

Warm up		Legende	Target repetition
1	5 minutes of cardiovascular warm up (i.E. running, rowing, jumping jacks...)		Weight
2	Individual warm up. Recommended after long time sitting, current injuries or mobility issues		Actual performed reps
3	Warm up sets. Knees, ankles and hips should be ready for training.		BW Bodyweight
		TOT	Total repetition
		t	time



Nr.	Exercise	Sets	Break	Session 1	Session 2	Session 3	4 (Deload)	Session 5	Session 6	Session 7	8 (Deload)	
A	Pistol Squats	1	2-3m	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	
		2		10@8	10@8	10@8	10@8	10@8	10@8	10@8	10@8	10@8
		3		RP**	RP	RP	RP	RP**	RP	RP	RP	RP
		4		RP	RP	RP		RP	RP	RP	RP	RP
B	Air Squats	1	2m	max BW	max BW	max BW		max BW	max BW	max BW		
C	One Leg Deadlift mit Kanister (elevate feet)	1	2m	12@8	12@8	12@8	12@8	12@8	12@8	12@8	12@8	
		2		RP	RP	RP	RP	RP	RP	RP	RP	
		3		RP	RP	RP		RP	RP	RP	RP	
D	Pull up (decrease difficulty with resistance band)	1	2m	20@10	20@10	20@10	20@10	20@10	20@10	20@10	20@10	
		2		max	max	max	max	max	max	max	max	
		3		max	max	max		max	max	max	max	
E	Leg Raise Russian Twist Sideplank r/l Plank	1	60 sek	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	
		2		TOT=	TOT=	TOT=		TOT=	TOT=	TOT=	TOT=	
		3		t=	t=	t=	t=	t=	t=	t=	t=	
				t=	t=	t=	t=	t=	t=	t=	t=	

Repeat

**Info:**

\* From level 5 it becomes very important to train in a self-regulating manner so as not to overload the nervous system. To determine the intensity, the character "@" is used. The meaning is as follows:  
 @ 10 = no further repetition is possible. Muscle failure has been achieved  
 @ 9 = another repetition is possible. (you only do 5 reps, though you could do 6)  
 @ 8 = there are still 2 more repetitions possible.  
 8 @ 8 would mean that you perform 8 reps with an intensity of @ 8. The additional weight must be selected accordingly.

\*\* RP means Repeat. You take the same weight and do the same repetitions. The intensity increases due to the pre-fatigue from sentence to sentence.

As additional weight (for Pistol Squats, pull-ups, dips, etc., everything possible can be used: Kettlebells, stones, canisters ... be creative)

**Personal notes:**

Warm up		Legende	Target repetition
1	5 minutes of cardiovascular warm up (i.E. running, rowing, jumping jacks...)		Weight
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3	Warm up sets. Knees, ankles and hips should be ready for training.		BW Bodyweight
		TOT Total repetition	
		t time	



Nr.	Exercise	Sets	Break	Session 1	Session 2	Session 3	4 (Deload)	Session 5	Session 6	Session 7	8 (Deload)	
A	Pull up (use additional weight in the first three sets)	1	120 - 240 sek	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	
		2		5@8*	5@8	5@8	max BW	5@8	5@8	5@8	5@8	max BW
		3		RP**	RP	RP		RP	RP	RP	RP	
		4		RP	RP	RP		RP	RP	RP	RP	
		5		max BW	max BW	max BW		max BW	max BW	max BW	max BW	
B	Dips (use additional weight in the first three sets)	1	120 - 240 sek	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	Warm up sets.	
		2		5@8*	5@8	5@8	5@8	5@8	5@8	5@8	5@8	
		3		RP**	RP	RP	RP	RP	RP	RP	RP	
		4		RP	RP	RP		RP	RP	RP	RP	
		5		max 60%BW	max BW	max BW		max BW	max BW	max BW	max BW	
C	One Arm Row	1	120 sek	max	max	max	max	max	max	max	max	
		2		max	max	max	max	max	max	max	max	
D	One Arm Press	1	120 sek	20@10	20@10	20@10	20@10	20@10	20@10	20@10	20@10	
		2		max	max	max	max	max	max	max	max	
E	Farmers Walk	1	60 sek	4 sets with 60 sec. rest in between	1000 m in as less sets as possible	4 sets with 60 sec. rest in between	1000 m in as less sets as possible	4 sets with 60 sec. rest in between	1000 m in as less sets as possible	4 sets with 60 sec. rest in between	1000 m in as less sets as possible	
		2		Distance =		Distance =		Distance =		Distance =		
		3										


Repeat

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3	Warm up sets. Knees, ankles and hips should be ready for training.		BW		Bodyweight
			TOT		Total repetition
		t	time		

Nr.	Exercises	Sets	Break	Session 1	Session 2	Session 3	4 (Deload)	Session 5	Session 6	Session 7	8 (Deload)	Repeat
A	Suitcase Deadlift (canister filled with water)	1 2 3 4	120 - 240 sek	Warm up sets. 3 Sets with maximum reps TOT =	Warm up sets 150 reps in as less sets as possible	Warm up sets 3 Sets with maximum reps TOT =	Warm up sets 200 reps in as less sets as possible	Warm up sets 3 Sets with maximum reps TOT =	Warm up sets 200 reps in as less sets as possible	Warm up sets 3 Sets with maximum reps TOT =	Warm up sets 200 reps in as less sets as possible	
B	Bulgarischer Split Squat	1 2 3	120-180 sek	12@8 RP RP	12@8 RP RP	12@8 RP RP	12@8 RP RP	12@8 RP RP	12@8 RP RP	12@8 RP RP	12@8 RP RP	
C	Push up (elevate feet every other session)	1 2 3	120 sek	max max max	max max max	max max max	max max max	max max max	max max max	max max max	max max max	
D	Roll out Roll out Roll out Plank	1 2 3	60 sek	TOT= TOT= TOT= t=	TOT= TOT= TOT= t=	TOT= TOT= TOT= t=	TOT= TOT= TOT= t=	TOT= TOT= TOT= t=	TOT= TOT= TOT= t=	TOT= TOT= TOT= t=	TOT= TOT= TOT= t=	

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Warm up: Perform individual warm up	Legende	%	Insert Data
Info: Do endurance days between your strength sessions. So alternate them every other day.			Refers to the individual HRmax

Date:	Date:	Date:	Date:	Date:	Date:
Activity performed	Activity performed	Activity performed	Activity performed	Activity performed	Activity performed
4 x 400 m run	Moderat run	Intervalltraining	Low intensity run	4 x 400 m run	Moderat run
Time (first lap)	Target HR	Intervall 1: 3 min @ 65 %	Target HR	Time (first lap)	Target HR
Time (second lap)	75 %	Invervall 2: 1 min @ 90 %	65 %	Time (second lap)	75 %
Time (third lap)	Duration	Repeat: 5 x	Duration	Time (third lap)	Duration
Time (fourth lap)	45m	Total duration 20m	1h	Time (fourth lap)	45m
Rest between sets 5 minutes	Distance traveled	Distance traveled	Distance traveled	Rest between sets 5 minutes	Distance traveled
Date:	Date:	Date:	Date:	Date:	Date:
Activity performed	Activity performed	Activity performed	Activity performed	Activity performed	Activity performed
Intervalltraining	Low intensity run	4 x 400 m run	Moderat run	Intervalltraining	Low intensity run
Intervall 1: 3 min @ 65 %	Target HR	Time (first lap)	Target HR	Intervall 1: 3 min @ 65 %	Target HR
Invervall 2: 1 min @ 90 %	65 %	Time (second lap)	75 %	Invervall 2: 1 min @ 90 %	65 %
Repeat: 5 x	Duration	Time (third lap)	Duration	Repeat: 5 x	Duration
Total duration 20m	1h	Time (fourth lap)	45m	Total duration 20m	1h
Distance traveled	Distance traveled	Rest between sets 5 minutes	Distance traveled	Distance traveled	Distance traveled

After Session 12 make the following changes:

- 1) Moderat run increases intensity to 80% HR and decreases duration to 30 min 2) Intervalltraining is going to be 2 minutes low intensity and 2 minutes high intensity 3) Increase time of low intensity run to 80 minutes.