Firelete foundation plan level 5 - Strength day 1

Warm up

1	5 minutes cardiovascular warm up (i.E. running, rowing, jumping jacks…)
2	Individual warm up (recommended after long time sitting, current injuries or mobility issues)
3	Warm up sets (perform 3-4 warm up sets before lifting heavy like in exercise A)

Legende

	Aimed reps
	Weight
	Actual performed reps
BW	Bodyweight
TOT	Total reps
t	time

Time	Nr.	Exercise	Sets	Break	TE1	TE2	TE3	TE4 (Deload)	TE5	TE6	TE7	TE8 (Deload)	
60-90 min	A	Back Squat	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		
			5		max BW***	max BW	max BW		max BW	max BW	max BW		
	B	Romanian Deadlift	1	120-180 sek	12@8	12@8	12@8	12@8	12@8	12@8	12@8	12@8	Repeat Plan
			2		RP	RP	RP	RP	RP	RP	RP	RP	
			3		RP	RP	RP		RP	RP	RP	RP	
	C	Pull up / Lat Pull	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	
			3		max	max	max		max	max	max		
	D	Leg Raise	1	60 sek	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	TOT=	
		Russian Twist	2		TOT=	TOT=	TOT=		TOT=	TOT=	TOT=		
		Sideplank r/l	3		t=	t=	t=	t=	t=	t=	t=	t=	
		Plank			t=	t=	t=	t=	t=	t=	t=	t=	

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 weight must be selected accordingly.

** RP means Repeat. You take the same weight and do the same repetitions. The intensity is automatically higher due to the pre-fatigue.

*** The barbell is loaded until it matches your own body weight.

Personal Notes:

Firelete foundation plan level 5 - Strength day 2

Warm up

1	5 minutes cardiovascular warm up (i.E. running, rowing, jumping jacks…)	
2	Individual warm up (recommended after long time sitting, current injuries or mobility issues)	
3	Warm up sets (perform 3-4 warm up sets before lifting heavy like in exercise A)	

Legende

(blue)	Aimed reps
(pink)	Weight
	Actual performed reps
BW	Bodyweight
TOT	Total reps
t	time

Time	Nr.	Exercise	Sets	Break	TE1	TE2	TE3	TE4 (Deload)	TE5	TE6	TE7	TE8 (Deload)	
60-90 min	A	Pull Up	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	max BW	
			3		RP**	RP	RP		RP	RP	RP		
			4		RP	RP	RP		RP	RP	RP		
			5		max BW	max BW	max BW		max BW	max BW	max BW		
	B	Bench Press	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		
			5		max 60%BW	max BW	max BW		max BW	max BW	max BW		
	C	Cable Row	1	120 sek	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	
	D	Military 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 (When you got 4 x 100m increase distance)	1	90 sek	130 %	130 %	130 %	130 %	130 %	130 %	130 %	130 %	Repeat Plan
			2		130 %	130 %	130 %	130 %	130 %	130 %	130 %	130 %	
			3		130 %	130 %	130 %	130 %	130 %	130 %	130 %	130 %	
					130 %	130 %	130 %	130 %	130 %	130 %	130 %	130 %	

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@ 8 = there are still 2 more repetitions possible.
8 @ 8 would mean that you perform 8 reps with an intensity of @ 8.
The weight must be selected accordingly.

** RP means Repeat. You take the same weight and do the same repetitions. The intensity is automatically higher due to the pre-fatigue.

*** Use the same weight as in the previous sentence. Also take him to muscle failure. The repetition number will be lower. That's okay.

Personal Notes:

Firelete foundation plan level 5 - Strength day 3 © Boldlife GmbH 2018

Warm up

1	5 minutes cardiovascular warm up (i.E. running, rowing, jumping jacks…)
2	Individual warm up (recommended after long time sitting, current injuries or mobility issues)
3	Warm up sets (perform 3-4 warm up sets before lifting heavy like in exercise A)

Legende

(blue)	Aimed reps
(orange)	Weight
	Actual performed reps
BW	Bodyweight
TOT	Total reps
t	time

Time	Nr.	Exercise	Sets	Break	TE1	TE2	TE3	TE4 (Deload)	TE5	TE6	TE7	TE8 (Deload)	
60-90 min	A	Deadlift	1 / 2 / 3 / 4	120 - 240 sek	Warm up sets / 5@8* / RP** / max 130 %	Warm up sets / 5@8 / RP / max 130 %	Warm up sets / 5@8 / RP / max 130 %	Warm up sets / max 130 %	Warm up sets / 5@8 / RP / max 130 %	Warm up sets / 5@8 / RP / max 130 %	Warm up sets / 5@8 / RP / max 130 %	Warm up sets / max 130 %	Repeat plan
	B	Bulgarian Split Squat	1 / 2 / 3	120-180 sek	12@8 / RP / RP	12@8 / RP / RP	12@8 / RP / RP	12@8 / RP	12@8 / RP / RP	12@8 / RP / RP	12@8 / RP / RP	12@8 / RP	
	C	Push up	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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The weight must be selected accordingly.

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Personal Notes:

Firelete foundation plan 5 - Your Cardio Workouts	© Boldlife GmbH 2018

Warm up: Do individual Warm up before running.	**Legende**		Insert Data
Info: Perform cardio days between each strength day		%	Accorting to your maximum heart rate

Date:	Date:	Date:	Date:	Date:	Date:
Activity performed	Activity performed	Activity performed	Activity performed	Activity performed	Activity performed
4 x 400m run	Moderate run	Intervalltraining	Easy run	4 x 400m run	Moderate run
Time (first lap)	Aimed HR	Interval 1: 3 min @ 65 %	Aimed HR	Time (first lap)	Aimed 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
	Distance traveled:	Distance traveled:	Distance traveled:		Distance traveled:
Break between laps: 4 minutes				Break between laps: 4 minutes	

Date:	Date:	Date:	Date:	Date:	Date:
Activity performed	Activity performed	Activity performed	Activity performed	Activity performed	Activity performed
Intervalltraining	Easy run	4 x 400m run	Moderate run	Intervalltraining	Easy run
Interval 1: 3 min @ 65 %	Aimed HR	Time (first lap)	Aimed HR	Interval 1: 3 min @ 65 %	Aimed 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:	Break between laps: 4 minutes	Distance traveled:	Distance traveled:	Distance traveled:

After these 12 sessions repeat cycle with following adaptation:

1) Moderat Run increases to 80% HR and decreases to a duration of 30 minutes 2) Intervall training changes to 2 minutes of high intensity and 2 minus of low intensity 3) Easy run increases duration to 80 minutes