

THE HYBRID WEEK

A 6-day strength & endurance template — build muscle, run further, stay healthy.

WHY THIS WORKS

Most people think you have to choose: lift and stay strong, or run and get fit. You don't. This template runs three lifting days and three running days in a single week, sequenced so the two don't fight each other.

The lifting is deliberately low in volume and high in effort: a few genuinely hard working sets per movement, the last one taken to failure, paired with targeted injury-prevention work for the tissues runners actually break down — calves, shins, hamstrings, hips and shoulders. The runs cover the full aerobic spectrum: easy mileage to build your engine, one quality session to sharpen it, and a long run to extend it.

THE ONE RULE THAT MAKES IT WORK

Heavy legs and hard runs are kept apart. Your one heavy lower-body lift sits at the start of the week, away from the quality run and long run. Running already loads your legs heavily, so they're trained directly only **once** — that's deliberate fatigue management, not a gap in the plan.

YOUR WEEK AT A GLANCE

DAY	SESSION	TYPE
Mon	Lower Body — Strength & Hypertrophy	LIFT
Tue	Easy Aerobic Run (Zone 2)	RUN
Wed	Upper Body — Push	LIFT
Thu	Quality Run (Intervals / Tempo)	RUN
Fri	Upper Body — Pull & Posterior Chain	LIFT
Sat	Long Run — Aerobic Base	RUN
Sun	Rest / Mobility	RECOVER

THE LIFTING SESSIONS

Low volume, maximum effort. Each movement gets just a couple of hard working sets — so the quality of those sets is everything. Ramp up to your working weight with easy build-up sets (these don't count), then make the listed working sets genuinely difficult. Rest 2–3 min on the big lifts, 60–90 s on the rest.

THE EFFORT STANDARD

Low volume only works if the effort is real. Take the **last working set of every main lift to true failure** (0 RIR — the point you can't complete another clean rep); the set before it sits at 0–1 RIR. Out of sets but want more stimulus? Add a **rest-pause** or a **single drop set** to that last set rather than adding more sets. **The orange pre-hab work is the exception** — train it controlled at 2–3 reps in reserve. Grinding rotator cuffs, shins and Nordics to failure invites the exact injuries you're trying to prevent.

DAY 1 — MONDAY

Lower Body: Strength & Hypertrophy

LIFT

WARM-UP 5–8 min easy bike or row, then leg swings, bodyweight squats, walking lunges, ankle rocks.

EXERCISE	WORK SETS	REPS	EFFORT	COACHING NOTE
Hack Squat or Back Squat	2	6–10	0 RIR*	Main quad/glute driver. Ramp up, then 2 all-out working sets.
Romanian Deadlift	2	8–10	0–1 RIR	Slow eccentric; stop the rep the instant form breaks down.
Bulgarian Split Squat	2	8–12 / leg	0 RIR	Brutal but unmatched for legs + fixing left/right balance.
Seated Leg Curl	2	10–12	Failure	Last set rest-pause: fail, rest 15 s, squeeze out a few more.
Standing Calf Raise	2	10–15	Failure	Pause at the bottom; calves need true failure to grow.
Tibialis Raise	2	15–20	2–3 RIR	Pre-hab — controlled. Strengthens shin, fights shin splints.
Copenhagen Plank	2	20–30 s / side	Controlled	Pre-hab — adductor / groin strength & hip stability.

*Take the final working set to true failure; the set before sits at 0–1 RIR. Orange pre-hab rows stay controlled, never to failure.

■ Muscle-building lift

■ Injury-prevention / pre-hab

WARM-UP 5 min easy cardio, then band pull-aparts, scap push-ups, light press to groove the pattern.

EXERCISE	WORK SETS	REPS	EFFORT	COACHING NOTE
Incline Dumbbell Press	2	6–10	0 RIR	Upper-chest focus & best single chest builder. Ramp, then 2 hard sets.
Standing Overhead Press	2	6–8	0–1 RIR	Leave a rep in reserve overhead — protects the shoulder.
Lateral Raise	3	12–20	Failure	Side-delt width. Drop-set the last set: strip weight, keep going.
Overhead Triceps Extension	2	10–12	Failure	Long-head focus for full triceps size; stretch hard at the bottom.
Band Pull-Apart	2	15–20	2–3 RIR	Pre-hab — scapular control & upper-back health.
Face Pull	2	15	2–3 RIR	Pre-hab — rear delts + rotator cuff; fixes posture.

■ Muscle-building lift

■ Injury-prevention / pre-hab

WARM-UP 5 min easy cardio, then dead hangs, band rows, light external rotations.

EXERCISE	WORK SETS	REPS	EFFORT	COACHING NOTE
Weighted Pull-up / Lat Pulldown	2	6–10	0 RIR	Lat width & the V-taper. Ramp, then 2 maximal sets.
Chest-Supported Row	2	8–12	Failure	Mid-back thickness with zero lower-back strain.
Nordic Hamstring Curl (assisted)	2	5–8	2–3 RIR	Pre-hab — controlled eccentric. Never grind to failure here.
Rear Delt Flye	2	15	Failure	Posture & balanced shoulders — supports pressing health.
Incline / Hammer Curl	2	10–12	Failure	Biceps size; hammer grip adds brachialis thickness.
Cable External Rotation	2	12–15	2–3 RIR	Pre-hab — rotator cuff; keeps the shoulder press-ready.
Pallov Press	2	10 / side	Controlled	Pre-hab — anti-rotation core for a stable running trunk.

■ Muscle-building lift

■ Injury-prevention / pre-hab

THE RUNNING SESSIONS

Three runs cover the full aerobic spectrum. Most of your week is easy on purpose — that's where the engine is built. Pace by effort (RPE) or heart-rate zone, not ego.

DAY 2 — TUESDAY

Easy Aerobic Run (Zone 2)

RUN

Duration	30–45 min, continuous & relaxed.
Effort	RPE 3–4/10. Zone 2 — roughly 60–70% of max HR.
The test	You can hold a full conversation. If you can't, slow down.
Why	Builds your aerobic base & capillary density, and adds mileage that actually aids recovery rather than draining it.

DAY 4 — THURSDAY

Quality Run (alternate weekly)

RUN

Option A — Intervals	10 min easy warm-up → 6 × 3 min hard (RPE 8, ~5K effort) with 90 s easy jog between → 10 min easy cool-down.
Option B — Tempo	10 min easy → 20 min steady at RPE 6–7 ("comfortably hard", threshold) → 10 min easy.
How to use	Alternate A and B week to week. This is your one hard run — make it count, then recover.
Why	Lifts your threshold and top-end speed so easy paces feel easier.

DAY 6 — SATURDAY

Long Run — Aerobic Base

RUN

Duration	Start 45–60 min easy. Add 5–10 min every 2 weeks; cap to your goal distance.
Effort	Easy / Zone 2 the whole way — conversational, never a grind.
Fuelling	If it runs past ~75 min, practice taking carbs (gel / drink) on the move.
Why	The single biggest driver of endurance. Patience here pays off everywhere else.

HOW TO RUN THIS PROGRAM

Progress with intent

With low volume, **intensity is your progress lever**. Use double progression: when you hit the top of the rep range on a working set taken to failure with clean form, add load next time. To push harder without adding sets, reach for one intensity technique — a rest-pause or a single drop set on the final set. On runs, add **volume (time)** before intensity — extend the easy and long runs before you push the quality session harder.

Protect your hard days

If you ever have to combine a run and a lift on the same day, run first or separate them by 6+ hours, and **never** do heavy legs right before a key run. The whole layout exists to keep your heavy lower-body day (Mon) away from your quality run (Thu) and long run (Sat).

Recovery is the real training

Training to failure raises the fatigue cost of every set — which is exactly why the volume here is kept low. Hybrid training is limited by fatigue, not effort. Aim for 7–9 h sleep, 1.6–2.2 g of protein per kg of bodyweight daily, and treat Sunday as genuine rest or light mobility. If your runs start feeling flat, pull the lifting back to 0–1 RIR before cutting sleep or food.

Warm up every single session

5–10 min of easy cardio plus dynamic mobility for that day's movements. It's the cheapest injury insurance you'll ever buy, and it makes the working sets feel far better.

Disclaimer. This is a general educational template, not individualised medical or training advice. Consult a qualified physician before beginning any new exercise program, particularly if you have an injury history or underlying health condition. Train within your own ability and stop if you feel pain.