

Basic Example Template – 5 Day Week

Sprints	Bodybuilding Upper		Jumps	Steady State Cardio	MB Throws	
Deadlift Lower	Tempo Runs		Squats dominant		Strength Upper	
			Alactic Capacity			
Sprints	Horizontal Press ss		Jumps	Road Run/ Bike/ Row/ Swim for low intensity and long duration	MB Throws	
Deadlift	Horizontal Pull		Squat		Heavy Bench ss horizontal pull	
Squat Assistance	Vertical Press ss Vertical Pull		Deadlift Assistance		Bench Assistance	
Glute/ham Hypertrophy	Accessory 1		Single-leg Assistance		Vertical Pull	
Single-leg Hypertrophy	Accessory 2 (optional)		Alactic Capacity		Assistance 1	
Tempo Runs						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High	Low	Off	High	Low	High	Off