

A photograph of a man in a gym performing a deadlift. He is wearing a dark t-shirt, dark pants, and red athletic shoes. He is lifting a barbell with large weight plates. The background shows gym equipment like a squat rack and resistance bands.

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8 week Hybrid athlete Programme

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Welcome

Welcome to my 8 week hybrid athlete programme. This 1 week program is designed to push and elevate your physical fitness.

This program brings together elements of multiple training methods including:

Bodybuilding, Strength Training, Olympic Lifting, Running and Crossfit. This program is meant to push every aspect of your physical fitness to be the most well rounded athlete

you can be as well as push your comfort zone. I don't make any promises, but regardless if you already train as a "hybrid" athlete or not, this program, if accurately and consistently applied, is meant to make you:

**Run Faster, Lift Heavier
& Build Muscle**

Design

>3 days on, 1 day off, 2 days on, 1 day off<

3 of these days are two workouts a day including cardio in the morning and weight training in the evening.

Below is a visual depiction of how the program develops and progresses leading up to week 8. Intensity and mileage increases with a de-load week on week 4. Week 7 will be your highest mileage week.



Principles

1: Workout timing

Training Days with 2 workouts a day are intended to be completed: 1 in the morning and 1 in the evening. Training days with a strength portion and a METCON are intended to be completed in one session. In this case, The athlete completes the strength portion and then goes right into the METCON. Per the Athletes schedule, they may adjust the training times as they see fit. If due to your schedule there is no way to complete both workouts, you should pick the workout that you need most help with. For example if you are struggling with running, then prioritise the running workouts.

Principles

3: Equipment & Lift selection

The exercises and lifts prescribed in this program are purposely intended so that most Athletes can perform them. For example there is no Snatches, gymnastic movements, or other Crossfit type skill movements. Additionally, the equipment needed should be able to be found in most local gyms. Finally, most of the movements can be supplemented if the athlete trains in a home gym or limited equipment gym.

I hate to break it to you, but regardless of what other training platforms may claim, no program alone will get you to the level of fitness you want. Without proper Nutrition and rest, you will never achieve the full potential of proper training. Ensure you are directing attention and effort to ensuring your nutrition and sleep are dialled in in order to really achieve maximal affects from this program.

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Welcome to Casey Built Fitness.



Let's get to work.

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Week 1: Test Week



WEEK 1

Day 1 RUN | CHEST + TRI |

WORKOUT 1: RUN

8KM RUN FOR TIME:

Choose a pace you can sustain for 8Km.

Post Run Core Work:

6 Rounds:

1 min plank

30 second rest

WORKOUT 2: CHEST + TRI

1. FLAT BENCH: FIND 1RM BENCH:

2. FLAT BENCH: 4 TRIPLE DROP SETS:

REPS: 2/5/12. (hit first weight for 2 reps, then immediately remove weight and hit 5 reps and then drop weight again and hit 12 reps. You'll do this a total of 4 times.)

3. SUPERSET: 3 SETS:

DBELL FLY: 10, SKULL CRUSHERS: 10

4. SINGLE ARM INCLINE DBELL PRESS: 4 SETS

8 REPS EACH ARM

5. SUPERSET: 2 SETS

CABLE FLY: 15, ROPE TRI EXT: 15

WEEK 1

Day 2 CLEANS | METCON

WORKOUT 1: POWER CLEANS

BUILD TO 1RM POWER CLEAN

(RECORD 1RM)

FOLLOWED BY:

5 ROUNDS

EVERY 2 MINS:

3 POWER CLEANS+ 2 HANG

CLEANS. 60-65% (UNBROKEN)

WORKOUT 2: METCON

6 ROUNDS

EVERY 2 MINS:

4 HANG CLEANS

4 FRONT SQUATS

4 SHOULDER TO OVERHEAD

4 THRUSTERS

4 BURPEE OVER BAR

REST IN REMAINING TIME

WEIGHT: 50Kg (SCALED: 40kg)

WEEK 1

Day 3

RUN | BACK + BI

WORKOUT 1: RUN

1.5 KM WARM UP

2X 1.5 KM REPEATS*:

5 MIN REST BETWEEN MILES.
TAKE AVERAGE TIME OF
BOTH MILES.

1KM COOL DOWN

WORKOUT 2: BACK + BI

1. WIDE GRIP LAT PULLDOWN:

4 TRIPLE DROP SETS: REPS: 4/8/12

2. SUPERSET: 4 SETS

- a. LAND MINE/T BAR ROW: 10
- b. REAR DELT DBELL FLY: 10

3. SUPERSET: 3 SETS

- a. ROPE LAT PULLDOWN: 15
- b. CABLE PULLOVER: 15

4. SUPERSET: 2 SETS

- a. BARBELL CURL: 20
- b. SEATED DBELL HAMMER CURL: 20

5. FINISHER: CABLE CURL: 100 REPS

(break into as few sets as possible)

WEEK 1

Day 4

LEGS | METCON

WORKOUT 1: LEGS

- 1. BUILD TO 1RM BACK SQUAT
(RECORD BACK SQUAT)**
- 2. BARBELL BACK SQUAT: 5 SETS: 10 REPS**
- 3. TRIPLE SET: 4 SETS**
 - a. DUMBBELL RDL: 15
 - b. DUMBBELL BOX STEP UPS: 14 (7per LEG)
 - c. BROAD JUMP: 10

WORKOUT 2: METCON

7 ROUNDS:

Every 2 minutes

5 DUMBBELL DEADLIFT

5 DUMBBELL BURPEE

5 DUMBBELL SHOUDLER TO
OVERHEAD

5 DEVIL PRESS

1 MIN REST BETWEEN ROUNDS

WEIGHT: 2X 50LBS

SCALED: 2X 35LBS

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Week 2:



WEEK 2

Day 1 RUN | CHEST + TRI

WORKOUT 1: RUCK

2KM WARM UP JOG

3KM

REST 7 MINUTES

3KM

(6KM TOTAL)

WORKOUT 2: SHOULDERS

1. SUPERSET: 5 SETS

- a. DBELL FLAT BENCH PRESS: 8
- b. DBELL CHEST FLY: 12

2. INCLINE BENCH OR SMITH PRESS: 4X 10

3. SUPERSET: 3 SETS

- a. CABLE CHEST FLY: 15
- b. CABLE OVER HEAD ROPE EXT: 15

4. SUPERSET: 2 SETS

- a. INCLINE DBELL FLY: 20
- b. FRENCH PRESS: 20

5. FINISHER: 2 SETS DIPS TO FAILURE

WEEK 2

Day 2 DEADLIFT | METCON

WORKOUT 1: DEADLIFT

1. FIND 1RM DEADLIFT

2. 5 ROUNDS:

EVERY 2 MINUTES:
5 REPS DEADLIFT

WEIGHT: 75% 1RM

WORKOUT 2: SHOULDERS

4 ROUNDS FOR 5 MINUTES

MIN 1: MAX BURPEE PULLUPS

MIN 2: MAX DBELL LUNGES

MIN 3: MAX DBELL 25FT FARMERS CARRY

MIN 4: MAX DBELL BOX STEP UP

MIN 5: REST 2 MINUTES

HEIGHT: 20 INCH BOX

WEIGHT: 2X 20KG DBELLS

SCALED: 2X 15KG DBELLS

WEEK 2

Day 3

RUN | BACK + BI

WORKOUT 1: RUN

400M WARM UP JOG

6X 800M

400M SLOW JOG AFTER

EACH 800 AS REST (NO MORE THAN 4 MINS)

AFTER RUN CORE WORK:

4 ROUNDS:

20 V-UPS, 20 RUSSIAN TWISTS, 20 CRUNCHES,

20 BUTTERFLY KICKS

WORKOUT 2: BACK + BI

1. SUPERSET: 5 SETS

a. BARBELL BENT OVER ROW: 10

b. REAR DELT FLY: 12

2. CLOSE GRIP LAT PULL DOWN: 4X 10

3. SUPERSET: 3 SETS

a. SEATED CABLE ROW: 12 b. CABLE CURL: 12

5. SUPERSET: 2 SETS

a. CABLE ROPE HIGH ROW: 20 b. BBELL CURL: 20

6. FINISHER: 2 SETS:

DBELL CURL: RUN THE DBELL RACK. START WITH HIGHEST WEIGHT YOU CAN SAFELY CURL AND GO TILL FAILURE, THEN GO TO NEXT WEIGHT. REPEAT ALL THE WAY DOWN TO THE 15'S.

WEEK 2

Day 4 SHOULDERS | METCON

WORKOUT 1: SHOULDERS

1. STANDING DBELL PRESS: 6 SETS

- a. STRICT PRESS: 2X 10
- b. PUSH PRESS: 2x 8
- c. PUSH JERK: 2X 6

(NOTE: SIMILAR TO LAST WEEK, BUT THIS TIME WITH DBELLS)

2. SUPER SET: 4 SETS:

- a. BARBELL HIGH PULL: 10
- b. DUMBBELL SIDE TO FRONT RAISES: 12

WORKOUT 2: METCON

6 ROUNDS EVERY 3 MINUTES:

7 DEADLIFTS

7 HANG POWER CLEANS

7 FRONT SQUATS

7 SHOULDER TO OVERHEAD

400M RUN

WEIGHT: 60KG

SCALED: 45-50KG

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Week 3:



WEEK 3

Day 1 RUN | CHEST + BACK

WORKOUT 1: RUN

10KM RUN

AFTER RUN CORE WORK:

2 ROUNDS:

MINUTE 1: PLANK

MINUTE 2: MAX CRUNCHES

MINUTE 3: MAX V UPS

MINUTE 4: MAX RUSSIAN TWISTS

MINUTE 5: REST

WORKOUT 2: CHEST + BACK

SUPERSET: 10 SETS: 20 MIN EMOM

ODD MINUTE: 10 REPS BENCH PRESS

EVEN MINUTE: 10 REPS BARBELL ROW

2. SUPERSET: 3 SETS

a. INCLINE DBELL PRESS: 15

b. INCLINE DBELL FLY: 15

3. SUPERSET: 3 SETS

a. WIDE GRIP LAT PULLDOWN: 15

b. CABLE LAT PULLOVER: 15

4. SUPERSET: 2 SETS

a. PULLUPS: FAILURE

b. DIPS: FAILURE

WEEK 3

Day 3 RUN | SHOULDERS

WORKOUT 1: RUN

TRACK LADDER: 1 MIN PLANK +
PRESCRIBED REST TIME AFTER EVERY RUN
400M (1 MIN REST)
800M (2 MIN REST)
1200M (3 MIN REST)
1KM (4 MIN REST)
1KM (4 MIN REST)
1.2KM (3 MIN REST)
800M (2 MIN REST)
400M

WORKOUT 2: SHOULDERS

BARBELL STRICT PRESS DROP SET: 5 SETS
5/10

2. SUPERSET: 4 SETS

- a. SEATED DBELL SHOULDER PRESS: 12
- b. SEATED DBELL SHOULDER RAISE: 12

3. SUPERSET: 4 SETS

- a. STANDING DBELL SHRUG: 15
- b. STANDING DBELL FRONT RAISE: 15

4. SUPERSET: 2 SETS

- a. STANDING ARNOLD PRESS: 20
- b. DBELL SHOULDER SIDE RAISE: 20

WEEK 3

Day 4

LEGS | METCON

WORKOUT 1: LEGS

1. BACK SQUAT: 8 SETS TOTAL:

2X 10

4X 5

2X 2

2. SUPERSET: 4 SETS:

a. BULGARIAN SPLIT SQUATS:

10 (EACH LEG)

b. JUMPING LUNGES (10 EACH LEG)

WORKOUT 2: METCON

10 MINUTE AMRAP:

10 PULLUPS

20 BURPEES

30 PUSHUPS

40 AIR SQUATS

REST 5 MINS BETWEEN ROUNDS

WEEK 3

Day 5 WEIGHT VEST | LEGS

WORKOUT 1: WEIGHTED VEST

12KM WEIGHTED VEST

WEIGHT: 15KG

MAINTAIN SUB 8 MIN PER KM PACE

WORKOUT 2: LEGS

1. SUPERSET: 4 SETS

- a. INCLINE DBELL PRESS: 10
- b. INCLINE DBELL CHEST FLY: 10

2. SUPERSET: 4 SETS

- a. WIDE GRIP LAT PULLDOWN: 10
- b. CABLE LAT PULLOVER: 10

3. SUPERSET: 3 SETS

- a. BENCH PRESS DROP SET: 5/10
- b. PUSHUPS: FAILURE

4. SUPERSET: 3 SETS

- a. T-BAR ROW DROP SET: 5/10
- b. PULLUPS: FAILURE

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Week 4:



WEEK 4

Day 1 RUN | CHEST + BACK

WORKOUT 1: RUN

5 ROUNDS:

1.5 KM RUN RUN

20 PUSHUPS

20 BURPEES

20 AIR SQUATS

2 MIN REST

WORKOUT 2: CHEST + BACK

1. SUPERSET: 5 SETS

a. DBELL CHEST PRESS: 10

b. T-BAR ROW: 10

2 MIN REST

2. SUPERSET: 4 SETS

a. INCLINE BBELL BENCH: 8

b. DBELL ROW: 8 EACH SIDE

3. SUPERSET: 4 SETS

a. CABLE FLY: 15

b. CLOSE GRIP LAT PULLDOWN: 15

4. SUPERSET: 3 SETS

a. PUSHUPS: FAILURE

b. ROPE LAT PULLDOWN: 20

WEEK 4

Day 2 **DEADLIFT | METCON**

WORKOUT 1: DEADLIFTS

2x 5 (70%)

3x 2 (80%)

4x 1 (95%)

**2 MINUTE REST BETWEEN
SETS**

WORKOUT 2: METCON

5 ROUNDS EVERY 3 MINUTES:

**10,9,8.....1. PERFORM 10 REPS OF
EACH EXERCISE, THEN 9,8,7 ETC
DOWN TO 1**

DBELL DEVIL PRESS

DBELL SQUAT

DBELL SHOULDER TO OVERHEAD

**WEIGHT: 2X 20KG
(SCALED: 15KG)**

WEEK 4

Day 3

RUN | LEGS

WORKOUT 1: RUN

800M WARM UP

10X 400M RUN

1:1 WORK/REST

800M COOL DOWN

WORKOUT 2: LEGS

1. SUPERSET: 6 SETS:

- a. BACK SQUAT: 5
- b. BOX JUMP: 10 (24-30 INCH HEIGHT)

2. SUPERSET: 4 SETS

- a. LEG PRESS: 15
- b. WALKING ALTERNATING DBELL LUNGES:
10 (EACH LEG)

3. SUPERSET: 3 SETS

- a. SINGLE LEG DEFICIT SQUAT: 8
- b. BULGARIAN SPLIT SQUAT: 8

5. FINISHER: 12 MIN EMOM:

- a. ODD MINUTE: MAX BROAD JUMPS
- b. EVEN MINUTE: MAX AIR SQUATS

WEEK 4

Day 4 SHOULDERS | METCON

WORKOUT 1: SHOULDERS

1. SEATED SMITH PRESS OR BARBELL PRESS

TRIPLE DROP SET: 4 SETS 4/7/10

2. TRIPLE SET: 4 SETS

a. SEATED DBELL SHRUG: 10

b. STANDING BARBELL SHRUG: 10

c. DBELL SHOULDER RAISE: 15

WORKOUT 2: METCON

6 ROUNDS EVERY 5 MINUTES:

7 DEADLIFT

7 POWER CLEAN

7 FRONT SQUAT

7 SHOULDER TO OVERHEAD

400M RUN

WEIGHT: 135LB

(SCALED: 115LBS)

**CAN SWAP 500M ROW FOR
400M RUN***

WEEK 4

Day 5 WEIGHT VEST | ARMS

WORKOUT 1: WEIGHTED VEST

7KM WEIGHTED VEST (15kg)

DIRECTLY INTO:

7KM RUN

WORKOUT 2: ARMS

1. SUPERSET: 4 SETS

- a. BARBELL CURL: 5 (HEAVY)
- b. SEATED HAMMER CURL: 15

2. SUPERSET: 4 SETS

- a. CLOSE GRIP BENCH: 5
- b. CABLE TRICEP EXT: 15

3. SUPERSET: 4 SETS

- a. PREACHER CURL: 12
- b. SKULL CRUSHER: 12

4. SUPERSET: 3 SETS

- a. STANDING DBELL ALTERNATE CURL: 20
- b. OVERHEAD ROPE TRI EXT: 20

5. FINISHER:

- a. REVERSE CABLE CURL: 50 REPS
- b. REVERSE GRIP TRI EXT: 50 REPS

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Week 5:



WEEK 5

Day 1

RUN | CHEST + TRI

WORKOUT 1: RUN

8KM RUN:

MAINTAIN 3/2 RATIO THROUGHOUT:

3 MIN AT RACE PACE

2 MIN AT JOG/ RECOVERY PACE

POST RUN CORE WORK:

10 MIN EMOM

ODD MIN: PLANK

EVEN MIN: MAX BICYCLES

WORKOUT 2: CHEST + TRI

1. BBELL BENCH: TRIPLE REVERSE DROP SET:

4 SETS: 10/5/2 (SIMILAR TO WEEK 1 BUT THIS TIME YOU'RE GOING UP IN WEIGHT AND DOWN IN REPS. YOU'LL REALISE ITS MUCH HARDER THAN THE DROP SETS. TRY TO GET WITHIN 1 OR 2 OF PRESCRIBED REPS)

2. TRIPLE SET: 4 SETS

a. SEATED CABLE FLY: 15

b. CABLE ROPE TRICEP EXT: 15

c. CABLE OVERHEAD TRICEP EXT: 15

3. ALTERNATING INCLINE DBELL PRESS: 4X 12

4. SUPERSET: 3 SETS

a. INCLINE DBELL FLY: 20

b. SKULL CRUSHERS: 20

WEEK 5

Day 2 CLEANS | METCON

WORKOUT 1: CLEANS

5 ROUNDS:

EVERY 2 MINS:

**2 POWER CLEANS+1 HANG CLEAN
(80%)**

REST IN REMAINING TIME

WORKOUT 2: METCON

12 MIN AMRAP:

6 DEVIL PRESS

6 DBELL SQUAT

6 DBELL BOX STEP UPS

6 25FT FARMERS CARRY (DOWN AND BACK
WOULD BE 2 REPS)

**4 MIN REST THEN INTO: 5 ROUNDS EVERY 3
MINUTES**

24 DEVIL PRESS

24 DBELL SQUAT

24 DBELL BOX STEP UPS

24 25 FT FARMERS CARRY (12 DOWN AND BACKS)

WEIGHT FOR METCON:

DBELL: 2X25'S SCALED: 2X 15'S

WEEK 5

Day 3

RUN | BACK + BI

WORKOUT 1: RUN

800M WARM UP JOG

8 ROUNDS:

EVERY 3 MINUTES:

400M RUN

PLANK HOLD IN REMAINING TIME

1 MINUTE REST BETWEEN ROUNDS

WORKOUT 2: BACK + BI

1. SUPERSET: 5 SETS

- a. WIDE GRIP LAT PULLDOWN: 10
- b. CABLE LAT PULLOVER: 12

3. SUPERSET: 3 SETS

- a. ROPE LAT PULLDOWN: 12
- b. CABLE CURL: 20

5. SUPERSET: 3 SETS

- a. BBELL ROW: 12
- b. PREACHER CURL: 15

6. FINISHER: 2 SETS

RUN THE RACK: Start with highest dbell you can curl and go till failure. continue with remaining weights all the way down to 10s.

WEEK 5

Day 4

LEGS | METCON

WORKOUT 1: LEG

1. SUPERSET: 6 SETS

- a. FRONT SQUAT: 10
- b. BOX JUMP: 12 (BOX 24-30 INCHES)

2. SUPERSET: 4 SETS

- a. SINGLE LEG DEFICIT SQUAT: 10 (EACH)
- b. CUSSACK BODY WEIGHT

SQUAT: 10 (EACH)

WORKOUT 2: METCON

6 ROUNDS EVERY 3 MINUTES

10,9,8....3,2,1

DEADLIFT

BURPEE OVER BAR

200M RUN

WEIGHT: 100KG

(SCALED: 60- 80KG)

***200M RUN STAYS THE SAME THROUGHOUT**

WEEK 5

Day 5 WEIGHT VEST| LEGS

WORKOUT 1: WEIGHTED VEST

12KM WEIGHTED VEST: 15KG

MAINTAIN SUB 8 MIN PER KM PACE

WORKOUT 2: LEGS

1. BACK SQUAT: 5 SUPERSETS:
 - a. BACK SQUAT: 5
 - b. AIR SQUAT: 20
2. SUPERSET: 4 SETS
 - a. BULGARIAN SPLIT SQUATS: 10 (EACH)
 - b. SINGLE LEG DEFICIT SQUAT: 10 (EACH)
3. SUPERSET: 4 SETS
 - a. SINGLE LEG BBELL RDL: 10 (EACH)
 - b. CUSSACK AIR SQUAT: 10 (EACH)
4. SUPERSET: 4 SETS
 - a. BROAD JUMP: 8
 - b. CALF RAISE: 20

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Week 6:



WEEK 6

Day 1

RUN | CHEST + TRI

WORKOUT 1: RUN

10KM RUN

POST RUN CORE WORK - 4 SETS:

1 MIN PLANK, 30 PENQUIN TAPS, 20 RUSSIAN TWISTS, 10 V-UPS

WORKOUT 2: CHEST + TRI

1. SUPERSET: 5 SETS

- a. DBELL CHEST PRESS: 10
- b. DBELL CHEST FLY: 12

2. SUPERSET: 4 SETS

- a. INCLINE BARBELL PRESS: 12
- b. DBELL CHEST PULLOVER: 12

4. TRIPLESET: 3 SETS

- a. ROPE CABLE TRI EXT: 10
- b. ROPE CABLE TRI OVERHEAD EXT: 10
- c. ROPE CABLE FRENCH PRESS: 10

5. SUPERSET: 2 SETS

- a. CLOSE GRIP BENCH: 15
- b. SKULL CRUSHERS: 15

WEEK 6

Day 2 **DEADLIFT | METCON**

WORKOUT 1: DEADLIFT

EVERY 2 MINDS FOR 6 ROUNDS:

3 DEADLIFTS: (75-85%)

WORKOUT 2: CHEST + TRI

1. SUPERSET: 5 SETS

- a. DBELL CHEST PRESS: 10
- b. DBELL CHEST FLY: 12

2. SUPERSET: 4 SETS

- a. INCLINE BARBELL PRESS: 12
- b. DBELL CHEST PULLOVER: 12

4. TRIPLESET: 3 SETS

- a. ROPE CABLE TRI EXT: 10
- b. ROPE CABLE TRI OVERHEAD EXT: 10
- c. ROPE CABLE FRENCH PRESS: 10

5. SUPERSET: 2 SETS

- a. CLOSE GRIP BENCH: 15
- b. SKULL CRUSHERS: 15

WEEK 6

Day 4

LEGS | METCON

WORKOUT 1: LEGS

1. SUPERSET: 6 SETS

- a. FRONT SQUAT: 10
- b. BOX JUMP: 12 (BOX 24-30 INCHES)

2. SUPERSET: 4 SETS

- a. SINGLE LEG DEFICIT SQUAT: 10 (EACH)
- b. CUSSACK BODY WEIGHT SQUAT: 10 (EACH)

WORKOUT 2: METCON

7 ROUNDS EVERY 4 MINUTES

10,9,8....3,2,1

DEADLIFT

BURPEE OVER BAR

200M RUN

WEIGHT: 100KG

(SCALED: 60-80KG)

*200M RUN STAYS THE SAME
THROUGHOUT

WEEK 6
Day 5

**WEIGHT VEST |
SHOULDERS**

WORKOUT 1: WEIGHTED VEST

5 + 5 + 5

5KM WEIGHTED VEST

5KM RUN

5KM WEIGHTED VEST

WEIGHT: 15-20KG

WORKOUT 2: SHOULDERS

1. 8 SETS:

- a. STRICT PRESS: 2X 12
- b. PUSH PRESS: 2X 8
- c. PUSH JERK: 2X 4, 2X 2

2. SUPERSET: 4 SETS:

- a. SEATED DBELL PRESS: 12
- b. STANDING DBELL SIDE RAISE: 12

3. TRIPLESET: 4 SETS

- a. SEATED DBELL SHRUG: 10
- b. STANDING DBELL SHRUG: 10
- c. BBELL SHOULDER FRONT RAISE: 12

4. FINISHER: 100 REPS (EACH SIDE)

CABLE SIDE RAISE. BREAK INTO AS FEW SETS AS POSSIBLE WITH MINIMAL REST.

WEEK 7

Day 1 RUN | CHEST + BACK

WORKOUT 1: RUN

12KM RUN

POST RUN CORE WORK - 3 ROUNDS:

40 FLUTTER KICKS

30 RUSSIAN TWISTS

20 BICYCLES

10 V-UPS

WORKOUT 2: CHEST + BACK

1. SUPERSET: 5 SETS

a. BARBELL BENCH: 10

b. DBELL FLY: 10

2. SUPERSET: 5 SETS

a. WIDE GRIP LAT PULLDOWN: 10

b. CABLE PULLOVER: 10

3. SUPERSET: 4 SETS

a. INCLINE DBELL CHEST PRESS: 10

b. DBELL CHEST PULLOVER: 12

4. SUPERSET: 4 SETS

a. T-BAR ROW: 10

b. DBELL REAR DELT FLY: 10

WEEK 7

Day 2 CLEANS | METCON

WORKOUT 1: POWER CLEANS

4 ROUNDS - EVERY 3 MINUTES:

4 BARBELL HIGHPULL +

4 HANG POWER CLEAN +

4 SQUAT CLEANS

DO ALL REPS UNBROKEN.

REST IN REMAINING TIME

WEIGHT: 60-70%

WORKOUT 2: METCON

6 ROUNDS (30 MINUTES TOTAL)

MINUTE 1: MAX BURPEE BOX JUMP OVER

MINUTE 2: MAX BOX STEP UPS

MINUTE 3: MAX DEVIL PRESS

MINUTE 4: MAX PUSHUPS

REST FOR 3 MINUTES

WEIGHT: DUMBBELLS: 20KG

(SCALED: 12KG)

BOX HEIGHT: 24INCHES

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Week 8:

Test Week



WEEK 8

Day 2 DEADLIFT | METCON

WORKOUT 1: DEADLIFT

**FIND 1RM DEADLIFT
THEN 3 SETS OF 8 REPS DEADLIFT
AT 50%
2 MIN REST BETWEEN SETS**

WORKOUT 2: METCON

15 MINUTE AMRAP:

**3 POWER CLEANS
3 FRONT SQUAT
3 BURPEE OVER BAR
200M RUN**

**EACH ROUND GOES UP BY 3 REPS
(NEXT SET WOULD BE 6,6,6 ETC)
200M RUN STAYS THE SAME**

**WEIGHT:
70KG
SCALED: (50-60)**

WEEK 8

Day 3

RUN | LEGS

WORKOUT 1: RUN

RETEST FROM WEEK 1:

1 KM WARM UP

2X 1 KM REPEATS*: 5 MIN

**REST BETWEEN KM'S. TAKE
AVERAGE TIME OF BOTH MILES.**

1 KM COOL DOWN

WORKOUT 2: LEGS

1. FIND 1RM BACK SQUAT

2. SUPERSET: 4 SETS

a. FRONT SQUAT: 10

b. ALTERNATE DBELL LUNGE: 10 EACH

3. SUPERSET: 4 SETS:

a. BARBELL RDL: 10

b. BODYWEIGHT CUSSACK SQUAT: 10 EACH LEG

4. SUPERSET: 3 SETS

a. SINGLE LEG BOX PISTOL SQUAT: 8 EACH LEG

b. BULGARIAN SPLIT SQUAT: 8 EACH LEG

WEEK 8

Day 4 SHOULDERS | METCON

WORKOUT 1: SHOULDERS

1. FIND 1 RM OF FOLLOWING:

- a. STRICT PRESS
- b. PUSH PRESS
- c. PUSH JERK

2. TRIPLESET:

- a. SEATED DBELL SHOULDER PRESS: 10
- b. SEATED DBELL SIDE RAISE: 10
- c. SEATED DBELL FRONT RAISE: 10

WORKOUT 2: METCON

5 ROUNDS EVERY 3 MINUTES

100M FARMERS CARRY

20 BURPEE OVERBAR

10 DEADLIFT

20 BURPEE OVER BAR

100M FARMERS CARRY

WEIGHT: DEADLIFT: 140KG

(SCALED 100KG)

FARMERS CARRY: 2X 20KG

(SCALED 15KG)

WEEK 8
Day 5

**WEIGHT VEST|
CHEST + BACK**

WORKOUT 1: WEIGHTED VEST

RETEST FROM WEEK 1

3/3/3. SAME WEIGHT AS WEEK 1

3 MILE WEIGHTED VEST

3 MILE RUN

3 MILE WEIGHTED VEST

WORKOUT 2: CHEST + BACK

1. 20 MIN EMOM:

- a. ODD MINUTE: 10 REPS DBELL BENCH
- b. EVEN MINUTE: 10 REPS T BAR ROW

2. SUPERSET: 4 SETS

- a. INCLINE BBELL BENCH DROP SET: 5,10
- b. WIDE GRIP LAT PULLDOWN DROP SET: 5/10

3. SUPERSET: 2 SETS

- a. DBELL FLY: 20
- b. REAR DELT FLY: 20

4. SUPERSET: 2 SETS

- a. DBELL PULLOVER: 20
- b. ROPE CABLE FACE PULLS: 20

TERMS/ DEFINITIONS

AMRAP

As Many Reps As Possible. Typically used in relation to a time limit. For example 10 min AMRAP: would be as many reps as possible of prescribed workout within 10 minutes.

EMOM

Every Minute on the Minute: Meaning at the start of every minute you complete prescribed exercise. For example: a 20 min EMOM, would athlete completes exercise every minute for 20 minutes. The remaining time an athlete has within that minute is typically rest.

DROP SET

I use these a lot in my training. A drop set is performed using the same exercise but dropping the weight to a lesser weight and completing prescribed reps with zero rest in between. EXAMPLE: BENCH DROP SET: 5/10 You would hit your first weight for 5 reps, then drop to a lesser weight and hit 10 more reps without any rest.

TERMS/ DEFINITIONS

TRIPLE DROP SET

Same thing as a drop set but now you are dropping the weight twice to do three different weights. I typically use this on bench or squat.

SUPER SET

A superset is performing two different exercises back to back with zero rest in between. Take your rest only after the second exercise. Note: A true definition of a superset is training opposing muscle groups. Training Similar muscle groups is referred to as a compound set. To avoid confusion for this program we use the term Superset when referring to both.



THANK YOU!

THANK YOU FOR INVESTING YOUR TIME AND EFFORT INTO THIS PROGRAM. I CAN ONLY HOPE IT WAS AS AFFECTIVE FOR YOU AS IT HAS BEEN FOR ME. LET ME KNOW HOW THE PROGRAM HAS HELPED YOU AND BE SURE TO CHECK OUT OTHER WFS PROGRAMS IN THE FUTURE!

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Principles

2: Weights

For the majority of lifts, there is no specific weight prescribed. You need to choose a weight that you can safely, effectively, and properly move while still maintaining the intent of the workout. For METCONs, there is a prescribed weight and a scaled weight. The responsibility is for the athlete to choose a weight they can safely and properly move even if it is not one of the prescribed weights. There is never any shame in lowering the weights, or modifying a workout in order to complete it. I would rather you modify the workout and complete it than try it as prescribed and not be able to finish it. Finally, It is recommended the athlete write down and keep record of most if not all weight selection to gauge growth and for reference.

WEEK 1
Day 5

**WEIGHTED VEST |
SHOULDERS**

WORKOUT 1: WEIGHTED VEST

2+2+2

**3 KM WEIGHTED VEST +2 MILE WEIGHT VEST
RUN +2 MILE RUN**

***NO REST IN BETWEEN. RECORD TOTAL TIME.
IF NO WEIGHT VEST AVAILABLE DO: 3 MILE
WEIGHTED VEST, 5KM RUN.**

WEIGHT: VEST: 15KG, VEST: 10KG

WORKOUT 2: SHOULDERS

1. BBELL SHOULDER PRESS: 6 SETS

- a. STRICT PRESS: 2X 12
- b. PUSH PRESS: 2X 8
- c. PUSH JERK: 2X 5

3. SUPERSET: 3 SETS

- a. BBELL HIGH PULL: 12
- b. DBELL FRONT RAISE: 15

4. STANDING DBELL PRESS: 4 DROP SETS 5/10

2. SUPERSET: 4 SETS

- a. BBELL SHRUG: 10
- b. DBELL SIDE RAISES: 10

5. FINISHER: 100 REPS DBELL SIDE RAISES.

WEEK 2

Day 5 WEIGHTED VEST| LEGS

WORKOUT 1: WEIGHTED VEST

10KM WEIGHTED VEST

WEIGHT: 15KG

MAINTAIN SUB 8 MIN PER KM PACE

AFTER RUCK CORE WORK:

2 ROUNDS:

**40 CRUNCHES, 30 BICYCLES,
20 V UPS ,10 FROG KICKS**

WORKOUT 2: METCON

EVERY 5 MINUTES:

1. BACK SQUAT TRIPLE DROP SETS:

4 SETS: 4/8/12

2. SUPERSET: 4 SETS

a. WEIGHTED BULGARIAN SPLIT SQUATS:

10 EACH LEG

b. BOX JUMPS: 15 (to 24-30 inch box)

3. SUPERSET: 4 SETS

a. LEG EXTENSION: 15

b. LEG CURL: 15

4. NEEDED

BROAD JUMP: 40 REPS. BREAK UP AS NEEDED

WEEK 3

Day 2 CLEANS | METCON

WORKOUT 1: POWER CLEANS

2X 4 POWER CLEANS (70%)

2X 2 POWER CLEANS (85%)

2X 1 POWER CLEANS (90-95%)

1-2 MINS REST BETWEEN SETS

WORKOUT 2: CHEST + BACK

**30,20,10: PERFORM 30 REPS OF EACH EXERCISE,
THEN 20, THEN 10**

KBELL SWINGS

GOBLET SQUATS

ALTERNATING KBELL CLEAN AND JERK

(SPLIT REPS BETWEEN SIDES)

WEIGHT: 30KG KBELL

SCALED: 22KG

WEEK 6

Day 3

RUN | BACK + BI

WORKOUT 1: RUN

800M WARM UP JOG

8 ROUNDS EVERY 3 MINUTES:

400M RUN

PLANK HOLD IN REMAINING TIME

1 MINUTE REST BETWEEN ROUNDS

WORKOUT 2: BACK + BI

1. SUPERSET: 5 SETS

- a. WIDE GRIP LAT PULLDOWN: 10
- b. CABLE LAT PULLOVER: 12

2. SUPERSET: 4 SETS

- a. T-BAR ROW: 10
- b. REAR DELT DBELL FLY: 12

3. SUPERSET: 3 SETS

- a. ROPE LAT PULLDOWN: 12
- b. CABLE CURL: 20

5. SUPERSET: 3 SETS

- a. BBELL ROW: 12
- b. PREACHER CURL: 15

6. FINISHER: 2 SETS

RUN THE RACK: Start with highest dbell you can curl and go till failure. continue with remaining weights all the way down to 10s.

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Week 7:



WEEK 7

Day 3

RUN | LEGS

WORKOUT 1: RUN

30 MINUTES: (10 ROUNDS TOTAL) 60/120S

60 SECS RACE PACE

120 SECS RECOVERY PACE

REST 5 MINS, THEN 10 SETS:

10 SECOND ALL OUT SPRINT,

30 SECONDS REST BETWEEN SPRINTS

WORKOUT 2: LEGS

1. BBELL BACK SQUAT TRIPLE DROP SET:

4 SETS: 3/8/12

2. SUPERSET: 3 SETS

a. BULGARIAN SPLIT SQUATS: 10 EACH

b. CUSSACK BODY WEIGHT SQUAT: 10 EACH

3. SUPERSET: 3 SETS

a. SINGLE LEG BBEL RDL: 10 EACH

b. ALTERNATING DBELL LUNGE: 10 EACH

5. SUPERSET: 3 SETS

a. BOX JUMPS: 8 (30 INCH OR HIGHER)

b. BROAD JUMP: 8

WEEK 7

Day 4 SHOULDERS | METCON

WORKOUT 1: SHOULDERS

1. BARBELL STRICT PRESS TRIPLE DROP SET

4 SETS: 4/8/12

2. TRIPLESET: 4 SETS

- a. BBELL SHRUG: 12
- b. DBELL FRONT RAISE: 12
- c. DBELL SIDE RAISE: 12

WORKOUT 2: METCON

6 ROUNDS:

EVERY 2 MINS:

8 DBELL DEADLIFT

8 DBELL BURPEE

8 DBELL SHOULDER PRESS

REST IN REMAINING TIME

WEIGHT: 20KG

SCALED: 15KG

***KEEPING THINGS PRETTY QUICK AND LIGHTER
TODAY IN PREPARATION FOR TOMORROWS
20KM RUCK***

WEEK 7
Day 5

**WEIGHT VEST |
CHEST + BACK**

WORKOUT 1: WEIGHTED VEST

20KM WEIGHTED VEST

WEIGHT: 15KG

THIS IS THE LONGEST DISTANCE TRAVELED IN THE PROGRAM. PROPERLY FUEL AND HYDRATE PRE, DURING, AND AFTER THIS.

WORKOUT 2: CHEST + BACK

1. SUPERSET: 5 SETS

- a. DBELL BENCH: 10
- b. DBELL FLY: 10

2. SUPERSET: 5 SETS

- a. CLOSE GRIP LAT PULLDOWN: 10
- b. REAR DELT DBELL FLY: 10

3. SUPERSET: 3 SETS

- a. INCLINE BARBELL PRESS: 15
- b. PEC DEC: 15

4. SUPERSET: 3 SETS

- a. BARBELL ROW: 15
- b. STANDING ROPE FACE PULL: 15

WEEK 8

Day 1 **RUN | CHEST + BACK**

WORKOUT 1: RUN

8KM RUN

RECORD & COMPARE TO WEEK 1

WORKOUT 2: CHEST + BACK

1. 1RM FLAT BENCH

RECORD AND COMPARE TO WEEK 1

2. SUPERSET: 5 SETS

- a. DBELL CHEST PRESS: 10
- b. WIDE GRIP LAT PULLDOWN: 10

3. SUPERSET: 4 SETS

- a. INCLINE BARBELL PRESS: 12
- b. CABLE ROW: 12

4. SUPERSET: 3 SETS

- a. CABLE CHEST FLY: 15
- b. CABLE LAT PULLOVER: 15

5. FINISHER: 100 PUSHUPS