

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.

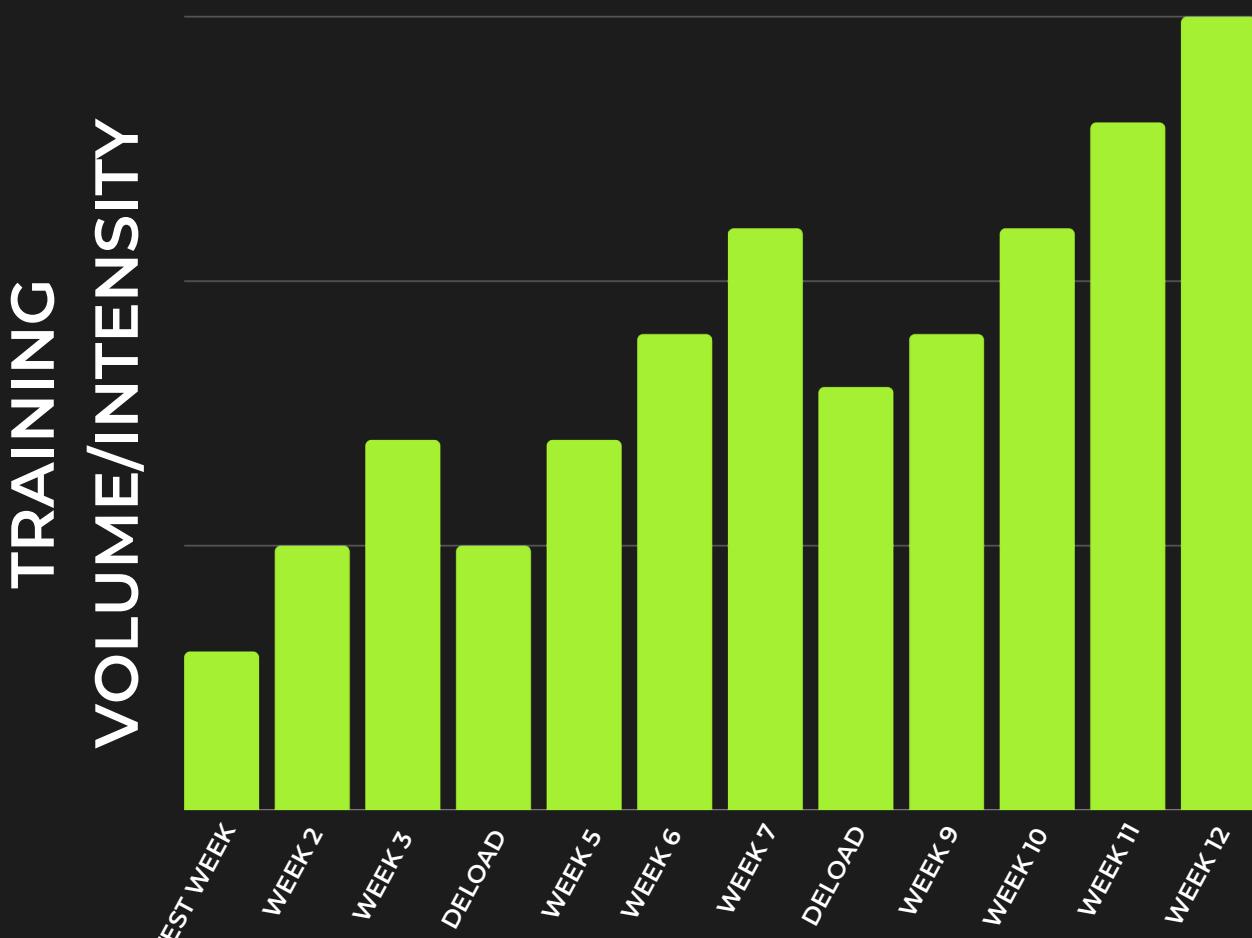
# PROGRAMME OVERVIEW

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 deload weeks to support recovery and long-term progress.



## TRAINING WEEKS

# 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"><li>• Block 1: focus on your 3km time</li><li>• Block 2: build to 5k</li><li>• Block 3: progress toward 8k</li></ul>
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.	

## 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.

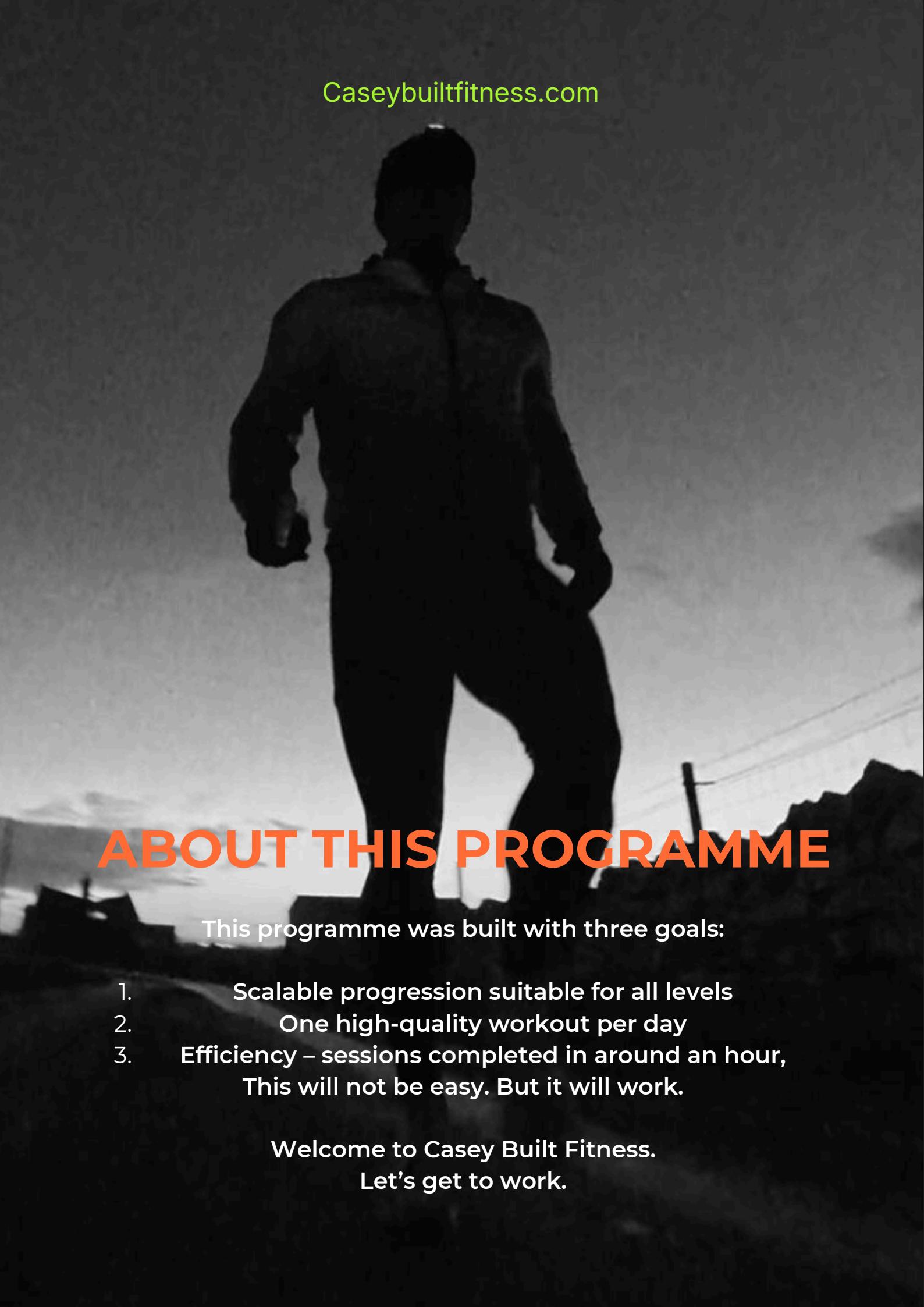
### **When do I increase weight?**

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





