

DAWG & RABBIT

FITNESS PROGRAMMING

SAMPLE CYCLE · WEEKS 1-6 OF A 12-WEEK PROGRAM

© Endurance bias

Shown in the app as ENDURANCE BIAS. A strong lifter six years in whose engine has fallen behind — below par for his age, with no aerobic base built yet.

This is a sample of what the engine builds for one athlete. It is on paper because paper is the quickest way to read six weeks at a glance — and a fixed printed program is exactly what Dawg & Rabbit Fitness is not. In the app every week is generated from the athlete's logged sessions, loads are computed from their own records, and the cycle is re-planned when recovery, PRs, or life change. Yours is generated from your numbers.

SAMPLE ATHLETE

ATHLETE	Male, 38 · 205 lb · 72 in · 6 years training · resting HR 66 bpm
SCHEDULE	5 days a week — Mon, Tue, Wed, Fri, Sat · 60-minute sessions · full gym
LIFTS (LB, 1RM)	Back squat 405 · Front squat 335 · Deadlift 495 · Strict press 175 · Bench press 285 · Clean & jerk 265 · Snatch 205
ENGINE	1-mile run 8:00 · 5K run 28:00
GYMNASTICS (MAX)	10 strict pull-ups · 15 kipping HSPU · 20 toes-to-bar · 50 double-unders
GOAL	5K Run: 28:00 → 26:00 by week 12

WHY THIS BIAS

The app's own recommendation for this athlete: ENDURANCE BIAS — Engine below par for your age & sex — build the aerobic base first.

Derived scores (0–100): strength 61 · endurance 36 · skills 62. Estimated VO_2max 36.8 mL/kg/min — Below avg for age and sex.

HOW TO READ THIS

- @80%1RM means 80% of the athlete's one-rep max. In the app the bar weight is printed beside it, from your own records.
- @Z2 and 90–95% HRmax are heart-rate bands the app computes from your own maximum and resting heart rate.
- RIR — reps in reserve — is how the athlete autoregulates: stop with that many good reps left.
- Rest days carry mobility. Weeks 7–12 are outlined, not written: the app builds each one from the week before it.

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How the cycle is built

Three four-week phases. A deload week comes before each test week, and week 12 is the final test. Weeks 1–6 are written out in full on the pages that follow; weeks 7–12 are built one at a time from the athlete's logs, so they appear here as the outline the engine plans against.

WEEKS 1-4

Aerobic Base Accumulation

Build a genuinely easy Z2 aerobic base while establishing baseline VO2max-interval exposure and maintaining strength

WEEKS 5-8

Aerobic Power Transmutation

Raise VO2max ceiling with twice-weekly 90-95% HRmax intervals and mixed-modal conditioning across time domains, strength held steady

WEEKS 9-12

Race-Pace Realization

Sharpen 5K-specific pacing and short high-intensity conditioning while consolidating aerobic gains into race performance

WEEK	THEME	VOLUME	INTENSITY	MARKERS
1	Baseline Benchmarks + Easy Aerobic Foundation	1000 AU	Z2 aerobic (RPE 3-4) + 70-80% 1RM	benchmark baseline strength maintenance
2	Z2 Base Expansion + Strength Maintenance	1070 AU	Z2 aerobic (RPE 3-4) + 75-85% 1RM strength (1 heavy exposure)	
3	Deload — Recovery at Normal Intensities	590 AU	Z2 aerobic (RPE 3-4) + 70-75% 1RM	deload strength, reduced sets
4	Benchmark Retest — Aerobic Base Checkpoint	910 AU	Z2 aerobic + one max-effort 5K retest + 80-85% 1RM strength	benchmark test
5	VO2max Intervals Introduced	1150 AU	90-95% HRmax intervals (2x/wk, ≥24min total) + Z2 base + 75-85% 1RM strength maintenance	
6	Aerobic Power Build + Conditioning Variety	1230 AU	90-95% HRmax intervals (2x/wk, ≥24min total) + Z2 base + 80-85% 1RM strength (1 heavy exposure)	
7	Deload — Recovery at Normal Intensities	670 AU	90-95% HRmax intervals (1x/wk, reduced volume) + Z2 base + 75-80% 1RM strength	deload
8	Benchmark Retest — Aerobic Power Checkpoint	1040 AU	Z2 aerobic + one max-effort 5K retest + 80-85% 1RM strength	benchmark test
9	Threshold Pacing + Short High-Intensity Conditioning	1230 AU	88-92% of 5K pace threshold work + 90-95% HRmax intervals (1x/wk) + 80-85% 1RM strength maintenance	
10	Race-Pace Consolidation + Mixed-Modal Sharpening	1230 AU	88-92% of 5K pace threshold work + 90-95% HRmax intervals (1x/wk) + 80-85% 1RM strength (1 heavy exposure)	
11	Peak Aerobic Sharpening — Grinder Under Fatigue	1230 AU	88-92% of 5K pace + 90-95% HRmax intervals + 80-85% 1RM strength maintenance	
12	Final Test — 5K Time Trial	1040 AU	Race-pace 5K time trial (max effort) + 80-85% 1RM strength	final test

Volume is the engine's weekly training-load target, in arbitrary units (AU). Weeks 7–12 in grey are the plan, not yet the program.

Baseline Benchmarks + Easy Aerobic Foundation

benchmark baseline · volume target 1000 AU · Z2 aerobic (RPE 3-4) + 70-80% 1RM strength maintenance

Week 1 sets your 5K and strength baselines while kicking off genuinely easy Zone 2 volume — the aerobic foundation everything else this cycle builds on.

MONDAY

Descending Blocks — Barbell + Aerobic

Conditioning · 60 min · Mixed — RPE 7-8 working blocks

WARM-UP

Row 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×20 Pogo Hops

2×5 Front Squat @50%1RM — warm-up ramp, not a working set

MAIN

For Time — descending blocks: 5 rounds, straight into 4 rounds, straight into 3 rounds, each block its own couplet, @RPE 7-8, target 22-26 min:

Block 1 — 5 rounds:

5 Front Squat @70%1RM — light cycling load, unbroken

Row 200m @75% 500m PR

Block 2 — 4 rounds:

12 Kettlebell Swing @53lbs

Row 150m @80% 500m PR

Block 3 — 3 rounds:

10 Box Jumps (24/20in)

Row 100m @85% 500m PR

TUESDAY

Zone 2 Aerobic Base

Aerobic · 45 min · Zone 2 — conversational pace throughout

WARM-UP

1×10/side Walking Lunge

1×10/side Leg Swings

MAIN

Run 40min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace; stay strictly below Zone 2 ceiling, this builds your aerobic base for the 5K goal

WEDNESDAY

Chipper — Gymnastics + Barbell + Aerobic

Conditioning · 60 min · Mixed — RPE 8

WARM-UP

Bike 5min @Z1

2×8 Scapular Pull-ups

2×10 Air Squat

2×8 Push-up

MAIN

Chipper For Time — one pass through every movement, 22 min cap, @RPE 8, target 16-19 min:

Row 500m @80% 500m PR

20 Pull-ups @bodyweight

25 Kettlebell Swing @53lbs

30 Push-up

40 Air Squat

Run 400m @75% 400m PR

THURSDAY

Rest — Hip flexor + thoracic spine mobility, foam roll quads/calves

FRIDAY

Strength Maintenance — Full Body

Strength · 60 min · Strength RPE 7, light aerobic finisher

WARM-UP

Row 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×5 Back Squat @55%1RM — warm-up ramp

MAIN

4×5 Back Squat @72%1RM — leave ~3 RIR; this is maintenance volume while endurance is the week's emphasis — hold load steady, focus on quality reps

- rest 2:30 between sets -

3×6 Strict Press @70%1RM — leave ~3 RIR

- rest 2:00 between sets -

3×5 Deadlift @70%1RM — leave ~3 RIR, strict form

ACCESSORY

3 sets Farmers Carry 100ft @70lbs — per hand; establishes the carry pattern this block

2 sets Plank 40sec

SATURDAY

Record Baseline — 5K Run

Aerobic · 45 min · Z1 warm-up, then all-out effort

WARM-UP

Run 8min @Z1

1×10/side Leg Swings

1 sets High Knees 20sec

3 sets Strides 50m @RPE 7

MAIN

5K Run For Time — RPE 10, all-out effort, establishes your baseline for the 26:00 goal:

Run 5km @RPE 10

SUNDAY

Rest — Full-body gentle stretching, light walk, foam rolling

Z2 Base Expansion + Strength Maintenance

volume target 1070 AU · Z2 aerobic (RPE 3-4) + 75-85% 1RM strength (1 heavy exposure)

Two Zone 2 sessions plus a long aerobic day grow your base while strength holds steady at one maintenance touch — the engine is this week's job.

MONDAY

Row Time Trial — One Movement, Long

Conditioning · 45 min · Z3-Z4 sustained effort

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×20 Pogo Hops

MAIN

For Time — one movement, @RPE 7, target 22-26 min:

Row 6000m @78% 2K PR — hold even splits, settle into rhythm by 1000m

TUESDAY

Zone 2 Aerobic Base

Aerobic · 45 min · Z2 135-147 bpm

WARM-UP

Walk 5min

1×10/side Leg Swings

MAIN

Run 40min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace; stay strictly below Z3

WEDNESDAY

Pace-Change Intervals — Aerobic Development

Aerobic · 40 min · Z2-Z4 alternating

WARM-UP

Row 5min @Z1

2×15 Band Pull-Apart

MAIN

Pace-change intervals — alternate easy and hard efforts at the stated RPE (30 min total), NOT for time:

Row 3min @RPE 4 — easy — cadence 22-24 spm

Row 2min @RPE 7 — hard — cadence 28-30 spm

- repeat the 3min easy / 2min hard pairing 6 times total -

THURSDAY

Rest — hips and ankles — foam roll + couch stretch

FRIDAY

Strength Maintenance — Full Body

Strength · 60 min · N/A — strength

WARM-UP

1×5 Back Squat @58%1RM — warm-up set

2×8/side Walking Lunge

2×10/side Bird Dog

MAIN

4×5 Back Squat @74%1RM — leave ~3 RIR; hold steady load this week, add a rep before you add weight — maintenance volume while endurance is the week's emphasis

- rest 2:30 between sets -

3×6 Strict Press @72%1RM — leave ~3 RIR

- rest 2:00 between sets -

For Time — interleaved descending ladder: a cyclical piece and a movement alternate and both shrink each round, @RPE 8, target 14-17 min:

18 cal, 14 cal, 10 cal, 6 cal Air Bike

18, 14, 10, 6 Burpees

ACCESSORY

3×10 Romanian Deadlift @62%1RM Deadlift — posterior chain support

3 sets Suitcase Carry 75ft @70lbs — each side

SATURDAY

Zone 2 Long Aerobic Session

Aerobic · 55 min · Z2 135-147 bpm

WARM-UP

Walk 5min

1×10/side Leg Swings

MAIN

Run 50min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace; this is the week's longest session — nasal-only breathing if possible, stay strictly below Z3

SUNDAY

Rest — full body — light stretching, foam roll quads/calves

Deload — Recovery at Normal Intensities

deload · volume target 590 AU · Z2 aerobic (RPE 3-4) + 70-75% 1RM strength, reduced sets

Deload week: volume cut sharply, intensities held normal, no max efforts — easy Zone 2 touches plus two short conditioning pieces to stay sharp before next week's 5K retest.

MONDAY

Sets For Time — Row + Bodyweight

Conditioning · 40 min · Z2-Z3 mixed, RPE 6-7

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×20 Pogo Hops

MAIN

6 Sets For Time — the same work every set, 2:00 rest between sets, score the clock at the end, @RPE 6-7, target 24-28 min:

Row 250m

15 Air Squats

10 Push-ups

- rest 2:00 between sets -

TUESDAY

Zone 2 Aerobic Base

Aerobic · 40 min · Z2 steady

WARM-UP

Walk 5min @Z1

MAIN

Run 35min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace — deload week, keep it genuinely easy

WEDNESDAY

Alternating EMOM — Row + Gymnastics

Conditioning · 35 min · mixed, RPE 6

WARM-UP

Row 4min @Z1

2×10/side Single-Leg Glute Bridge

2×10/side Lateral Band Walk

MAIN

EMOM 16min — alternating odd and even minutes, NOT for time:

12 cal Row @RPE 6 — odd minutes

6 Pull-ups @bodyweight — even minutes

THURSDAY

Rest — Hip flexor + thoracic spine mobility, foam roll quads/calves

FRIDAY

Strength Maintenance — Full Body

Strength · 45 min · low, RPE 6-7

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×8 Barbell Romanian Deadlift @40%1RM Deadlift

MAIN

4×5 Back Squat @74%1RM — leave ~3 RIR; hold load steady this deload week — same dose as last week

- rest 2:30 between sets -

3×6 Strict Press @72%1RM — leave ~3 RIR

ACCESSORY

Dumbbell Suitcase Carry 100ft @RPE 6 — each side

2 sets Plank 30sec

SATURDAY

Zone 2 Long Aerobic Session

Aerobic · 50 min · Z2 steady

WARM-UP

Walk 5min @Z1

MAIN

Run 45min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace; this is the week's longest session — deload shortens it slightly from last week's 50min

SUNDAY

Rest — Full-body foam rolling, light stretching, breathing drills

Benchmark Retest — Aerobic Base Checkpoint

benchmark test · volume target 910 AU · Z2 aerobic + one max-effort 5K retest + 80-85% 1RM strength

Test week: retest your 5K and core strength baselines off the first accumulation block, with Zone 2 work preserved around them to protect your aerobic base.

MONDAY

Record Baseline — 5K Run

Conditioning · 45 min · Z4-Z5 max effort

WARM-UP

Run 8min @Z1 — easy jog, build into stride

10/side Leg Swings

10/side Walking Lunge @bodyweight

Run 100m @RPE 7 — stride-out, 2 reps, easy jog back to start

MAIN

5K Run Time Trial — RPE 10, target 26:30-28:00:

Run 5km @RPE 10 — even pacing — do not go out faster than goal pace in the first mile

TUESDAY

Zone 2 Aerobic Base

Aerobic · 50 min · Z2 steady

WARM-UP

Row 5min @Z1

2×10/side Bird Dog

MAIN

Row 40min @Z2 — conversational pace, can speak full sentences, legs recovering from yesterday's 5K effort

WEDNESDAY

Back Squat & Deadlift Retest — 1RM

Strength · 45 min · neuromuscular / max effort

WARM-UP

Bike 5min @Z1

2×10 Air Squat

2×10/side Single-Leg Glute Bridge

1×5 Back Squat @50%1RM — warm-up ramp

1×3 Back Squat @65%1RM — warm-up ramp

1×2 Back Squat @75%1RM — warm-up ramp

1×1 Back Squat @85%1RM — warm-up ramp

MAIN

Back Squat 1RM:

1×1 Back Squat @92%1RM — strict technique, no bounce out of the hole

- rest 3:00 -

1×1 Back Squat @97%1RM — strict technique

- rest 3:00 -

1×1 Back Squat @RPE 10 — new max attempt — strict, no leg-drive cheating, re-rack if form breaks

THURSDAY

Rest — Hip flexor + quad stretching, foam roll quads/calves to aid leg recovery after the squat test

FRIDAY

Strict Press Retest + Buy-In AMRAP

Strength · 60 min · mixed — strength then Z3-Z4 conditioning

WARM-UP

Bike 5min @Z1

2×15 Band Pull-Apart

1×5 Strict Press @50%1RM — warm-up ramp

1×3 Strict Press @70%1RM — warm-up ramp

MAIN

Strict Press 1RM:

1×1 Strict Press @85%1RM — strict, no leg drive

- rest 2:30 -

1×1 Strict Press @93%1RM — strict, no leg drive

- rest 3:00 -

1×1 Strict Press @RPE 10 — new max attempt — strict press only, re-rack if bar drifts forward

- rest 4:00, transition to conditioning -

AMRAP 10min — buy-in first, then as many rounds as possible in the remaining time, @RPE 7-8, target 4-5 rounds:

Row 400m — buy-in, once

15 Kettlebell Swing @53lbs

12 Box Jumps (24in) — step down between reps

10 Push-ups

SATURDAY

Zone 2 Long Aerobic Session

Aerobic · 55 min · Z2 steady, long

WARM-UP

Run 5min @Z1

10/side Leg Swings

MAIN

Run 50min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace — this week's longest session, building aerobic base

SUNDAY

Rest — Full-body foam rolling, light stretching, easy walk if desired

VO2max Intervals Introduced

volume target 1150 AU · 90-95% HRmax intervals (2x/wk, ≥24min total) + Z2 base + 75-85% 1RM strength maintenance

Two 90-95% HRmax interval sessions anchor your aerobic power push, Z2 builds the base beneath them, and strength holds at 80-85% while scored conditioning covers short and medium domains.

MONDAY

VO2max Intervals — Row

Conditioning · 45 min · Z3-Z5 intervals atop Z1 warm-up/cooldown

WARM-UP

Row 8min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

MAIN

4 x 4min @ 90-95% HRmax, NOT for time:

Row 4min @90-95% HRmax — hold pace even across all 4 bouts; this is a VO2max dose, not a sprint
- rest 3min easy row between bouts, Z1 effort -

ACCESSORY

3 sets Plank 40sec

TUESDAY

Zone 2 Aerobic Base

Aerobic · 45 min · Z2 steady

WARM-UP

Run 5min @Z1

MAIN

Run 40min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace — base work supporting your 5K goal

WEDNESDAY

Back Squat Strength + Interrupted Chipper

Strength+conditioning · 60 min · mixed

WARM-UP

Bike 5min @Z1

2×20 Pogo Hops

2×10/side Lateral Band Walk

1×5 Back Squat @60%1RM — warm-up ramp set

MAIN

1×4 Back Squat @83%1RM — top set — RPE 8, leave ~2 RIR

- rest 3:00 -

3×4 Back Squat @73%1RM — back-off sets — RPE 7, leave ~3 RIR; if the top set hit all reps at 2+ RIR, add load next exposure

- rest 2:00 -

For Time — one big task, interrupted at each 3:00 mark by a fixed task (do the fixed task first, then carry on), @RPE 8, target 12-15 min:

Row 1000m — the big task — row continuously, pausing only at each 3:00 mark

10 Burpees — fixed task at 3:00, 6:00, 9:00, 12:00 — do these first, then resume the row

ACCESSORY

3×10 Romanian Deadlift @65%1RM Deadlift

THURSDAY

Rest — hip flexor and thoracic spine mobility

FRIDAY

Strict Press Strength + Descending Ladder

Strength+conditioning · 60 min · mixed

WARM-UP

Bike 5min @Z1

2×15 Band Pull-Apart

1×5 Strict Press @55%1RM — warm-up ramp set

MAIN

1×4 Strict Press @83%1RM — top set — RPE 8, leave ~2 RIR, strict no leg drive

- rest 2:30 -

3×4 Strict Press @73%1RM — back-off sets — RPE 7, leave ~3 RIR

- rest 2:00 -

21-15-9 For Time @RPE 9, target 5-7 min:

21 Push Press @55%1RM Strict Press — scheme is 21-15-9

21 Box Jumps (24/20in)

ACCESSORY

3×12 Dumbbell Lateral Raise @RPE 7

SATURDAY

Long Zone 2 Run + Two-Part Finisher

Aerobic+conditioning · 55 min · Z2 with light finisher

WARM-UP

Run 5min @Z1

MAIN

Run 45min @Z2 — conversational pace, can speak full sentences — this week's long aerobic session, building toward your 5K goal

Part A — For Time @RPE 7, target 3-4 min:

30 Air Squats

20 Push-ups

- rest 2:00 -

Part B — For Time @RPE 7, target 2-3 min:

20 Kettlebell Swing @53lbs

SUNDAY

Rest — full-body foam rolling and breathing drills

Aerobic Power Build + Conditioning Variety

volume target 1230 AU · 90-95% HRmax intervals (2x/wk, ≥24min total) + Z2 base + 80-85% 1RM strength (1 heavy exposure)

Aerobic power build continues: two VO2max-anchored sessions, Zone 2 base, one heavy top-set/back-off lift, and three rotating conditioning formats you haven't seen the last two weeks.

MONDAY

Ascending Ladder AMRAP — Row + Kettlebell + Box

Conditioning · 60 min · mixed — RPE-anchored, expect HR to spike above Z2 during work bouts

WARM-UP

Row 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×20 Pogo Hops

MAIN

AMRAP 12min — ascending ladder 3-6-9-12..., @RPE 8, target 6-7 rounds:

ladder Kettlebell Swing @53lbs — 3-6-9-12... reps each round

ladder Box Jumps (24in) — step down between reps; 3-6-9-12... reps each round

ladder cal Row — 3-6-9-12... calories each round

ACCESSORY

3 sets Suitcase Carry 100ft @70lbs — alternate arms each set; core anti-lateral-flexion

3 sets Hollow Hold 30sec

TUESDAY

Zone 2 Aerobic Base — Run

Aerobic · 50 min · Zone 2 — conversational

WARM-UP

Walk 5min @Z1

2×10/side Leg Swings

MAIN

Run 40min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace — aerobic base supporting your 5K goal

WEDNESDAY

Back Squat Strength + Station Circuit

Strength+conditioning · 60 min · mixed — strength then RPE-anchored circuit

WARM-UP

Bike 5min @Z1

2×10 Bodyweight Squat

1×5 Back Squat @50%1RM — warm-up ramp set

MAIN

1×4 Back Squat @83%1RM — top set — RPE 8, leave ~2 RIR; if this lands below RPE 8 at 4 reps, add load next exposure

- rest 3:00 -

3×4 Back Squat @73%1RM — back-off sets — RPE 7, leave ~3 RIR

- rest 2:00 between sets -

Station circuit — 5 stations x 1:00 each, 3 rounds, 1:00 rest between rounds (17 min total), NOT scored (note total reps):

Air Bike 1min @RPE 7

Push-ups 1min

Dumbbell Front Rack Lunge 1min @40%1RM Front Squat — total bar load equivalent across both dumbbells

Double-Unders 1min

Sit-ups 1min

- rest 1:00 between rounds -

THURSDAY

Rest — Hip flexor + thoracic spine mobility, foam roll quads/calves

FRIDAY

Strict Press Strength + Sets For Time

Strength+conditioning · 60 min · mixed — strength then RPE-anchored intervals

WARM-UP

Row 5min @Z1

2×15 Band Pull-Apart

1×5 Strict Press @50%1RM — warm-up ramp set

MAIN

1×4 Strict Press @83%1RM — top set — RPE 8, leave ~2 RIR, strict no leg drive

- rest 2:30 -

3×4 Strict Press @73%1RM — back-off sets — RPE 7, leave ~3 RIR, strict no leg drive

- rest 2:00 -

6 Sets For Time — the same work every set, 2:00 rest between sets, score the clock at the end, @RPE 8, target 24-28 min:

15 cal Row

10 Burpees

15 Air Squats

- rest 2:00 between sets -

SATURDAY

VO2max Intervals — Run

Aerobic+conditioning · 45 min · 90-95% HRmax intervals with active recovery

WARM-UP

Run 8min @Z1

2×10/side Leg Swings

2×20 High Knees

MAIN

4 x 4min @ 90-95% HRmax, NOT for time:

Run 4min @90-95% HRmax — hold pace even across all 4 bouts — this is the week's second VO2max dose, driving your 5K goal

- rest 3:00 easy jog @Z1 between bouts -

SUNDAY

Rest — Full-body foam roll, box breathing 10min

The evidence behind these six weeks

Each prescription in the app links to its source. These are the ones this sample visibly applies.

Deloads come roughly every 4–6 weeks for about a week — scheduled in advance, and pulled forward when fatigue says so.

Bell, L., Strafford, B. W., Coleman, M., Androulakis Korakakis, P., & Nolan, D. (2023). Integrating deloading into strength and physique sports training programmes: An international Delphi consensus approach. *Sports Medicine – Open*, 9, 87.

In this sample: [Week 3 is the deload](#)

Recreational CrossFit athletes who finish higher typically train about 5–6 sessions a week at 60–75 minutes, with diminishing returns above about 7.

Mangine, G. T., Tankersley, J. E., McDougale, J. M., et al. (2020). Quantitative training history of recreational CrossFit athletes. *International Journal of Sports Physiology and Performance*.

In this sample: [Five sessions a week, every week, 35–60 minutes each](#)

Most aerobic work is genuinely easy — elite endurance athletes spend about 80% of sessions below the first threshold — with hard work kept deliberate.

Seiler, S. (2010). What is best practice for training intensity and duration distribution in endurance athletes? *International Journal of Sports Physiology and Performance*, 5(3), 276–291.

In this sample: [Week 1 Tue](#) · [Week 2 Tue](#) · [Week 2 Sat](#) · [Week 3 Tue](#) · [Week 3 Sat](#) · [Week 4 Tue and 4 more](#)

Intervals at 90–95% of maximum heart rate improve VO₂max more than moderate training; four 4-minute bouts is the reference case.

Helgerud, J., et al. (2007). Aerobic high-intensity intervals improve VO₂max more than moderate training. *Medicine & Science in Sports & Exercise*, 39(4), 665–671.

In this sample: [Week 5 Mon](#) · [Week 6 Sat](#)

“Higher-load (>80% of single repetition maximum) prescriptions maximised strength gains, and all prescriptions comparably promoted muscle hypertrophy.”

Currier, B. S., McLeod, J. C., Banfield, L., et al. (2023). Resistance training prescription for muscle strength and hypertrophy in healthy adults: a systematic review and Bayesian network meta-analysis. *British Journal of Sports Medicine*, 57(18), 1211–1220.

In this sample: [Week 4 Wed](#) · [Week 4 Fri](#) · [Week 5 Wed](#) · [Week 5 Fri](#) · [Week 6 Wed](#) · [Week 6 Fri](#)

Barbell effort is set in reps in reserve — how many more reps were left — a scale built for resistance training.

Zourdos, M. C., et al. (2016). Novel resistance training-specific rating of perceived exertion scale measuring repetitions in reserve. *Journal of Strength and Conditioning Research*, 30(1), 267–275.

In this sample: [Week 1 Fri](#) · [Week 2 Fri](#) · [Week 3 Fri](#) · [Week 5 Wed](#) · [Week 5 Fri](#) · [Week 6 Wed and 1 more](#)

Your cycle is generated from your numbers. www.dawgrabbitfitness.com/app

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