

DAWG & RABBIT

FITNESS PROGRAMMING

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

Overall fitness

Shown in the app as OVERALL FITNESS. Balanced across strength, engine and skill — no single area far enough behind to reshape the plan.

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, 34 · 185 lb · 70 in · 4 years training · resting HR 56 bpm
SCHEDULE	5 days a week — Mon, Tue, Wed, Fri, Sat · 60-minute sessions · full gym
LIFTS (LB, 1RM)	Back squat 345 · Front squat 295 · Deadlift 435 · Strict press 135 · Bench press 245 · Clean & jerk 225 · Snatch 175
ENGINE	1-mile run 6:30 · 5K run 22:30 · 2K row 7:20 · 500 m row 1:38
GYMNASTICS (MAX)	12 strict pull-ups · 12 kipping HSPU · 25 toes-to-bar · 75 double-unders
GOAL	Back Squat: 345 → 365 lb by week 12 · 5K Run: 22:30 → 21:45 by week 12

WHY THIS BIAS

The app's own recommendation for this athlete: OVERALL FITNESS — Balanced profile.

Derived scores (0-100): strength 53 · endurance 53 · skills 65. Estimated VO_2max 46.8 mL/kg/min — Good 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 & Strength Foundation

Build general work capacity and Z2 aerobic base while establishing squat-pattern strength foundation

WEEKS 5-8

Strength & Threshold Transmutation

Convert base fitness into heavier squat-pattern loading and sharper aerobic power/threshold work

WEEKS 9-12

Realization & Peak Expression

Concentrate intensity on squat-pattern strength and race-pace running while holding total load via conditioning density

WEEK	THEME	VOLUME	INTENSITY	MARKERS
1	Benchmark Baseline + Movement Establishment	1000 AU	65-75% 1RM strength + Z2 aerobic base	benchmark baseline
2	Aerobic Base Build + Squat Pattern Strength	1070 AU	65-77% 1RM strength + Z2 aerobic base, one 90-95% HRmax interval touch	
3	Deload — Recovery Week	590 AU	65-75% 1RM strength + Z2 aerobic, zero max effort	deload
4	Benchmark Retest	910 AU	up to 85-90% 1RM test + Z2 aerobic	benchmark test
5	Strength Intensification + Threshold Running Begins	1150 AU	75-85% 1RM squat pattern + Z2 base + threshold running	
6	Heavy Strength + Dual VO2max Intervals	1230 AU	80-87% 1RM squat pattern + 90-95% HRmax intervals (2x/week) + Z2 base	
7	Deload — Recovery Week	670 AU	75-85% 1RM + Z2 aerobic, zero max effort	deload
8	Mid-Cycle Test — Strength & Aerobic Markers	1040 AU	up to 88-92% 1RM test + 5K pace test	benchmark test
9	Peak Strength Concentration + Race-Pace Work	1230 AU	85-92% 1RM squat pattern + 88-92% of 5K pace threshold work	
10	Peak Strength + Short High-Intensity Conditioning	1230 AU	87-93% 1RM squat pattern + short high-intensity conditioning + 1 VO2max interval touch	
11	Final Build — Grinder Under Fatigue	1230 AU	85-92% 1RM squat pattern + race-pace running + fatigue-pacing conditioning	
12	Final Test — Cycle Retest	1040 AU	up to 90-95% 1RM test + 5K time trial	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.

Benchmark Baseline + Movement Establishment

benchmark baseline · volume target 1000 AU · 65-75% 1RM strength + Z2 aerobic base

Week 1 establishes your squat pattern, a 5K baseline, and two benchmark conditioning pieces while building aerobic base with two easy Zone 2 touches.

MONDAY

Back Squat Foundation + Descending Blocks

Strength+conditioning · 60 min · mixed

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×10 Air Squat

MAIN

1×5 Back Squat @55%1RM — warm-up ramp set

- rest 1:30 -

4×6 Back Squat @70%1RM — working sets — leave ~2-3 RIR; establishing this cycle's squat pattern

- rest 2:30 between sets -

For Time — descending blocks: 4 rounds, straight into 3 rounds, straight into 2 rounds, each block its own couplet, @RPE 7-8, target 22-26 min:

Block 1 — 4 rounds:

15 Kettlebell Swing @53lbs

Row 250m

Block 2 — 3 rounds:

12 Wall Ball @20lbs

10 Box Jumps (24/20in)

Block 3 — 2 rounds:

10 Burpees

15 cal Air Bike — pace it at 70% of your best 1-minute calorie effort

ACCESSORY

3×8/side Bulgarian Split Squat @40%1RM Front Squat — supports Back Squat goal — control the descent

3 sets Plank 30sec

TUESDAY

Aerobic Base — Zone 2

Aerobic · 45 min · Z2

WARM-UP

Row 5min @Z1

1×10/side Leg Swings

MAIN

Row 35min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace

WEDNESDAY

ACTIVE RECOVERY & MOBILITY (RESTORED TRAINING DAY)

Recovery · 40 min · Z1-Z2, RPE 3-4 ceiling

WARM-UP

5min easy Bike or Row + Leg Swings 10/side + Arm Circles 10 each direction

MAIN

Z1-Z2 aerobic flush — 25-35min easy Bike, Row, or Jog (HR <133 bpm, RPE 3-4), conversational throughout.

Then 2 easy rounds: Bird Dog 10/side, Single-Leg Glute Bridge 10/side, Hollow Hold 20s.

THURSDAY

Rest — Ankle and shoulder mobility — banded ankle distraction 2min/side, shoulder dislocates with PVC 2x15

FRIDAY

Record Baseline — 5K Run

Conditioning · 45 min · mixed

WARM-UP

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

1x10/side Leg Swings

2x20m High Knees

MAIN

5K Run For Time — RPE 9-10, all-out baseline effort:

Run 5km @RPE 9

SATURDAY

Chipper For Time

Conditioning · 50 min · mixed

WARM-UP

Row 4min @Z1

2x10 Air Squat

2x8 Scapular Pull-ups

2x8 Push-up

MAIN

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

Row 500m

20 Pull-ups @bodyweight

30 Push-ups

25 Kettlebell Swing @53lbs

40 Air Squats

Run 400m

SUNDAY

Rest — Full-body recovery flow — cat-cow 2x10, child's pose 60sec, couch stretch 60sec/side, foam roll full body 8min

Aerobic Base Build + Squat Pattern Strength

volume target 1070 AU · 65-77% 1RM strength + Z2 aerobic base, one 90-95% HRmax interval touch

This week grows your aerobic base with two Zone 2 sessions plus one 90-95% HRmax interval touch, while squat-pattern strength builds at moderate load and conditioning covers short, medium and long time domains.

MONDAY

Back Squat Strength + Ladder Conditioning

Strength+conditioning · 60 min · Z1 warm-up, strength RPE 6-7, conditioning RPE 8

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×10/side Lateral Band Walk

2×10 Air Squat

MAIN

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

- rest 1:30 -

4×6 Back Squat @72%1RM — leave ~2-3 RIR; add load next exposure once all 4 sets hit 6 reps at this RIR, hold if any set reaches 0 RIR

- rest 2:30 between sets -

For Time — 5 rounds: Kettlebell Swings fall 25-20-15-10-5 while Burpees stay at 10 every round, @RPE 8, target 11-14 min:

25-20-15-10-5 Kettlebell Swing @53lbs

10 Burpees

ACCESSORY

3×8/side Bulgarian Split Squat @40%1RM Front Squat — supports squat-pattern strength goal

3×10 Romanian Deadlift @55%1RM Deadlift

TUESDAY

Aerobic Base — Zone 2

Aerobic · 50 min · Z2 steady

WARM-UP

Row 5min @Z1

MAIN

Row 40min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace

WEDNESDAY

Front Squat Strength + Short Finisher

Strength+conditioning · 60 min · Z1 warm-up, strength RPE 6-7, finisher RPE 8

WARM-UP

Bike 5min @Z1
2×10/side Bird Dog
2×20 Pogo Hops
2×10 Air Squat

MAIN

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

- rest 1:30 -

4×6 Front Squat @70%1RM — leave ~2-3 RIR; add load next exposure once all 4 sets hit 6 reps at this RIR

- rest 2:30 between sets -

For Time — RPE 8, target 5-7 min:

21 Wall Ball @20lbs
Row 250m
15 Wall Ball @20lbs
Row 250m
9 Wall Ball @20lbs

ACCESSORY

3×8/side Front Rack Lunge @50%1RM Front Squat
3 sets Plank 40sec

THURSDAY

Rest — Hip flexor and ankle mobility, foam roll quads/calves

FRIDAY

Aerobic Power Intervals + Buy-In AMRAP

Conditioning · 60 min · Intervals 90-95% HRmax, AMRAP RPE 7-8

WARM-UP

Row 6min @Z1
2×10 Air Squat

MAIN

4 x 4min @ 90-95% HRmax, with 3min easy recovery between, NOT for time:

Row 4min @90-95% HRmax

Row 3min @Z1 — active recovery between bouts

AMRAP 25min — buy-in first, then as many rounds as possible in the remaining time, @RPE 7-8, target 4-5 rounds:

Run 800m — buy-in, once
10 Pull-ups @bodyweight
15 Push-ups
20 Air Squat

SATURDAY

Pace-Change Aerobic Intervals

Conditioning · 45 min · Alternating RPE 4-5 and RPE 7-8

WARM-UP

Bike 5min @Z1

MAIN

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

Run 3min @RPE 5 — easy, conversational

Run 2min @RPE 8 — hard surge, hold cadence

- repeat the easy/hard pair 6 times for 30 min total -

ACCESSORY

2×12/side Single-Leg Glute Bridge

2×10/side Bird Dog

SUNDAY

Rest — Full body foam roll + light stretching, 10 min walk if desired

Deload — Recovery Week

deload · volume target 590 AU · 65-75% 1RM strength + Z2 aerobic, zero max effort

Deload week: cut sets and minutes while holding normal intensities, no max efforts, prioritizing recovery before next week's benchmark retests.

MONDAY

Back Squat Strength + Short For-Time Finisher

Strength+conditioning · 50 min · Z1-Z3 mixed

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

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

MAIN

3×5 Back Squat @70%1RM — deload week — leave ~3 RIR; hold load, do not chase last week's top set
- rest 2:00 between sets -

3 Sets For Time — the same work every set, 2:00 rest between sets, score the clock at the end, @RPE 6, target 8-10 min:

Row 250m

12 Kettlebell Swing @53lbs

- rest 2:00 between sets -

ACCESSORY

2×8/side Bulgarian Split Squat @35%1RM Front Squat — supports Back Squat goal — control the descent

TUESDAY

Aerobic Base — Zone 2

Aerobic · 35 min · Z2

WARM-UP

Row 5min @Z1

MAIN

Row 28min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace — deload, hold easy end of Z2

WEDNESDAY

Front Squat Strength + Alternating EMOM

Strength+conditioning · 50 min · Z1-Z4 mixed

WARM-UP

Bike 5min @Z1

2×20 Pogo Hops

2×10/side Lateral Band Walks

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

MAIN

3×5 Front Squat @68%1RM — deload week — leave ~3 RIR; hold load steady

- rest 2:00 between sets -

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

8 Toes-to-Bar @bodyweight — odd minutes

12 cal Air Bike — pace it at 65% of your best 1-minute calorie effort — even minutes

ACCESSORY

2×8 Romanian Deadlift @55%1RM Deadlift — posterior chain support, light deload volume

THURSDAY

Rest — hips, thoracic spine, ankle mobility

FRIDAY

Mixed-Modal Aerobic AMRAP

Conditioning · 35 min · RPE-anchored, mixed

WARM-UP

Row 5min @Z1

2×10 Air Squat

2×8 Scapular Pull-ups

MAIN

AMRAP 16min @RPE 6-7, target 6-7 rounds — Mixed-Modal Aerobic:

Row 200m

8 Pull-ups @bodyweight

12 Wall Ball @20lbs

SATURDAY

Press & Pull Strength

Strength · 45 min · Z1-Z2

WARM-UP

Row 5min @Z1

2×15 Band Pull-Apart

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

MAIN

3×6 Strict Press @65%1RM — deload — leave ~3 RIR

- rest 2:00 between sets -

3×5 Deadlift @65%1RM — deload — leave ~3 RIR, crisp setup each rep

ACCESSORY

3 sets Farmers Carry 100ft @70lbs — loaded carry pattern — per hand

2×15 Face Pull @RPE 6

SUNDAY

Rest — full-body light stretching, foam rolling

Benchmark Retest

benchmark test · volume target 910 AU · up to 85-90% 1RM test + Z2 aerobic

Test week: retest back squat and three cycle-opening benchmarks (one max effort per session), hold easy aerobic volume, and close with a long descending-block conditioning piece.

MONDAY

Back Squat Retest (1RM)

Strength · 50 min · max effort

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×10 Air Squat

MAIN

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

1×1 Back Squat @92%1RM — warm-up ramp

1×1 Back Squat @97%1RM — warm-up ramp

1×1 Back Squat @RPE 10 — max attempt — strict technique, no bounce out of the hole; your goal target is 365lbs by December, chase a true 1RM today

TUESDAY

Aerobic Base — Zone 2

Aerobic · 40 min · Z2

WARM-UP

Row 5min @Z1

MAIN

Row 35min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace

WEDNESDAY

30 Snatches For Time — Scaled (95 lb, Rx 135 lb)

Conditioning · 45 min · high

WARM-UP

Bike 5min @Z1

3×3 Snatch @40%1RM — technique warm-up, build feel for the bar path

2×2 Snatch @55%1RM

MAIN

30 Snatches For Time — RPE 9-10, target 4-7 min:

30 Snatch @95lbs — Rx 95lbs; break into manageable sets early, singles late if needed

THURSDAY

Rest — hip flexor and ankle mobility, light foam rolling

FRIDAY

Descending Blocks — Mixed Modal

Conditioning · 55 min · high

WARM-UP

Row 5min @Z1

2×5 Pull-ups @bodyweight

2×10 Air Squat

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:

Row 250m

15 Kettlebell Swing @53lbs

Block 2 — 4 rounds:

Run 200m

12 Wall Ball @20lbs

Block 3 — 3 rounds:

30 Double-Unders

8 Pull-ups @bodyweight

SATURDAY

Press & Pull Strength

Strength · 50 min · moderate

WARM-UP

Row 5min @Z1

2×15 Band Pull-Apart

2×8 Scapular Pull-ups

MAIN

4×5 Strict Press @72%1RM — leave ~2 RIR; add load next exposure if all sets finish at or above 2 RIR
- rest 2:30 between sets -

3×5 Deadlift @72%1RM — leave ~2 RIR; crisp setup each rep

ACCESSORY

3×10 Dumbbell Row @RPE 7

3 sets Farmers Carry 100ft @RPE 7

3 sets Hollow Hold 30sec

SUNDAY

Rest — full-body mobility flow, thoracic spine and shoulder focus

Strength Intensification + Threshold Running Begins

volume target 1150 AU · 75-85% 1RM squat pattern + Z2 base + threshold running

Squat-pattern load climbs toward 80-85% with top-set/back-off structure, threshold running begins alongside your Zone 2 base, and two scored conditioning pieces target short and medium time domains.

MONDAY

Back Squat Heavy Day + Interrupted Conditioning Finisher

Strength · 60 min · Z1-Z3 mixed

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

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

MAIN

1×4 Back Squat @82%1RM — top set — @RPE 8, 1-2 RIR; this is the week's progression anchor off last week's 50% ramp — build toward 365lbs goal

- rest 3:00 before back-off sets -

3×4 Back Squat @72%1RM — back-off sets — @RPE 7, 2-3 RIR

- rest 2:30 between sets -

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 — chip away at this between interruptions

10 Burpees — fixed task at each 3:00 mark — complete before resuming the row

TUESDAY

Aerobic Base — Zone 2

Aerobic · 40 min · Z2

WARM-UP

Run 5min @Z1

MAIN

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

WEDNESDAY

Deadlift Heavy Day + Descending Ladder

Strength · 60 min · Z1-Z4 mixed

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

1×5 Deadlift @50%1RM — warm-up ramp

1×3 Deadlift @65%1RM — warm-up ramp

MAIN

1×4 Deadlift @82%1RM — top set — @RPE 8, 1-2 RIR; progression anchor, builds off last week's 72% work sets

- rest 3:00 before back-off sets -

3×4 Deadlift @72%1RM — back-off sets — @RPE 7, 2-3 RIR; crisp setup each rep

- rest 2:30 before conditioning -

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

Kettlebell Swing @53lbs

Box Jumps (24/20in)

ACCESSORY

3×10 Romanian Deadlift @65%1RM Deadlift — posterior-chain support for squat and deadlift progression

THURSDAY

Rest — Hip flexor and ankle mobility, foam roll quads/hamstrings

FRIDAY

Press Strength + Two-Part Conditioning

Strength · 60 min · Z1-Z4 mixed

WARM-UP

Row 5min @Z1

2×10/side Lateral Band Walk

2×20 Pogo Hops

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

MAIN

1×4 Strict Press @82%1RM — top set — @RPE 8, 1-2 RIR

- rest 3:00 before back-off sets -

3×4 Strict Press @72%1RM — back-off sets — @RPE 7, 2-3 RIR

- rest 3:00 before conditioning -

Part A — For Time @RPE 8, target 3-5 min:

15 Push Press @75%1RM Strict Press

15 Pull-ups @bodyweight

- rest 3:00 -

Part B — For Time @RPE 9, target 4-6 min:

Run 400m @90% 400m PR

20 Wall Ball Shots @20lbs

ACCESSORY

3×12 Dumbbell Lateral Raise @RPE 7

3 sets Farmers Carry 100ft @RPE 7 — loaded carry — fills the carry pattern for the week

SATURDAY

Threshold Running

Aerobic · 40 min · Z3-Z4

WARM-UP

Run 8min @Z1

2×10/side Leg Swings

MAIN

4 x 5min @ 88-92% of 5K pace, NOT for time:

Run 5min @90% 5K PR

- rest 2:00 easy jog between reps -

SUNDAY

Rest — Full-body foam roll, thoracic spine mobility, easy walk

Heavy Strength + Dual VO2max Intervals

volume target 1230 AU · 80-87% 1RM squat pattern + 90-95% HRmax intervals (2x/week) + Z2 base

Heavy squat/hinge/press top sets with back-offs, two 90-95% HRmax interval sessions for aerobic power, and scored conditioning across medium and long time domains.

MONDAY

Back Squat Heavy Day + Station Circuit Finisher

Strength · 60 min · Strength + short aerobic circuit

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

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

MAIN

1×4 Back Squat @83%1RM — top set — @RPE 8, ~2 RIR; this is this week's progression anchor off last week's 82% top set — leave ~2 RIR, if clean add load next exposure, if 0 RIR hold; building toward 365lbs goal

- rest 3:00 before back-off sets -

3×4 Back Squat @73%1RM — back-off sets — @RPE 7, 2-3 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):

max reps in 1:00 Kettlebell Swing @53lbs

max cal in 1:00 Row

max reps in 1:00 Box Jumps (24in) — step down between reps

max reps in 1:00 Push-ups

max reps in 1:00 Air Squats

- rest 1:00 between rounds -

ACCESSORY

3×8/side Bulgarian Split Squat @40%1RM Front Squat

3 sets Weighted Plank 40sec

TUESDAY

VO2max Intervals — Session 1

Aerobic · 45 min · 90-95% HRmax structured intervals

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

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

WEDNESDAY

Deadlift Heavy Day + Ascending-Ladder AMRAP

Strength · 60 min · Strength + medium mixed-modal conditioning

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

1×5 Deadlift @50%1RM — warm-up ramp

1×3 Deadlift @65%1RM — warm-up ramp

MAIN

1×4 Deadlift @83%1RM — top set — @RPE 8, ~2 RIR; progresses last week's 82% top set — leave ~2 RIR, add load next exposure if clean

- rest 3:00 before back-off sets -

3×4 Deadlift @73%1RM — back-off sets — @RPE 7, 2-3 RIR

- rest 3:00 before conditioning -

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

Push Press @95lbs

Toes-to-Bar

Calorie Row — scale as calories equal to the rung number

THURSDAY

Rest — Hips, thoracic spine, hamstrings — foam roll + couch stretch + thoracic rotations

FRIDAY

Strict Press Strength + Skill Accessory

Strength · 60 min · Press strength day

WARM-UP

Row 5min @Z1

2×15 Band Pull-Apart

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

1×3 Strict Press @65%1RM — warm-up ramp

MAIN

1×4 Strict Press @83%1RM — top set — @RPE 8, ~2 RIR; progresses last week's 82% top set

- rest 3:00 before back-off sets -

3×4 Strict Press @73%1RM — back-off sets — @RPE 7, 2-3 RIR

ACCESSORY

3×5 Push Press @70%1RM Strict Press

3×6 Weighted Pull-ups @bodyweight +25lbs (bodyweight + 25 lbs)

3 sets Suitcase Carry 100ft @70lbs

SATURDAY

VO2max Intervals — Session 2 + Repeat Sets For Time

Conditioning · 60 min · 90-95% HRmax intervals + long scored conditioning

WARM-UP

Row 6min @Z1

2×20 Pogo Hops

2×10/side Lateral Band Walks

MAIN

4 x 3min @ 90-95% HRmax, NOT for time:

Row 3min @90-95% HRmax

- rest 2:30 easy @Z1 between reps -

- rest 5:00 before scored piece -

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:

12 Wall Balls (20lbs)

10 Pull-ups @bodyweight

12 cal Calorie Air Bike

- rest 2:00 between sets -

SUNDAY

Rest — Full-body mobility flow — foam roll, child's pose, hip 90/90, shoulder dislocates

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 3 Tue](#) · [Week 4 Tue](#) · [Week 5 Tue](#)

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 2 Fri](#) · [Week 6 Tue](#) · [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 Mon](#) · [Week 5 Mon](#) · [Week 5 Wed](#) · [Week 5 Fri](#) · [Week 6 Mon](#) · [Week 6 Wed](#) and 1 more

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 Mon](#) · [Week 2 Mon](#) · [Week 2 Wed](#) · [Week 3 Mon](#) · [Week 3 Wed](#) · [Week 3 Sat](#) and 7 more

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

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