fly — 15 reps
- Smooth stretch and controlled squeeze.

4. Tripleset — 2 rounds

- Barbell close-grip bench press — 15 reps
 - Gorilla row — 20 reps (10 each side)
 - Seated dumbbell shoulder press — 12 reps
- Minimal rest between movements.

5. Superset — 1 set

- Barbell curl — drop set: 10 reps → drop weight → 20 reps
 - Skull crushers — drop set: 10 reps → drop weight → 20 reps
- Big pump — keep form tidy throughout.

NOTES

Rest:

Keep rest around 1–2 minutes between sets.

Close-grip barbell press:

Slow the reps down and actively focus on using the triceps to press the bar — not the shoulders.

Keep elbows tucked and avoid flaring out.

DAY 2 – RUN (DISTANCE)

400m easy warm-up jog

Warm-Up Routine — W1

(complete your W1 dynamic warm-up)

Main Set — 3 Rounds (Total: 6km)

2km run

Rest: 3 minutes

Repeat for 6 total km.

400m cool-down jog — relaxed and controlled.

Post-Run Care

5 rounds — every 2 minutes:

- 20 push-ups
- Plank for the remaining time
- Then take 1 minute rest before the next round.

TRAINING PACE

Push the pace — but keep it controlled. Aim for consistent 2km splits across the entire run.

Try to keep each split within about 1 minute of the others.

If the final split is much slower, you went out too fast.

WARM-UP ROUTINE — W1

Move smoothly — don't hold the stretches.

1. Leg swings — 10 each leg
2. Toy soldiers (straight-leg kicks) — 10 each leg
3. Alternating knee pull to chest — 5 each side
4. Alternating quad pull — 5 each side
5. Alternating lunges — 10 each side
6. Hip circles (forwards) — 5 each side
7. Hip circles (backwards) — 5 each side

You should feel loose and ready — not fatigued.

WEEK 6

TRAINING BLOCK 2

DAY 3 – (LEGS)

1. Barbell back squat — triple drop sets (5 rounds)

Each round:

- 4 reps → drop the weight
- 8 reps → drop the weight
- 12 reps

Control the descent — no collapsing at the bottom.

2. Superset — 4 sets

- Barbell Romanian deadlift — 10 reps
- Broad jump — 8 reps

Explode forward, then reset before the next jump.

3. Superset — 3 sets

- Bulgarian split squat — 12 reps each leg
- Cossack squat — 12 reps each leg

Move slowly with balance and range.

4. Superset — 2 sets

- High box jump — 8 reps
- Alternating dumbbell lunge — 20 reps (10 each side)

Jump powerfully, then switch to controlled lunges.

NOTES

Rest:

Keep rest around 1–2 minutes between most sets.

Take about 2 minutes between squat triple-drop sets.

Triple drop sets (back squat):

Each round should feel challenging. It's perfectly normal to reduce the load as fatigue builds.

As a guide:

- 4 reps ≈ 80% 1RM
- 8 reps ≈ 60% 1RM
- 12 reps ≈ 30% 1RM

Focus on quality — not rushing through the reps.

Cossack squats:

Do all reps on one leg first, then switch to the other.

Move slowly and stay balanced.

DAY 4 – RUN (SPEED)

400m easy warm-up jog

Warm-Up Routine — W2

(complete your W2 dynamic warm-up)

Main Set — Ladder Intervals

1 × 200m

- Rest: 1 minute

1 × 400m

- Rest: 90 seconds

2 × 800m

- Rest: 2 minutes after each

1 × 400m

- Rest: 90 seconds

1 × 200m

- Rest: 1 minute

400m cool-down jog — relaxed pace.

Training Pace

Run faster than race pace and aim for consistent splits throughout the track ladder.

Warm-Up Routine — W2 (Intervals / Speed Days)

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

WEEK 6

TRAINING BLOCK 2

DAY 5 – (PUSH + PULL)

1. Superset — 5 sets

- Deadlift — 5 reps (around 80% 1RM)
 - Seated shoulder press — 12 reps
- Control the deadlifts — no bouncing off the floor.

2. Superset — 4 sets

- Supinated-grip pull-ups — 10 reps
 - Dumbbell chest press — 8 reps
- Strong squeeze at the top of each press.

3. Superset — 3 sets

- Gorilla row — 20 reps (10 each side)
 - Seated dumbbell shrug — 15 reps
- Stay tight through the upper back.

4. Tripleset — 2 rounds

- Dumbbell chest fly — 15 reps
 - Wide-grip pull-ups — to failure × 2 efforts
 - Dumbbell lateral raise — 15 reps
- Minimal rest between movements — move with control.

5. Superset — 1 set

- Preacher curl — drop set: 10 reps → drop weight → 20 reps
 - Overhead dumbbell tricep extension — drop set: 10 reps → drop weight → 20 reps
- Keep elbows steady — don't swing the weights.

Notes

Rest:

Keep your rest 1–2 minutes between sets.

Wide-Grip Pull-Ups — Failure × 2:

Do as many pull-ups as possible, rest 30 seconds, then perform another max-effort set.

DAY 6 – RUN (TIME)

Warm-Up Routine — W3

Then complete:

50 minutes — Zone 2 run (easy, steady pace)

- Keep it relaxed and controlled.
- Easiest approach: run 25 minutes out, then turn around and come back.

Post-Run Core

2 rounds:

- 50 crunches
- 40 V-ups
- 30 Russian twists
- 20 push-ups
- 10 burpees

Training Pace

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

Aim to hold a consistent effort across the full 50 minutes.

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

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WEEK 7

TRAINING BLOCK 2



WEEK 7

TRAINING BLOCK 2

DAY 1 – (PUSH+PULL)

1. Superset — 5 sets

- Bench press — 4 reps (about 80–90% 1RM)
 - Dumbbell fly — 12 reps
- Control the press — no bouncing.

2. Superset — 4 sets

- Barbell row — 6 reps
 - Alternating dumbbell curl — 10 reps each arm
- Stay tight through the back on rows.

3. Superset — 5 sets

- Standing strict shoulder press — 5 reps
 - Dumbbell lateral raise — 12 reps
- No leg drive — press strictly.

4. Tripleset — 2 rounds

- Skull crushers — 15 reps
 - Pull-ups — failure ×2 efforts
 - Dumbbell shrug — 20 reps
- Minimal rest — keep form tidy.

FINISHER

Barbell curls — 100 total reps
Break into as few sets as possible. Rest only when necessary.

NOTES

Rest:

Keep rest around 1–2 minutes between sets.

Pull-ups ×2:

As before — perform max reps, rest 30 seconds, then go again for another max effort.
Use assistance if needed — quality comes first.

Finisher:

Complete 100 total barbell curls in as few sets as possible with minimal rest.
It's okay to reduce the weight if you truly need to — but try to complete all 100 using the same weight you started with, if you can do so safely and with good form.

DAY 2 – RUN (DISTANCE)

400m easy warm-up jog

Warm-Up Routine — W1

(complete your W1 dynamic warm-up)

Main Set — 2 Rounds (Total: 6km)

3km-mile run

Rest: 3 minutes

Repeat once more.

400m cool-down jog — relaxed pace.

Post-Run Core

6 rounds:

- 10 push-ups
- 10 V-ups
- 10 Russian twists
- 10 flutter kicks

Workout Context

This is a repeat of Week 3, Day 1 — but with slightly less rest.

See if you can beat your previous 3k splits.

Training Pace

Push the pace and aim for consistent 3k splits.
Try to keep each 3k effort within 1–2 minutes of the other.

Warm-Up Routine — W1 (Distance Days)

1. Leg swings — 10 each leg
2. Toy soldiers (straight-leg kicks) — 10 each leg
3. Alternating knee pull-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

WEEK 7

TRAINING BLOCK 2

DAY 3 – (LEGS)

1. Barbell back squat — 7 sets total

- 1 set × 12 reps (warm-up) — ~40% 1RM
- 1 set × 8 reps (warm-up) — ~60% 1RM
- 5 sets × 5 reps (working sets) — ~80–90% 1RM
- 1 set × 20 reps (burnout finisher) — ~40% 1RM

Stay tight, brace, and control the depth on every rep.

2. Superset — 4 sets

- Single-leg barbell Romanian deadlift — 10 reps each leg
 - Bulgarian split squat — 10 reps each leg
- Slow and controlled — balance first.

3. Superset — 3 sets

- Alternating dumbbell lunge — 10 reps each leg
 - Single-leg deficit squat — 10 reps each leg
- Move through full range without rushing.

4. Superset — 2 sets

- High box jump — 8 reps
- Bodyweight squats — 25 reps

Explode on the jumps, then switch to steady squats.

NOTES

Rest:

Keep rest around 1–2 minutes between most sets.

Take around 2 minutes between squat sets, especially on the heavier working sets.

Dumbbell lunges:

Hold the dumbbells in a farmer's carry position at your sides.

Walking lunges are preferred where space allows.

DAY 4 – RUN (SPEED)

400 m easy warm-up jog

Then complete Warm-Up Routine: W2

MAIN SET

8 × 400 m

- Rest 2 minutes between each 400 m
- Aim to hold consistent split times across all eight efforts — fast, but controlled.

400 m cool-down jog

Then walk 5–10 minutes and loosen off.

TRAINING PACE

Run faster than race pace, but stay controlled. Aim for consistent split times across all eight 400 m repeats.

If the first rep is far faster than the rest, you started too hard — pace yourself.

WARM-UP ROUTINE — W2

Move smoothly — don't rush the drills.

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 metres
 5. Butt kickers – 15 metres
 6. Caterpillars / inchworms – 15 metres
 7. Hip rotations ("over the fence") – 15 metres
- You should finish warm, loose and ready — not tired.

WEEK 7

TRAINING BLOCK 2

DAY 5 – (PUSH + PULL)

1. Superset — 5 sets

- Seated dumbbell shoulder press — 6 reps
 - Dumbbell lateral raise — 12 reps
- Keep shoulders down and controlled.

2. Superset — 4 sets

- Gorilla row — 8 reps each side
 - Rear-delt fly — 12 reps
- Squeeze the upper back on every rep.

3. Superset — 4 sets

- Dumbbell chest press — 5 reps (heavy but controlled)
 - Dumbbell pullover — 15 reps
- Keep the ribcage down on pullovers.

4. Tripleset — 3 rounds

- Dumbbell chest fly — 20 reps
 - Seated dips — failure ×2 efforts
 - Dumbbell front raise — 20 reps
- Minimal rest — quality form.

5. Superset — 1 set

- Barbell curl — drop set: 10 reps → drop weight → 20 reps
 - Skull crushers — drop set: 10 reps → drop weight → 20 reps
- Control the elbows — no swinging.

NOTES

Rest:

Keep rest around 1–2 minutes between sets.

Gorilla rows:

For Sets 1 and 3 — perform them alternating each rep.

For Sets 2 and 4 — perform them as doubles (two reps on the left, two on the right, repeating until you reach 8 each side).

Seated dips:

These can be weighted by placing a plate or dumbbell on your lap, or performed bodyweight.

Take each set to failure, rest 30 seconds, then go to failure again — that counts as one full set.

DAY 6 – RUN (TIME)

Complete Warm-Up Routine: W3

MAIN RUN

55 minutes — Zone 2

- Easy, conversational pace
 - This is your longest run so far
 - A simple approach is 27–28 minutes out, then turn around and come back
- Stay relaxed and keep breathing steady.

POST-RUN CORE (OPTIONAL)

3 rounds:

- Max plank hold
 - Rest 1 minute between rounds
- Focus on posture and keeping the core tight.

TRAINING PACE

Easy pace — Zone 2 heart rate.

Aim to hold a steady, consistent pace for the full 55 minutes.

This is your longest run yet, so focus on rhythm and patience.

WARM-UP ROUTINE — W3

Move smoothly through each drill:

1. Caterpillar / inchworm walks — 10 metres
2. Knees to chest (walking) — 10 metres
3. Quad pull (walking) — 10 metres
4. Tiptoe walk — 10 metres
5. Heel walk — 10 metres
6. A-skips — 2 × 10 metres

You should feel loose and ready, not tired.



WEEK 8

TRAINING BLOCK 2 -

DELOAD WEEK



WEEK 8

TRAINING BLOCK 2 - DELOAD WEEK

DAY 1 – (PUSH + PULL)

1. Superset — 5 Sets

- Bench Press — Drop Set: 5 reps, then 10 reps (reduce weight)
- Pull-Ups: to failure

2. Superset — 4 Sets

- Standing Dumbbell Shoulder Press: 8 reps
- Barbell Row: 10 reps

3. Superset — 3 Sets

- Dips: to failure
- Dumbbell Row: 10 reps each side

4. Tripleset — 2 Sets

- Dumbbell Chest Fly: 20 reps
- T-Bar Row: 15 reps
- Dumbbell Lateral Raise: 20 reps

6. Finisher

- Overhead Dumbbell Triceps Press — 100 total reps

Notes

Rest:

Keep your rest 1–2 minutes between sets.

Bench Press — Drop Sets:

Perform 5 reps at ~80–90% 1RM, then immediately reduce the weight to ~60% 1RM and complete 10 more reps.

Dips:

These can be performed seated or on a vertical dip bar.

T-Bar Row:

Also commonly referred to as a straddle row or landmine row.

DAY 2 – RUN (DISTANCE)

400 m warm-up jog

Warm-up Routine — W1

(complete the W1 dynamic warm-up)

Main Set — 5 km Run for Time

Push the pace and try to beat your Week 5 time.

400 m cool-down jog

Post-run Core

- 50 flutter kicks
- 40 crunches
- 30 mountain climbers (30 each side)
- 20 bicycle crunches (20 each side)
- 10 V-ups
- 1-minute plank

Training Pace

Push the pace and aim to beat your Week 5 5 km time.

Warm-up Routine — W1 (Distance Days)

1. Leg swings — 10 each leg
2. Toy soldiers (straight-leg kicks) — 10 each leg
3. Alternating knee pull-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 — forwards — 5 each side
7. Hip circles — backwards — 5 each side

WEEK 8

TRAINING BLOCK 2 - DELOAD WEEK

DAY 3 – (LEGS)

1. Tripleset — 4 Sets

- Back squat: 5 reps ($\approx 60\% 1RM$)
- High box jump: 5 reps
- Bodyweight squat: 20 reps

2. Superset — 3 Sets

- Broad jump: 8 reps
- Bodyweight alternating lunge: 10 reps each leg

3. Superset — 2 Sets

- Dumbbell RDL: 15 reps
- Calf raise: 20 reps

4. Superset — 1 Set

- Weighted alternating Cossack squat: 20 reps each side
- Bodyweight alternating Cossack squat: 20 reps each side

Notes

Deload reminder:

There isn't a huge amount of volume here because it's a deload week.

Focus on smooth range of motion and getting the most out of every rep.

Rest:

Keep your rest around 1–2 minutes between sets.

Cossack squats:

Perform 20 alternating reps holding a dumbbell or kettlebell.

Then drop the weight and complete another 20 alternating reps using bodyweight only.

DAY 4 – RUN (SPEED)

400 m warm-up jog

Warm-up Routine — W2

(complete your W2 dynamic warm-up)

Main Set — Ladder Intervals

1 × 2 km

- Rest: 3 minutes

2 × 800 m

- Rest: 2 minutes after each

3 × 400 m

- Rest: 90 seconds after each

4 × 200 m

- Rest: 1 minute after each

400 m cool-down jog — easy, relaxed pace.

Training Pace

Run faster than race pace and aim for consistent split times throughout the session.

Warm-up Routine — W2 (Intervals / Speed Days)

1. Leg swings forwards/backwards — 10 each leg
2. Leg swings side to side — 10 each leg
3. Walking lunge with twist — 7 each side
4. High knees — 15 metres
5. Butt kickers — 15 metres
6. Caterpillars — 15 metres
7. Hip rotations ("over the fence") — 15 metres

WEEK 8

TRAINING BLOCK 2 - DELOAD WEEK

DAY 5 – (PUSH + PULL)

1. Deadlift — Strength Build (6 Sets)

- 2 sets: 8 reps (\approx 50–60% 1RM)
- 2 sets: 5 reps (\approx 60–70% 1RM)
- 2 sets: 3 reps (\approx 80% 1RM)

2. Superset — 4 Sets

- Seated barbell shoulder press: 10 reps
- T-bar row: 12 reps

3.. Superset — 4 Sets

- Dumbbell chest press: 10 reps
- Pull-ups or lat pulldown: 12 reps
-

4. Tripleset — 2 Sets

- Dumbbell pullover: 15 reps
- Rear delt flye: 15 reps
- Dumbbell lateral raise: 20 reps

5. Superset — 2 Sets

- Seated dumbbell curl: 15 reps
- Close-grip bench press: 15 reps

Notes

Rest:

Keep your rest around 1–2 minutes between sets.

Take roughly 2 minutes between deadlift sets.

Pull-ups or Lat Pulldown:

If you choose pull-ups and can't yet complete 10–12 reps, use an assistance band — or perform slow negatives — so you still complete the full rep range.

DAY 6 – RUN (TIME)

45 minutes — Zone 2 run (easy, steady pace)

Remember: this is deload week, so the duration is reduced

Easiest approach: run 22–23 minutes out, then turn around and come back

Post-run Work

10 rounds:

10 press-ups

10 crunches

10 bodyweight squats

Training Pace

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

Aim to hold a consistent effort for the full 45 minutes.

This is a deload week, so the session is slightly shorter than previous weeks.

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

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



WEEK 9

TRAINING BLOCK 3



WEEK 9

TRAINING BLOCK 3

DAY 1 – (PUSH)

1. Bench Press — Triple Drop Sets

- 4 sets: 2 reps → drop → 6 reps → drop → 10 reps

2. Superset — 3 Sets

- Dumbbell chest flye: 15 reps
- Overhead triceps press: 15 reps

3. Dumbbell Strict Shoulder Press — Drop Sets

- 4 drop sets: 5 reps → drop → 10 reps

4. Superset — 3 Sets

- Dumbbell lateral raises: 15 reps (hold the midpoint on the final 5 reps)
- Dips (seated or on dip bars): 12 reps

5. Superset — 2 Sets

- Incline dumbbell press: 20 reps
- Dumbbell front raise: 20 reps

6. Finisher

- Deficit press-ups — 100 total reps
- (Complete in as few sets as possible.)

Notes

Training block update:

In Block 3, push and pull days are separated again — just like in Block 1. Time to get after it.

Rest:

Keep your rest around 1–2 minutes between sets.

Triple drop set (bench):

Aim for approximately:

- 2 reps at 90–95% 1RM
- 6 reps at ~70% 1RM
- 10 reps at ~60% 1RM
-

Dumbbell lateral raises:

On the final 5 reps of each set, pause and squeeze at the midpoint for 2–3 seconds to increase the burn.

DAY 2 – RUN (DISTANCE)

400 m warm-up jog

Warm-up Routine — W1

(complete your W1 dynamic warm-up)

Main Set — 8 km Run for Time

Time to test yourself — run 8 km for time.

400 m cool-down jog — easy and controlled.

Post-run Core

3 rounds:

- 1-minute plank
- 30-second left side plank
- 30-second right side plank
- 30 flutter kicks

Training Pace

We're stepping things up in Training Block 3. Now it's time to test your 8 km time — you've built the mileage to handle it, so attack it with confidence.

Warm-up Routine — W1 (Distance Days)

1. Leg swings — 10 each leg
2. Toy soldiers (straight-leg kicks) — 10 each leg
3. Alternating knee pull-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 — forwards — 5 each side
7. Hip circles — backwards — 5 each side

WEEK 9

TRAINING BLOCK 3

DAY 3 – (PULL)

1. Barbell Row — Triple Drop Sets

- 4 sets: 4 reps → drop → 8 reps → drop → 12 reps

2. Superset — 3 Sets

- Rear delt dumbbell flye: 15 reps
- Barbell curl: 15 reps

3. Wide-Grip Lat Pulldown or Pull-ups — Drop Sets

- 4 drop sets: 5 reps → drop → 10 reps

4. Superset — 3 Sets

- Barbell high pull: 15 reps
- Preacher curl: 15 reps

5. Cable Row or T-bar Row — 4 Sets

- 2 sets: 12 reps
- 2 sets: 8 reps

6. Finisher

- Dumbbell curls — 100 total reps (Complete in as few sets as possible.)

Notes

Rest:

Keep your rest around 1–2 minutes between sets.

Take 2–3 minutes between the triple-drop sets on rows.

Drop sets:

Perform 5 reps at a heavier weight, then drop the weight and complete 10 more reps.

If there's no lat pulldown available, you can substitute weighted pull-ups.

Finisher — Dumbbell curls (100 reps):

Complete 100 total reps.

A great option is to "run the rack" — start with a heavier dumbbell and go to failure, then immediately move to the next lighter dumbbell and continue, working your way down the rack.

DAY 4 – RUN (SPEED)

400 m warm-up jog

Warm-up Routine — W2

(complete your W2 dynamic warm-up)

Goal

- Push the pace, but try to maintain consistent finishing times for every interval.

Main Set

1 × 2 km run

- Rest: 4 minutes

2 × 800 m run

- Rest: 3 minutes after each

4 × 400 m run

- Rest: 90 seconds after each

8 × 200 m run

- Rest: 1 minute after each

400 m cool-down jog — easy, relaxed pace.

Training Pace

Run faster than race pace and aim for consistent splits throughout the session. Your heart rate should be working up into Zones 4–5.

Warm-up Routine — W2 (Intervals / Speed Days)

1. Leg swings forwards/backwards — 10 each leg
2. Leg swings side to side — 10 each leg
3. Walking lunge with twist — 7 each side
4. High knees — 15 metres
5. Butt kickers — 15 metres
6. Caterpillars — 15 metres
7. Hip rotations ("over the fence") — 15 metres

WEEK 9

TRAINING BLOCK 3

DAY 5 – (LEGS)

- 1. Back Squat — Triple Drop Sets**
 - 4 sets: 2 reps → drop → 6 reps → drop → 10 reps
- 2. Superset — 4 Sets**
 - Bulgarian split squats: 10 each leg
 - Single-leg RDL: 10 each leg
- 3. Farmer's Carry Walking Lunge**
 - 4 sets: 20 reps (10 each leg)
- 4. Superset — 2 Sets**
 - Box jump: 5 reps - Choose a challenging but manageable height
 - Standing power jump: 5 reps - Focus on distance (jump far)
- 5. Single-leg Deficit Squat**
 - 2 sets: 10 each leg

Notes

Rest:

Keep your rest around 1–2 minutes between most sets.

Take 2–3 minutes between the back squat triple drop sets.

Triple drop sets:

Aim for roughly:

- 2 reps at 90–95% 1RM
- 6 reps at ~70% 1RM
- 10 reps at ~60% 1RM

DAY 6 – RUN (TIME)

Warm-up Routine — W3

Then complete:

50 minutes — Zone 2 run (easy, steady pace)

- Think: “all-day” pace
- Easiest approach: run 25 minutes out, then turn around and come back

Post-run Core & Conditioning

2 rounds:

- 2-minute plank hold
- Max press-ups in 2 minutes (rest as needed during the 2 minutes)
- Rest 2 minutes before starting the next round

Training Pace

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

Aim to stay consistent across the full 50 minutes.

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

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

WEEK 10

TRAINING BLOCK 3



WEEK 10

TRAINING BLOCK 3

DAY 1 – (PUSH)

1. Barbell Standing Strict Shoulder Press — 6 Sets

- 2 sets: 12 reps
- 2 sets: 8 reps
- 2 sets: 4 reps

2. Superset — 4 Sets

- Seated dumbbell shrug: 12 reps
- Dumbbell lateral raise: 15 reps

3. Dumbbell Chest Press — 6 Sets

- 2 sets: 12 reps
- 2 sets: 8 reps
- 2 sets: 4 reps

4. Superset — 4 Sets

- Dumbbell chest flye: 12 reps
- Skull crushers: 12 reps

5. Finisher

- Triceps extensions or overhead press — 100 total reps
- (Break into as few sets as possible.)

Notes

Rest:

Keep your rest around 1–2 minutes between sets.

Finisher:

Use a rope attachment or straight bar and complete 100 total reps, breaking it into as few sets as possible with minimal rest. If cables aren't available, perform 100 reps of overhead triceps extensions with a dumbbell instead

DAY 2 – RUN (DISTANCE)

400 m warm-up jog

Warm-up Routine — W1

(complete your W1 dynamic warm-up)

Main Set — 5 Rounds (Total: 8 km)

Each round:

- 2k km run
- 1-minute plank
- 2-minute rest

Repeat for 5 rounds.

400 m cool-down jog — easy pace.

Post-run Core

Off today — focus on recovery.

Training Pace

Push the pace, but focus on hitting consistent 2km splits.

After each 2km run, complete a 1-minute plank, then rest for 2 minutes before starting the next interval.

Warm-up Routine — W1 (Distance Days)

Leg swings — 10 each leg

Toy soldiers (straight-leg kicks) — 10 each leg

Alternating knee pull-to-chest — 5 each leg

Alternating quad pulls — 5 each leg (don't hold the stretch)

Alternating lunges — 10 each side

Hip circles — forwards — 5 each side

Hip circles — backwards — 5 each side

WEEK 10

TRAINING BLOCK 3

DAY 3 – (PULL)

1. Deadlift — Heavy Strength Work (6 Sets)

- 2 sets: 8 reps (~70–80% 1RM)
- 2 sets: 4 reps (~80–90% 1RM)
- 2 sets: 2 reps (~95–100% 1RM)

2. Superset — 4 Sets

- Gorilla row: 10 reps each side
- Single-arm preacher curl: 10 reps

3. Close-Grip, Supinated, Weighted Chin-Ups — 4 Sets

• Ups — 4 Sets

- 2 sets: 12 reps
- 2 sets: 8 reps

4. Superset — 3 Sets

- Cable lat pullover: 15 reps
- Reverse-grip curl: 15 reps

5. Superset — 2 Sets

- Barbell curl: 20 reps
- Rear delt dumbbell flye: 15 reps

6. Finisher

- 3 sets of max pull-ups
- Rest 30 seconds between efforts.

Notes

Rest:

Keep your rest around 1–2 minutes between sets.

Taking 2–3 minutes between deadlift sets is fine.

Gorilla rows:

For this session, perform all 10 reps on one side first, then switch and complete all 10 on the other side.

Do the same approach when you move to the single-arm preacher curls.

Cable lat pullover:

If you don't have access to cables, this movement can be performed using an elastic resistance band.

DAY 4 – RUN (SPEED)	
<p>400 m warm-up jog</p> <p>Warm-up Routine — W2 (complete your W2 dynamic warm-up)</p> <p>Main Set — Ladder</p> <p>1 × 200 m</p> <ul style="list-style-type: none">• Rest: 1 minute <p>1 × 400 m</p> <ul style="list-style-type: none">• Rest: 1 minute <p>1 × 800 m</p> <ul style="list-style-type: none">• Rest: 2 minutes <p>1 × 2 km</p> <ul style="list-style-type: none">• Rest: 3 minutes <p>1 × 800 m</p> <ul style="list-style-type: none">• Rest: 2 minutes <p>1 × 400 m</p> <ul style="list-style-type: none">• Rest: 1 minute <p>1 × 200 m</p> <p>400 m cool-down jog — easy, relaxed pace.</p>	<p>Training Pace</p> <p>This is your highest-volume track session so far.</p> <p>Work your way up to the 2km interval and back down again — and push the pace throughout.</p> <p>Warm-up Routine — W2 (Intervals / Speed Days)</p> <ol style="list-style-type: none">1. Leg swings forwards/backwards — 10 each leg2. Leg swings side to side — 10 each leg3. Walking lunge with twist — 7 each side4. High knees — 15 metres5. Butt kickers — 15 metres6. Caterpillars — 15 metres7. Hip rotations ("over the fence") — 15 metres

WEEK 10

TRAINING BLOCK 3

DAY 5 – (LEGS)

1. Front Squat — 6 Sets

- 2 sets: 10 reps
- 2 sets: 6 reps
- 2 sets: 2 reps

2. Superset — 4 Sets

- Double dumbbell RDL: 12 reps
- Standing power jump: 6 reps (focus on distance — jump far)

3. Superset — 4 Sets

- Single-leg deficit squat: 10 reps each leg
- Bulgarian split squat: 10 reps each leg

4. Superset — 3 Sets

- Walking lunge: 10 reps each leg
- Dumbbell box step-up: 10 reps each leg

5. Finisher

- 100 bodyweight squats
- (Complete in as few sets as possible while keeping good form.)

Notes

Rest:

Keep your rest around 1–2 minutes between sets.

Take 2–3 minutes between front squat sets.

Dumbbell box step-up:

This is a new movement.

Hold two dumbbells in a farmer's carry position, and alternate legs as you step up onto the box.

DAY 6 – RUN (TIME)

Warm-up Routine — W3

Then complete:

55 minutes — Zone 2 run (easy, steady pace)

- Keep it relaxed
- Easiest approach: run 22–23 minutes out, then turn around and come back

Post-run Core (if you have time)

3 rounds:

- 20 flutter kicks
- 20 Russian twists
- 20 press-ups
- 20 V-ups

Training Pace

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

Aim to hold a consistent effort across the full 55 minutes.

Over the next few weeks, your runs will start to push beyond the one-hour mark.

If you have time, try to complete the core work as well.

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

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

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WEEK 11

TRAINING BLOCK 3



WEEK 11

TRAINING BLOCK 3

DAY 1 – (PUSH)

1. Superset — 5 Sets

- Bench press: 5 reps (\approx 80–90% 1RM)
- Dumbbell chest flye: 15 reps

2. Superset — 4 Sets

- Standing dumbbell strict press: 6 reps
- Dumbbell lateral raise: 12 reps

3. Dumbbell Chest Press — Drop Sets

- 3 drop sets: 5 reps → drop → 10 reps

4. Superset — 3 Sets

- Seated barbell shoulder press: 6 reps
- French triceps press: 12 reps

5. Superset — 3 Sets

- Close-grip bench press: 8 reps
- Press-ups: 20 reps

6. Finisher

- Seated dips — 100 total reps - (Break into as few sets as possible.)

Notes

Rest:

Keep your rest around 1–2 minutes between sets.

Close-grip bench press:

Focus on engaging the triceps throughout each rep — keep control and avoid letting the shoulders take over.

Finisher (seated dips):

You can perform these weighted with a plate on your lap, or complete all 100 reps using bodyweight.

DAY 2 – RUN (DISTANCE)

400 m warm-up jog

Warm-up Routine — W1

(complete your W1 dynamic warm-up)

Main Set — 10 km Total

10 km run

- Rest: 4 minutes

3 km run

- Rest: 4 minutes

2 km run

400 m cool-down jog — relaxed pace.

Post-run Core (if you have time)

2 rounds:

- 1-minute plank
- 1-minute side plank — left
- 1-minute side plank — right

Training Pace

This is the highest total distance you've had on a Day 2 run so far.

Pace yourself so you can still finish strong on the final 2km interval.

Warm-up Routine — W1 (Distance Days)

1. Leg swings — 10 each leg
2. Toy soldiers (straight-leg kicks) — 10 each leg
3. Alternating knee pull-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 — forwards — 5 each side
7. Hip circles — backwards — 5 each side

WEEK 11

TRAINING BLOCK 3

DAY 3 – (PULL)

1. Superset — 5 Sets

- Barbell row: 5 reps
- Rear delt flye: 15 reps

2. Superset — 4 Sets

- Lat pulldown: 10 reps
- Cable lat pullover: 15 reps

3. Gorilla Row — 4 Sets

- 2 sets: 12 reps
- 2 sets: 8 reps

4. Superset — 3 Sets

- Barbell curl: 5 reps (heavy)
- Seated dumbbell curl: 10 reps

5. Superset — 2 Sets

- Barbell high pull: 20 reps
- Reverse barbell curl: 20 reps

6. Finisher

- Max bar hang — 3 rounds
- (hold as long as possible each round)

Notes

Rest:

Keep your rest around 1–2 minutes between sets.

Gorilla rows:

Perform these alternating today.
Increase the weight slightly for the 8-rep sets.

Finisher:

Hang from a pull-up bar and hold for as long as you can.
Take 30 seconds' rest between each hold.

DAY 4 – RUN (SPEED)

400 m warm-up jog

Warm-up Routine — W1

(complete your W1 dynamic warm-up)

Main Set

10 × 400 m (at race pace)

- Rest: 1 minute between each 400 m

400 m cool-down jog — easy, relaxed pace.

Training Pace

This is another big track-volume session.
Push the pace on each 400 m, but make sure you stay consistent across all 10 reps.

Warm-up Routine — W2 (Intervals / Speed Days)

1. Leg swings forwards/backwards — 10 each leg
2. Leg swings side to side — 10 each leg
3. Walking lunge with twist — 7 each side
4. High knees — 15 metres
5. Butt kickers — 15 metres
6. Caterpillars — 15 metres
7. Hip rotations ("over the fence") — 15 metres

WEEK 11

TRAINING BLOCK 3

DAY 5 – (LEGS)

1. Triple Set — 5 Sets

- Front squat: 5 reps
- High box jump: 10 reps
- Air squats: 20 reps
- (Perform all three exercises back-to-back.)

2. Superset — 4 Sets

- Dumbbell walking lunges: 20 reps (10 each leg)
- Bulgarian split squats: 10 reps each leg

3. Weighted Box Step-Ups — 3 Sets

- 10 reps each leg

4. Superset — 2 Sets

- Cossack squats: 15 reps each leg
- Calf raises: 25 reps

Notes

Rest:

Keep your rest around 1–2 minutes between sets.

Walking lunges:

Hold the dumbbells in a farmer's carry position while you walk.

Box step-ups:

Hold dumbbells in the same farmer's carry position and alternate legs as you step up to the box. Box height:

Use a box around 50 cm high.

DAY 6 – RUN (TIME)

Warm-up Routine — W1

Then complete:

60 minutes — Zone 2 run (easy, steady pace)

- This is your longest run so far
- Keep the effort comfortable
- Easiest approach: run 30 minutes out, then turn around and come back

Post-run Core (if you have time)

2 rounds:

- 100 flutter kicks
- Max plank hold

Training Pace

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

This is the longest run in the programme so far, and you'll be over an hour on your feet. If you have time afterwards, try to complete the core work as well.

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

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



WEEK 12

TRAINING BLOCK 3 -

TEST WEEK



WEEK 12

TRAINING BLOCK 3 - TEST WEEK

DAY 1 – (PUSH)

1. Bench press – work up to a new 1RM

- Warm up gradually:
- $1 \times 12, 1 \times 8, 1 \times 4, 1 \times 2, 1 \times 1, 1 \times 1$ (this is your new 1RM — only if it's clean and controlled)
- Take 2–3 minutes rest between heavy attempts.

2. Bench press — drop sets (4 sets)

- 5 reps, then immediately drop the weight
- 12 reps
- Choose weights that challenge you but don't break form.

3. Superset — 4 sets

- Cable or dumbbell chest fly — 12 reps
- Skull crushers — 10 reps
- Smooth stretch on the fly, controlled elbows on skull crushers.

4. Standing dumbbell strict press

- 4 sets \times 10 reps
- No leg drive — press strictly from the shoulders.

5. Superset — 3 sets

- Seated dumbbell shrug — 12 reps
- Dumbbell lateral raise — 12 reps
- Pause and squeeze at the top — don't swing the weights.

6. Finisher

- Deficit press-ups — 100 total reps
- 1. Break into as few sets as you can. Rest only when you need it.

NOTES

Rest:

Keep rest periods to 1–2 minutes between most sets.

Take 2 minutes between your bench press 1RM attempts.

Bench 1RM:

If you feel confident you have another clean attempt after the prescribed sets — go for it.

Trust your judgement, but don't force ugly reps.

Finisher:

Use dumbbells to create the deficit for press-ups.

Aim to complete the 100 reps in as few sets as possible, with minimal rest.

If you need to drop to knees for some sets, that's fine — stay moving and keep good form.

DAY 2 – RUN (DISTANCE)

400 m easy warm-up jog

Then complete Warm-Up Routine: W1

Main run:

8 km for time

Your goal: beat your Week 9 8 km time.
Settle into pace early and stay disciplined.

400 m cool-down jog

OPTIONAL — CORE FINISHER

(Do this only if you have time and still feel solid)

2 rounds:

- 1-minute plank
- 1-minute side plank (left)
- 1-minute side plank (right)

Stay tight, breathe, and keep ribs down.

TRAINING PACE

Push the pace and aim to beat your Week 9 8km time.

Twelve weeks ago you were testing 3 km — now you're confidently attacking 8 km. That's progress. Own it.

WARM-UP ROUTINE — W1

Move smoothly through each drill — don't rush and don't hold the stretches.

1. Leg swings — 10 each leg
2. Toy soldiers (straight-leg kicks) — 10 each leg
3. Alternating knee pull to chest — 5 each side
4. Alternating quad pull — 5 each side (don't hold the pull — keep it moving)
5. Alternating lunges — 10 each side
6. Hip circles (forwards) — 5 each side
7. Hip circles (backwards) — 5 each side

This warm-up should feel like it's preparing you — not tiring you out.

WEEK 12

TRAINING BLOCK 3 - TEST WEEK

DAY 3 – (PULL)

1. Deadlift — work up to a new 1RM

Warm up gradually:

- 1 × 12
 - 1 × 8
 - 1 × 4
 - 1 × 2
 - 1 × 1
- 1 × 1 (this is your new 1RM — only if it's clean and controlled). Take 2–3 minutes rest between heavy attempts.

2. Superset — 4 sets

- Barbell row — 8 reps
- Rear-delt fly — 15 reps

Keep your back tight. No jerking or swinging.

3. Wide-grip lat pulldown or pull-ups — drop sets

(4 rounds) Each round:

- 5 reps (heavy)
- immediately reduce the weight
- 12 reps (controlled)

If using pull-ups, switch to band-assist for the second part.

4. Superset — 3 sets

- Barbell high pull — 10 reps
- Barbell curl — 10 reps

Explosive but tidy on the high pull — no yanking.

5. Superset — 3 sets

- Seated dumbbell curl — 15 reps
- Pull-ups — max reps

If needed, use assistance to keep movement strict.

NOTES

Rest:

Keep rest periods around 1–2 minutes between most sets.

Take 2 minutes between heavy deadlift attempts.

Deadlift 1RM:

If you feel you've got another heavier, clean attempt after the prescribed sets — take it.

Be confident, but don't let ego take over.
Quality first.

DAY 4 – RUN (SPEED)

400 m easy warm-up jog

Then complete Warm-Up Routine: W2

MAIN SESSION — TRACK LADDER

(Repeat the same structure from Week 9)

1 × 2 km (for time)

- Rest: 4 minutes

2 × 800 m

- Rest: 3 minutes after each rep

4 × 400 m

- Rest: 90 seconds after each rep

8 × 200 m

- Rest: 1 minute after each rep

Aim for consistent pacing inside each distance block.

Don't sprint the first rep and fade later — control the effort.

400 m cool-down jog

Then walk for 5–10 minutes and loosen off.

TRAINING PACE

This session is intentionally repeated from Week 9.

Your goal: hit at least a slightly faster 2 km time today — without blowing up for the rest of the ladder.

Run smart, not reckless.

WARM-UP ROUTINE — W2

Move smoothly through each drill:

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 metres
5. Butt kickers — 15 metres
6. Caterpillars / inchworms — 15 metres
7. Hip rotations ("over the fence") — 15 metres

You should feel loose, warm and ready — not fatigued.

WEEK 12

TRAINING BLOCK 3 - TEST WEEK

DAY 5 – (LEGS)

1. Back squat — work up to a new 1RM

- Warm up gradually:
- $1 \times 12, 1 \times 8, 1 \times 4, 1 \times 2, 1 \times 1, 1 \times 1$ (this is your new 1RM — only if the lift is clean and controlled)
- Rest 2–3 minutes between heavy attempts.

2. Superset — 4 sets

- Goblet squat — 10 reps
- Bulgarian split squat — 10 reps each leg

Keep the chest up and knee tracking over the toes.

2. Superset — 3 sets

- Box jump (jump high) — 8 reps
- Broad jump (jump far) — 8 reps

Focus on soft landings. Reset between each jump.

3. Superset — 3 sets

- Walking lunges — 10 each leg
- Cossack squat — 10 each leg

Move controlled — don't rush range of motion.

NOTES

Rest:

Keep rest periods around 1–2 minutes between most sets.

Take at least 2 minutes between heavy squat attempts — and if you need a little longer before your 1RM, take it.

Back squat 1RM:

If you feel confident you've got another heavier, clean attempt after the prescribed sets — go for it.

Stay disciplined. Quality lifts only.

DAY 6 – RUN (TIME)

Complete Warm-Up Routine: W1

MAIN RUN

50 minutes — Zone 2

- Easy, conversational pace
- Enjoy the last run of the programme
- Easiest approach: 25 minutes out, 25 minutes back

Stay relaxed. The goal is to move, not race.

OPTIONAL — POST-RUN CORE

(Do this only if you have time and still feel good)

3 rounds:

- 1-minute plank
- 1-minute press-ups
- 1-minute max sit-ups/crunches
- 1-minute rest

Move steady — aim for quality, not just speed.

TRAINING PACE

Easy effort throughout — heart rate in Zone 2. This is the final run of the programme, so relax and enjoy it. No stress, no racing.

WARM-UP ROUTINE — W3

Work through each drill smoothly:

1. Caterpillar / inchworm walks — 10 metres
2. Knees to chest (walking) — 10 metres
3. Quad pulls (walking) — 10 metres
4. Tiptoe walk — 10 metres
5. Heel walk — 10 metres
6. A-skips — 2 × 10 metres

You should feel loose and ready — not tired.



THANK YOU!

Thank you for putting time, effort and consistency into this programme. I hope it has challenged you, built your confidence and delivered results you can see and feel. If you enjoyed the programme, a short review would mean a lot.

So — what happens next?

My recommendation is simple: take a full week off structured training. Keep moving, walk, stretch, sleep well — let your body recover.

After that, choose one of the following:

- Restart this programme from Week 1.

You'll lift heavier, move better and run faster the second time through.

- Progress to the next level. If you're ready for a bigger challenge, Head over and look out on page for other programmes I offer— combining strength, conditioning and performance at a higher level.

Remember — consistency wins. Keep showing up, stay patient, and the results will follow.



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Kevin Casey



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Ready to get back to the basics — and finally build real, sustainable fitness?

The Casey Built Fitness –Back to Basics Programme combines structured lifting, purposeful running, and clear progression so you get stronger, faster, and more confident week after week.

No gimmicks. No guesswork. Just a plan that actually works.

- 👉 Build strength
- 👉 Improve conditioning
- 👉 Feel fitter in everyday life

If you're ready to commit, this programme is ready for you.

Tap the link in bio, join the programme, and let's get to work.



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