

***THE COMPLETE ATHLETE***

# EVERYDAY PROGRAM

A 12-week concurrent training program for building functional strength, muscle, and power, as well as your aerobic engine.

**SAMPLE**

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# WELCOME TO THE COMPLETE ATHLETE: EVERYDAY PROGRAM

Over the next 12 weeks, you will increase strength, muscle, power, and range of motion, as well as your aerobic capacity. To be a well-rounded athlete, and always ready for any physical endeavor, you must have both strength and power, AND the ability to move with endurance. This program seeks to thread that needle.

For many years, people believed that strength and hypertrophy should not be paired with cardiovascular activity. It was believed that any moderate cardiovascular activity would impede the ability for your body to build muscle and strength because your body would be confused about the signals you were sending it through these two different modalities of fitness. This was known as the “interference effect.”

However, in recent years, it has been shown that much of this data is outdated and based on faulty thinking and execution in the programming. Even so, some of these myths still get passed down and taken as gospel. This program seeks to change that.

This program was born out of my passion for fitness, and my ability to BUILD strength, muscle and size, all while training over 20 hours of cardio per week for multiple Ironman 70.3 and Ironman Triathlons.

**The truth is, when properly programmed, strength and hypertrophy can exist alongside endurance training.**

# **ABOUT THIS PROGRAM - PLEASE READ!**

## **WHO IS THIS PROGRAM DESIGNED FOR?**

This program is designed for someone who wants to become a better well rounded athlete and human. While this is the “less advanced” program in the *Complete Athlete* series, it is great for someone who is time crunched, and still provides a good amount of volume and stimulus. Therefore, while it has been designed to be used by a beginner, it is best for someone that has some basic experience in the gym.

The *Complete Athlete: Everyday Program* incorporates 4 resistance training sessions per week and 2 cardio sessions. Sundays are reserved for light movement and active recovery. It is programmed like this on purpose to separate the strength and hypertrophy from the cardio and eliminate the “interference effect.”

It is important to do some form of movement and/or mobility each day, even if it’s only minor prehab to promote recovery. That is why this *Everyday Program* is scheduled as a 7-day program.

The resistance training sessions should take between 50-60 mins to complete and will build to about 75-80 mins per session by the peak weeks. The cardio is programmed in minutes to give you a better estimation on time.

The training volume begins with 5-6 hours of training per week and progressively builds to about 8-9 hours per week during the final peak weeks.

If you enjoy this program and want to continue to add to the foundation you have built, the *Complete Athlete: Competitive Program* has been designed as the progressive next step after this program to take your fitness to a whole new level.

***THE FOLLOWING PAGES ARE  
THE FIRST THREE DAYS OF THE  
COMPLETE ATHLETE:  
EVERYDAY PROGRAM.***

Remember, all movements are [hyperlinked](#) to a demo video of the movement.

Terms like [Zone 2](#), [RPE](#), or [RIR](#) will be defined and explained in the comprehensive introduction section that comes with the program.

The last page will give you an idea of what the rest of the program split will look like.

# DAY 1 - UPPER BODY - STRENGTH/ HYPERTROPHY

## WARM UP - 2-3 SETS. REST AS NEEDED.

- [Cat Cow](#) — 5-10 Reps.
- [Band Pull Aparts](#) — 10-15 Reps.
- [Band Around the Worlds](#) — 10 Reps/Each direction.
- [Push Up to Runner's Lunge with T-Spine Opener](#) — 5-10 Reps/Side.
- [Speed Chest Fly](#) — 20-25 Reps.
- [Banded Speed Rows \(Supinated\)](#) — 20-25 Reps.

## SUPERSET A - 3 WORKING SETS. REST 60-90 SECONDS AFTER A2.

- A1: [Dumbbell \("DB"\) Floor Press \(Neutral grip\)](#) — 10-12 Reps (RPE 7).
- A2: [Weighted Chin Up](#) or [Pull Downs \(Supinated\)](#) — 8-10 Reps.  
Scale to bodyweight ("BW") as needed to hit RPE (RPE 7).

## SUPERSET B - 3 WORKING SETS. REST 60-90 SECONDS AFTER B2.

- B1: [Kneeling Single Arm Landmine Press](#) — 8-12 Reps/Arm (RPE 7).
- B2: [Single Arm Bench Row](#) — 10-12 Reps/Arm. Row elbow towards hip (RPE 7).

## SUPERSET C - 3 WORKING SETS. REST 60-90 SECONDS AFTER C2.

- C1: [Bench Supported Reverse Fly](#) — 10-15 Reps. Go light and be controlled - no swinging (RPE 7).
- C2: [Incline DB Skull Crushers](#) — 10-12 Reps. Full range of motion ("ROM") - don't flare elbows (RPE 7).

## FINISHER - 6 MINUTE EMOM (every minute on the minute).

- 1st Minute: [EZ Bar Bicep Curls](#) — 12-15 Reps. (RPE 7).
- 2nd Minute: [Bodyweight \("BW"\) Dips](#) — Until 2 "RIR" ([See Key](#)).

## ABS - 3 SETS. REST 30-60 SECONDS AFTER BOTH SIDES.

- [Side Plank](#) — 30-45 Seconds/Side.

## COOL DOWN

- [Dead Hang](#) — Accumulate 2-3 minutes of hanging in total while breathing through your nose only.

# DAY 2 - LOWER BODY - STRENGTH/ HYPERTROPHY

## WARM UP - 2-3 SETS. REST AS NEEDED.

- [Sled Push](#) — 50 feet, [Reverse Sled Pull](#) — 50 feet back (Walking Lunges if NO sled).
- [Glute Bridge](#) — 15-20 Reps with 20 second isometric hold at top of last rep (squeeze those glutes hard).
- [BW Banded Squat](#) (actively push knees out against band) — 15-20 Reps.
- [Copenhagen Plank](#) — 20 Seconds/Leg.
- [Hanging Tuck Ups](#) — 10-15 Reps.

## SET A - 3 WORKING SETS. REST 120 SECONDS.

- [Barbell Back Squat](#) **OR** if you have never squatted before with a Barbell, do [Kettlebell \("KB"\) Goblet Squats](#) — 10-12 Reps (RPE 7).

## SUPERSET B - 3 WORKING SETS. REST 60-90 SECONDS AFTER B2.

- B1: [DB Romanian Deadlift \("RDL"\)](#) — 10-12 Reps (RPE 7).
- B2: [DB Walking Lunge](#) — 16-20 Steps (RPE 7).

## FINISHER - 6 MINUTE EMOM (every minute on the minute for 6 mins).

- 1st Minute: [Heel Elevated Cyclist Squat](#) — 30 seconds of work, 30 seconds rest. Full ROM, don't lock out knees at the top and get a good quad pump going! (RPE 7).
- 2nd Minute: [Lying Banded Leg Curl](#) (or use machine if you have access) — 30 seconds of work, 30 seconds rest (RPE 7).
- **PRO TIP:** Pop up onto your elbows for better hamstring activation.

## ABS - 3 SETS. REST 30-60 SECONDS.

- [Weighted Tuck Ups](#) — 15-20 Reps.

## COOL DOWN - 3 SETS.

- [Couch Stretch](#) — 30 Seconds/Side while breathing through your nose only.

# DAY 3 - CARDIO + MOBILITY

## CARDIO

- Zone 2 Swim, Cycle, Run, Ruck, etc. — 45 Minutes. Breathe as much as possible through your nose only.

## ACTIVE RECOVERY/MOBILITY - 1 SET. REST AS NEEDED.

### BREATHE THROUGH NOSE.

- 1: [Foam Roll Quads & IT Bands](#) — 3-4 Min/Leg.
- 2: [Lunge Quad Stretch](#) — 60 Seconds/Leg.
- 3: [Runner's Lunge to T Spine Opener](#) — 5 Reps/Side.
- 4: [Corner Pec Stretch](#) — 30 Seconds.
- 5: [Wrist Roller](#) — 5 Reps **OR** [DB Reverse Wrist Curl](#) (light weight) — 10 Reps/Side.
- 6: [Hip Flexor to Hamstring](#) — 10 Reps/Side.
- 7: [Alternating Scorpion](#) — 5 Reps/Side (hold for 5 seconds on each side).
- 8: [Kneeling Seiza Band Pass Through](#) — 10 Reps (slowly).
- 9: [Passive Bar Hang](#) — Accumulate 3 Minutes (take breaks as needed).

***THE REMAINDER OF THE WEEK/SPLIT  
LOOKS LIKE THIS:***

***DAY 4 - UPPER BODY - EXPLOSIVE STRENGTH/  
POWER/HYPERTROPHY***

***DAY 5 - LOWER BODY - EXPLOSIVE STRENGTH/  
POWER/HYPERTROPHY***

***DAY 6 - LONG CARDIO + PREHAB***

***DAY 7 - ACTIVE RECOVERY/MOBILITY***