

COMBINING TRAINING PROGRAMS FOR DIFFERENT TRAINING GOALS

Key principles:

1. Arrange components in the right order:
Speed/power → strength/functional movement → muscle → fat loss/conditioning
2. Reduce the volume for each component compared to doing that type of training by itself

OPTION 1: Do different types of workouts on different days

Example 1

MONDAY – off
 TUESDAY – strength workout A
 WEDNESDAY – off
 THURSDAY – muscle-building workout B
 FRIDAY – off
 SAT – fat loss workout + 10-15 min cardio
 SUN – off

Example 2

MONDAY – muscle-building workout A
 TUESDAY – fat loss workout + 10-15 min cardio
 WEDNESDAY – off
 THURSDAY – muscle-building workout B
 FRIDAY – fat loss workout + 10-15 min cardio
 SAT – off
 SUN – off

OPTION 2: Divide each workout into segments for each training goal

Example 1: strength + muscle-building + fat loss/conditioning

SEGMENT	TUESDAY		THURSDAY		SATURDAY	
STRENGTH	Squats	4-5x5	Bench press	4-5x5	Deadlifts	5x5,4,3,2,1
MUSCLE	Dips	3xmax	1-arm rows	3x6-12	DB overhead press	3x6-12
	Chin-ups	3xmax	Reverse lunges	3x6-12	Pull-ups	3xmax
	Romanian DL	3x5	Hanging knee raises	3xmax	Tri ext + CG bench	3x8-12
					Biceps curls	3x8-12
CONDITIONING & FAT LOSS FINISHER	<u>Sprinting:</u> sprint walk shuttle sprint walk rest 1 min, repeat 2-5x	10 sec 50 sec 20 sec 40 sec	<u>Intervals:</u> Squat jumps Burpees Jumping jacks XB mountain climber 2-4 rounds of 20 sec work/10 sec rest		<u>Countdown Circuit:</u> Bodyweight squats Burpees (20 squats/10 burpees, then 18/9, 16/8, etc, down to 2/1)	20 → 2 10 → 1

Example 2: General health: strength + functional strength & movement + fat loss/conditioning

SEGMENT	TUESDAY		THURSDAY		SATURDAY	
STRENGTH	Squats	4-5x5	Bench press	5	Walkout + pushup	5→10
FUNCTIONAL STRENGTH & MOVEMENT	Half kneeling 1-arm DB press	3x5→10	Reverse lunges	5→10	Deadlifts	3-5
	1-arm, 1-leg row	3x5→10	2-arm rows	5	Overhead press	5
	Half kneeling cable chop	3x8-10	Side split squats	5→10	Pull-ups	max
	1-leg glute bridges	3x10-15	<i>Repeat 3-5x as slow circuit</i>		<i>Repeat 3-5x as slow circuit</i>	
CONDITIONING & FAT LOSS FINISHER	Same as in Example 1 above					