

DAWG & RABBIT

FITNESS PROGRAMMING

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

◆ VO₂ max bias

Shown in the app as VO₂ MAX BIAS. An aerobic base already built, and a ceiling that has not risen with it — below par at the top end for his age.

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, 35 · 185 lb · 70 in · 5 years training · resting HR 62 bpm
SCHEDULE	5 days a week — Mon, Tue, Wed, Fri, Sat · 60-minute sessions · full gym
LIFTS (LB, 1RM)	Back squat 295 · Front squat 255 · Deadlift 385 · Strict press 125 · Bench press 205 · Clean & jerk 205 · Snatch 160
ENGINE	5K run 23:50 · 2K row 8:10
GYMNASTICS (MAX)	10 strict pull-ups · 10 kipping HSPU · 20 toes-to-bar · 60 double-unders
GOAL	5K Run: 23:50 → 22:30 by week 12

WHY THIS BIAS

The app's own recommendation for this athlete: VO₂ MAX BIAS — Engine below par for your age & sex — aerobic base built, target top-end.

Derived scores (0–100): strength 40 · endurance 42 · skills 58. Estimated VO₂max 40.8 mL/kg/min — Average 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 genuine Z2 aerobic volume and establish strength baselines while introducing VO2max-intensity touches

WEEKS 5-8

VO2max Transmutation

Convert aerobic base into raised VO2max ceiling via twice-weekly 90-95% HRmax intervals, squat/deadlift pattern strength 75-88% 1RM

WEEKS 9-12

Realization & 5K Peak

Concentrate conditioning into race-pace and threshold work for the 5K target while holding strength at 85-90% 1RM singles/doubles

WEEK	THEME	VOLUME	INTENSITY	MARKERS
1	Benchmark Week: Establish Baselines	1000 AU	Z2 aerobic + 70-80% 1RM strength, one max-effort test per session	benchmark baseline
2	Aerobic Volume Build + Squat/Deadlift Pattern Strength	1070 AU	Z2 aerobic (majority) + 70-80% 1RM strength + one VO2max interval session	
3	Deload: Recovery at Normal Intensities	590 AU	Z2 aerobic + 70-75% 1RM strength, zero max effort	deload
4	Test Week: Retest Benchmarks	910 AU	Z2 aerobic + up to 90% 1RM strength test, one max effort per session	benchmark test
5	Threshold Build Begins: Two Hard Aerobic Exposures	1150 AU	90-95% HRmax intervals (2x/week) + 75-85% 1RM strength + Z2 aerobic base	
6	Grinder Week: Pacing Under Fatigue	1230 AU	90-95% HRmax intervals (2x/week) + 80-88% 1RM strength + Z2 aerobic base	
7	Deload: Recovery at Normal Intensities	670 AU	90-95% HRmax (1 session) + 75-80% 1RM strength, zero max effort	deload
8	Test Week: Retest Benchmarks	1040 AU	90-95% HRmax (1 session) + up to 90% 1RM strength test	benchmark test
9	Race-Pace Sharpening: Short High-Intensity Pieces	1230 AU	88-92% of 5K pace tempo + 90-95% HRmax (1 session) + 85-90% 1RM strength	
10	Grinder Week: Benchmark-Under-Fatigue Emphasis	1230 AU	88-92% of 5K pace tempo + 85-90% 1RM strength	
11	Final Build: Peak Aerobic Power	1230 AU	88-92% of 5K pace tempo + 90-95% HRmax (1 session) + 85-90% 1RM strength	
12	Final Test Week: 5K Retest and Benchmark Retest	1040 AU	5K time-trial pace + up to 90% 1RM strength test, one max effort per session	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 Week: Establish Baselines

benchmark baseline · volume target 1000 AU · Z2 aerobic + 70-80% 1RM strength, one max-effort test per session

Baseline week: retest your 5K and key lifts to set this cycle's starting marks, hold two genuine Zone 2 sessions, and bank one conditioning benchmark for later comparison.

MONDAY

Strength Baselines — Squat & Press

Strength · 60 min · Z1-Z2 warm-up, strength work RPE 7-9 on final sets

WARM-UP

Row 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×10/side Lateral Band Walk

1×5 Back Squat @50%1RM — warm-up ramp

1×3 Back Squat @65%1RM — warm-up ramp

MAIN

1×2 Back Squat @75%1RM — warm-up to top set

- rest 3:00 -

1×1 Back Squat @90%1RM — heavy single — RPE 9, strict no leg-drive gimmicks, this is a rep-max reference not a full 1RM test

- rest 3:00 -

1×3 Strict Press @70%1RM — warm-up to top set

- rest 2:30 -

1×1 Strict Press @88%1RM — heavy single — RPE 9, strict press, no leg drive

ACCESSORY

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

3×10 Dumbbell Romanian Deadlift @RPE 7

TUESDAY

Record Baseline — 5K Run

Conditioning · 45 min · Full warm-up then max-effort time trial

WARM-UP

Run 8min @Z1

2×10/side Leg Swings

1×10/side Walking Lunge

4×20m Strides — build to near-top speed, full recovery

MAIN

5K Run Time Trial — RPE 10, all-out:

Run 5km — even pacing through 2K, then empty the tank — target beats current 23:50 PR toward 22:30 goal

WEDNESDAY

Zone 2 Aerobic Base — Bike

Aerobic · 55 min · Z2 throughout, no drift into Z3

WARM-UP

Bike 5min @Z1

2×10 Air Squat

MAIN

Bike 42min @Z2 — conversational pace, can speak full sentences, nasal breathing if possible

ACCESSORY

3 sets Hollow Hold 30sec

2 sets Side Plank 30sec

THURSDAY

Rest — Hips, thoracic spine, couch stretch + foam roll quads/calves

FRIDAY

Strength Baselines — Deadlift + Descending Blocks Conditioning

Conditioning · 60 min · Strength RPE 9 top single, conditioning RPE 7-8

WARM-UP

Row 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 @70%1RM — warm-up ramp

MAIN

1×2 Deadlift @80%1RM — warm-up to top set

- rest 3:00 -

1×1 Deadlift @92%1RM — heavy single — RPE 9, strict setup, no rounding

- rest 5:00, shoes off the bar, transition to conditioning -

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:

Row 250m

15 Wall Ball Shots (20/14lbs)

Block 2 — 3 rounds:

Run 200m

15 Kettlebell Swing @53lbs

Block 3 — 2 rounds:

15 cal Air Bike

12 Pull-ups @bodyweight

SATURDAY

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

Conditioning · 60 min · Snatch test RPE 9, chipper RPE 8

WARM-UP

Bike 5min @Z1

1×5 Snatch @40%1RM — technique, PVC-to-bar progression

1×3 Snatch @55%1RM

1×2 Snatch @65%1RM

MAIN

30 Snatches For Time (95/65lbs) — RPE 9, target 3-5 min:

30 Snatch @95lbs — power or squat snatch athlete's choice, break into manageable sets early

- rest 8:00, full recovery before chipper -

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

Row 750m

30 Burpees

20 Front Rack Lunge @30%1RM Front Squat — total reps, 10/side

15 Toes-to-Bar @bodyweight

Run 400m

SUNDAY

Rest — Full-body foam roll, breathing-focused mobility flow, extra sleep priority

Aerobic Volume Build + Squat/Deadlift Pattern Strength

volume target 1070 AU · Z2 aerobic (majority) + 70-80% 1RM strength + one VO2max interval session

Aerobic volume climbs with two Zone 2 sessions and one VO2max interval piece, while squat and hinge strength build at 70-80% 1RM to anchor this foundation phase.

MONDAY

Back Squat Strength + VO2max Intervals

Strength · 60 min · Z4-Z5 during interval work; otherwise low

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×20 Pogo Hops

1×5 Back Squat @50%1RM — warm-up ramp

MAIN

4×6 Back Squat @75%1RM — leave ~2 RIR; if all sets finish at 2+ RIR add load next exposure, if any set reaches 0 RIR hold or reduce

- rest 3:00 between sets -

VO2max Intervals — Row:

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

Row 4min @90-95% HRmax — hold a consistent, repeatable pace across all 4 bouts

- rest 3:00 easy row between bouts -

ACCESSORY

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

3 sets Plank 40sec

TUESDAY

Zone 2 Aerobic Base — Run

Aerobic · 50 min · Z2 throughout

WARM-UP

Walk 5min

2×10/side Leg Swings

MAIN

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

WEDNESDAY

Ladder For Time — Row + Wall Balls

Conditioning · 55 min · Z3-Z4 during work bouts

WARM-UP

Row 4min @Z1

2×8 Wall Ball @20lbs

2×10 Air Squat

MAIN

For Time — 5 rounds: Wall Balls fall 15-12-9-6-3 while Row stays 250m every round, @RPE 8, target 11-14 min:

varies by round (15-12-9-6-3) Wall Ball @20lbs

Row 250m

THURSDAY

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

FRIDAY

Deadlift Strength + Buy-In AMRAP

Strength · 60 min · Z3-Z4 during AMRAP

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

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

1×5 Deadlift @50%1RM — warm-up ramp

MAIN

4×6 Deadlift @75%1RM — leave ~2 RIR; if all sets finish at 2+ RIR add load next exposure, if any set reaches 0 RIR hold or reduce

- rest 3:00 between sets -

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

Buy-in (once):

Run 800m @70% 5K PR

Then AMRAP:

15 Kettlebell Swing @53lbs

12 Box Jumps (24in)

10 Pull-ups @bodyweight

ACCESSORY

3×12 Hanging Knee Raise

SATURDAY

Long Zone 2 + Pace-Change Finisher

Aerobic · 60 min · Z1-Z2 majority, brief Z3-Z4 surges

WARM-UP

Walk 5min

2×10/side Leg Swings

MAIN

Bike 50min @Z2 — conversational pace, can speak full sentences, nasal breathing if possible — longest session of the week

Pace-change intervals — alternate easy and hard efforts at the stated RPE (10 min total), NOT for time:

Bike 1min @RPE 8 — hard effort, cadence 90+ rpm

Bike 1min @RPE 4 — easy spin recovery

SUNDAY

Rest — Full-body foam rolling, light stretching, extra sleep focus

Deload: Recovery at Normal Intensities

deload · volume target 590 AU · Z2 aerobic + 70-75% 1RM strength, zero max effort

Deload week: fewer sets and shorter sessions at normal intensities to absorb the last two weeks' work before next week's benchmark retests.

MONDAY

Back Squat Strength — Deload

Strength · 45 min · low

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

1×5 Back Squat @60%1RM — warm-up set

MAIN

3×5 Back Squat @72%1RM — leave ~3 RIR on every set — deload week, no grinding; hold this load, do not chase a PR

- rest 2:30 between sets -

ACCESSORY

2×8 Romanian Deadlift @55%1RM Deadlift — RPE 6, light posterior-chain support

2 sets Suitcase Carry 100ft @RPE 5 — each side

TUESDAY

Zone 2 Aerobic Base — Row

Aerobic · 35 min · Z2

WARM-UP

Row 5min @Z1

MAIN

Row 30min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace — deload week, hold this easy

WEDNESDAY

Sets For Time — Mixed Modal

Conditioning · 40 min · mixed

WARM-UP

Row 4min @Z1

2×10 Air Squat

2×8 Push-up

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

12 Kettlebell Swing @53lbs

10 Push-ups @bodyweight

- rest 2:00 between sets -

THURSDAY

Rest — Hip flexor and thoracic spine mobility — foam roll quads/lats, couch stretch 2x60sec/side

FRIDAY

Deadlift Strength + Alternating EMOM

Strength · 55 min · mixed

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Lateral Band Walk

1×5 Deadlift @55%1RM — warm-up set

MAIN

3×5 Deadlift @72%1RM — leave ~3 RIR on every set — deload week, hold this load

- rest 2:30 between sets -

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

25 Double-Unders — odd minutes

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

SATURDAY

Long Zone 2 — Bike

Aerobic · 45 min · Z2

WARM-UP

Bike 5min @Z1

MAIN

Bike 40min @Z2 — conversational pace, can speak full sentences, nasal breathing if possible — longest session of the week, deload volume

SUNDAY

Rest — Full-body foam rolling and light static stretching, 15-20min

Test Week: Retest Benchmarks

benchmark test · volume target 910 AU · Z2 aerobic + up to 90% 1RM strength test, one max effort per session

Test week: retest Back Squat, Deadlift and a classic couplet benchmark at one max effort per session, while holding your two weekly Zone 2 touches for the 5K goal.

MONDAY

Back Squat 1RM Retest

Strength · 60 min · CNS-fresh strength test, full warm-up ladder

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×20 Pogo Hops

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

1×1 Back Squat @92%1RM — strict technique, no leg-drive crutches; this is a max-effort single

- rest 3:00 -

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

- rest 3:00 -

1×1 Back Squat @RPE 10 — max attempt — new 1RM test

ACCESSORY

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

3×8 Romanian Deadlift @65%1RM Deadlift

TUESDAY

Zone 2 Aerobic Base — Row

Aerobic · 40 min · Zone 2, 135-147 bpm

WARM-UP

Row 5min @Z1

MAIN

Row 35min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace — this base work is what lowers your 5K time, not just intervals

WEDNESDAY

Record Baseline — 30 Clean & Jerks For Time

Conditioning · 35 min · One max-effort piece, full recovery before

WARM-UP

Row 5min @Z1

3×2 Clean & Jerk @50%1RM — technique warm-up, build feel for the Rx load

2×1 Clean & Jerk @65%1RM — warm-up ramp toward working load

MAIN

30 Clean & Jerks For Time — RPE 9, target 3:00-5:00:

30 Clean & Jerk @135lbs — singles or quick touch-and-go, break early and often before grip fails

THURSDAY

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

FRIDAY

Deadlift 1RM Retest + Conditioning Finisher

Strength · 60 min · CNS-fresh strength test first, conditioning after

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

1×1 Deadlift @80%1RM — warm-up ramp

MAIN

1×1 Deadlift @90%1RM — strict technique, brace and pull

- rest 3:00 -

1×1 Deadlift @97%1RM — strict technique

- rest 3:00 -

1×1 Deadlift @RPE 10 — max attempt — new 1RM test

- rest 5:00, shoes on, transition to conditioning -

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:

Row 300m — block 1, 4 rounds

15 Wall Balls (20/14lbs) @20lbs — block 1, 4 rounds

Bike 0.5mi — block 2, 3 rounds

12 Burpees — block 2, 3 rounds

Run 200m — block 3, 2 rounds

20 Kettlebell Swing @53lbs — block 3, 2 rounds

SATURDAY

Long Zone 2 — Bike

Aerobic · 50 min · Zone 2, 135-147 bpm, longest session this week

WARM-UP

Bike 5min @Z1

MAIN

Bike 45min @Z2 — conversational pace, can speak full sentences, nasal breathing if possible — the week's longest aerobic exposure, builds the base your 5K goal relies on

SUNDAY

Rest — Full-body foam roll, light stretching, easy walk optional

Threshold Build Begins: Two Hard Aerobic Exposures

volume target 1150 AU · 90-95% HRmax intervals (2x/week) + 75-85% 1RM strength + Z2 aerobic base

Two hard aerobic interval exposures anchor the week alongside 80-85% top-set strength work and scored conditioning spanning short and medium domains, building your 5K and engine.

MONDAY

VO2max Intervals — Row

Conditioning · 45 min · 90-95% HRmax intervals

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

- rest 3:00 easy spin between intervals @RPE 3-4 -

TUESDAY

Back Squat Strength + Zone 2 Flush

Strength · 60 min · Zone 2 aerobic

WARM-UP

Bike 5min @Z1

2×10 Air Squat

2×20 Pogo Hops

1×5 Back Squat @50%1RM — warm-up ramp

MAIN

1×4 Back Squat @83%1RM — top set — leave ~2 RIR; if completed cleanly add load next exposure, if grinding hold

- rest 3:00 -

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

- rest 2:00 between sets -

ACCESSORY

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

3 sets Weighted Plank 30sec

Row 15min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace

WEDNESDAY

Descending Ladder — Barbell + Gymnastics

Conditioning · 45 min · mixed intensity

WARM-UP

Bike 5min @Z1

2×10 Air Squat

2×8 Scapular Pull-ups

2×5 Push Press @50%1RM Strict Press — build to working weight

MAIN

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

21 Push Press @95lbs

21 Pull-ups @bodyweight

THURSDAY

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

FRIDAY

Deadlift Strength + Interrupted For Time Finisher

Strength · 60 min · mixed intensity

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

1×5 Deadlift @50%1RM — warm-up ramp

MAIN

1×4 Deadlift @83%1RM — top set — leave ~2 RIR; brace and pull, strict technique

- rest 3:00 -

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

- rest 2:00 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

10 Burpees — fixed task at each 3:00 mark

SATURDAY

Long Zone 2 — Run

Aerobic · 50 min · Zone 2 aerobic

WARM-UP

Run 5min @Z1

2×10/side Leg Swings

MAIN

Run 45min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace — the week's longest aerobic session, building toward your 5K goal

SUNDAY

Rest — full body foam rolling, light stretching

Grinder Week: Pacing Under Fatigue

volume target 1230 AU · 90-95% HRmax intervals (2x/week) + 80-88% 1RM strength + Z2 aerobic base

A grinder week pairing twice-weekly VO2max row intervals with squat/deadlift pushing to 85%, a two-part fatigue-pacing piece, and a long Zone 2 run to build the aerobic base your 5K goal needs.

MONDAY

Two-Part Grinder — Barbell + Gymnastics + Monostructural

Conditioning · 50 min · Z3-Z5 during work bouts

WARM-UP

Row 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×20 Pogo Hops

2×5 Barbell Front Squat @RPE 4 — empty bar to light build, groove position

MAIN

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

15 Power Clean @115lbs

15 Toes-to-Bar @bodyweight

- rest 4:00, walk and breathe, do not sit down -

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

Row 500m

20 Burpees

Row 500m

TUESDAY

VO2max Intervals — Row + Zone 2 Flush

Conditioning · 45 min · 90-95% HRmax during work bouts, Z2 flush after

WARM-UP

Row 6min @Z1

2×15 Band Pull-Apart

MAIN

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

Row 4min @90-95% HRmax

- rest 3:00 easy spin between intervals @RPE 3-4 -

Row 12min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace — flush the intervals, aerobic base work

WEDNESDAY

Back Squat Strength + Station Circuit

Strength · 60 min · mixed

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Lateral Band Walk

2×5 Back Squat @55%1RM — warm-up ramp

MAIN

1×4 Back Squat @85%1RM — top set — @RPE 8, ~2 RIR; advance load only if last exposure's sets all hit top of range at prescribed/increased load

- rest 3:00 -

3×4 Back Squat @75%1RM — back-off sets — @RPE 7-8

- rest 2:30 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 Kettlebell Swing @53lbs

max cal Assault Bike

max reps Sit-ups

max reps Dumbbell Box Step-ups (24/20in) @35lbs

Plank Hold 1min

ACCESSORY

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

3×6 Nordic Curl — control the eccentric, assist with hands as needed

THURSDAY

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

FRIDAY

Deadlift Strength + Ascending Ladder AMRAP

Conditioning · 60 min · mixed

WARM-UP

Row 5min @Z1

2×10/side Single-Leg Glute Bridge

2×5 Deadlift @55%1RM — warm-up ramp

MAIN

1×4 Deadlift @85%1RM — top set — @RPE 8, ~2 RIR; brace and pull, strict technique; advance load only if last exposure's sets all hit top of range at prescribed/increased load

- rest 3:00 -

3×4 Deadlift @75%1RM — back-off sets — @RPE 7-8

- rest 3:00 -

AMRAP 7min — ascending ladder 2-4-6-8..., @RPE 9, target 5-6 rounds:

ladder: 2,4,6,8... Box Jumps (24/20in)

ladder: 2,4,6,8... Wall Ball Shots (20/14lbs) @20lbs

ACCESSORY

3×8 Romanian Deadlift @65%1RM Deadlift

SATURDAY

Long Zone 2 — Run

Aerobic · 55 min · Z2 throughout, strictly below Z3

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 — the week's longest, lowest-intensity session, building the aerobic base under your 5K goal

SUNDAY

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

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 Wed](#) · [Week 2 Tue](#) · [Week 2 Sat](#) · [Week 3 Tue](#) · [Week 3 Sat](#) · [Week 4 Tue](#) and [5 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 2 Mon](#) · [Week 5 Mon](#) · [Week 6 Tue](#)

“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 1 Mon](#) · [Week 1 Fri](#) · [Week 4 Mon](#) · [Week 4 Fri](#) · [Week 5 Tue](#) · [Week 5 Fri](#) and [2 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 2 Mon](#) · [Week 2 Fri](#) · [Week 3 Mon](#) · [Week 3 Fri](#) · [Week 5 Tue](#) · [Week 5 Fri](#) and [2 more](#)

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

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