

Client Name: Tim Bean

Client pre-screening results

Age:	34	Back Fitness Weighted Scores		
Sex:	Male	Physical Activity Participation	3	Fair
Weight (Kg):	87.5	Waist Circumference	3	Very Good
Height(m):	1.75	Sit and Reach	3	Very Good
BMI:	28.3	Partial Curl-ups	3	Very Good
Resting Heart Rate (bpm):	85	Back Extension	2	Fair
Max Heart Rate (220-age):	186	Healthy Back Fitness Rating	2	Good
Blood Pressure:	132/84			
Waist circumference (cm):	88			
Sum of 5 Skin Folds (cm):	52	Heathly Musculoskeletal Fitness Compsite Scoring		
Aerobic Fitness Score:	337	F	Grip Stregnth	6
Grip Strength (kg):	98	G	Push-Ups	4
Push-ups (#):	30	E	Sit and Reach	4
Sit and Reach (cm):	30	G	Partial Curl-ups	3
Partial curl-ups (#)	24	VG	Leg Power	1
Vertical Jump (cm)	33	F	Back Extension	1
Leg power (Watts)	3911	F	Heathly Musculoskeletal Fitness Compsite Scoring	2
Back Extension (sec)	57	F	Scoring of Body Composition	3
				Very Good

Primary Goal:

Tim's goal is to par take in the Tough Mudder race held at Whistler in BC. His goal is to finish the race with coworkers that are going to the event as well. Tough Mudder is an event that is very team based and ranged with distances of 10.5km-12km with about half that distance being a series of obstacles. Tim has some background in the gym but hopes that taking part in the Tough Mudder will help him develop a habit of being in the gym and overall to give him an overall goal to keep him motivated and dedicated.

Tim has a good fitness level base however, there are some limitations to his fitness level that the Tough Mudder requires individuals to have. His aerobic fitness level is 337 based on

the mCAFT step test which puts him in the fair category. The Tough Mudder requires individuals to have a moderate to high aerobic capacity and based on our needs analysis of Tim cardiovascular training is in order. Leg power is another limitation Tim has with his fitness ability. The obstacles include wall climbing, jumping, and uphill runs. Each of which require participants to have a good standing in leg power and strength to meet the demand of those obstacles.

Overall, the rest of Tim's test has placed him in the good and excellent categories. These categories with training will only get better but more focus is needed cardiovascular wise, exercise form and technique and increase in strength and power is in order for Tim.

Resistance Training

The goals for Tim's resistance training part of his program are in 5 mesocycles;

- 1) Beginner full body reorientation back into gym - Form exercise familiarity
- 2) Upper/lower split – Increase in sets and intensity
- 3) Hypertrophy – Build up muscle size
- 4) Strength – Pure strength
- 5) Tough Mudder Training- Body weight exercises/mimic obstacles body orientation

Macrocycle						
Mesocycle	Introduction	Upper/Lower (Transition to hypertrophy)	Push/Pull Hypertrophy	Strength	Tough Mudder Training	Rest
Date	April 1 st - April 26 th	April 29 th – May 24 th	May 27 th – July 5 th	July 8 th -Aug 24 th	Aug 27 th -Sept 21 st	Sept 24 th - Oct 1 st
Time Frame (Weeks)	1-4	5-8	9-14	15-21	22-25	26-27

6 Month Macrocycle Layout							
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	30/03/2013	01/04/2013	02/04/2013	03/04/2013	04/04/2013	05/04/2013	06/04/2013
	OFF	Introduction	Cardio	Introduction	OFF	Introduction	OFF
2	07/04/2013	08/04/2013	09/04/2013	10/04/2013	11/04/2013	12/04/2013	13/04/2013
	OFF	Introduction	OFF	Introduction	Cardio	Introduction	OFF
3	14/04/2013	15/04/2013	16/04/2013	17/04/2013	18/04/2013	19/04/2013	20/04/2013
	OFF	Introduction	Cardio	Introduction	OFF	Introduction	OFF
4	21/04/2013	22/04/2013	23/04/2013	24/04/2013	25/04/2013	26/04/2013	27/04/2013
	OFF	Introduction	OFF	Introduction	Cardio	Introduction	OFF
5	28/04/2013	29/04/2013	30/04/2013	01/05/2013	02/05/2013	03/05/2013	04/05/2013
	OFF	Upper	Cardio	Lower	Cardio	Upper	OFF
6	05/05/2013	06/05/2013	07/05/2013	08/05/2013	09/05/2013	10/05/2013	11/05/2013
	OFF	Lower	Cardio	Upper	Cardio	Lower	OFF
7	12/05/2013	13/05/2013	14/05/2013	15/05/2013	16/05/2013	17/05/2013	18/05/2013
	OFF	Upper	Cardio	Lower	Cardio	Upper	OFF
8	19/05/2013	20/05/2013	21/05/2013	22/05/2013	23/05/2013	24/05/2013	25/05/2013
	OFF	Lower	Cardio	Upper	Cardio	Lower	OFF
9	26/05/2013	27/05/2013	28/05/2013	29/05/2013	30/05/2013	31/05/2013	01/06/2013
	OFF	Push-Heavy	Pull-Moderate	HIIT	Push-Moderate	Pull-Heavy	Walking
10	02/06/2013	03/06/2013	04/06/2013	05/06/2013	06/06/2013	07/06/2013	08/06/2013
	OFF	Push-Heavy	Pull-Moderate	Cardio	Push-Moderate	Pull-Heavy	Walking
11	09/06/2013	10/06/2013	11/06/2013	12/06/2013	13/06/2013	14/06/2013	15/06/2013
	OFF	Push-Heavy	Pull-Moderate	HIIT	Push-Moderate	Pull-Heavy	Walking
12	16/06/2013	17/06/2013	18/06/2013	19/06/2013	20/06/2013	21/06/2013	22/06/2013
	OFF	Push-Heavy	Pull-Moderate	Cardio	Push-Moderate	Pull-Heavy	Walking
13	23/06/2013	24/06/2013	25/06/2013	26/06/2013	27/06/2013	28/06/2013	29/06/2013
	OFF	Push-Heavy	Pull-Moderate	HIIT	Push-Moderate	Pull-Heavy	Walking
14	30/06/2013	01/07/2013	02/07/2013	03/07/2013	04/07/2013	05/07/2013	06/07/2013
	OFF	Push-Deload	Pull-Deload	Cardio	Push-Deload	Pull-Deload	Walking
15	07/07/2013	08/07/2013	09/07/2013	10/07/2013	11/07/2013	12/07/2013	13/07/2013
	OFF	Strength	OFF	Strength	HIIT	Strength	OFF
16	14/07/2013	15/07/2013	16/07/2013	17/07/2013	18/07/2013	19/07/2013	20/07/2013
	OFF	Strength	Cardio	Strength	OFF	Strength	OFF
17	21/07/2013	22/07/2013	23/07/2013	24/07/2013	25/07/2013	26/07/2013	27/07/2013
	OFF	Strength	OFF	Strength	HIIT	Strength	OFF
18	28/07/2013	29/07/2013	30/07/2013	31/07/2013	01/08/2013	02/08/2013	03/08/2013
	OFF	Strength	Cardio	Strength	OFF	Strength	OFF
19	05/08/2013	06/08/2013	07/08/2013	08/08/2013	09/08/2013	10/08/2013	11/08/2013
	OFF	Strength	OFF	Strength	HIIT	Strength	OFF
20	12/08/2013	13/08/2013	14/08/2013	15/08/2013	16/08/2013	17/08/2013	18/08/2013
	OFF	Strength	Cardio	Strength	OFF	Strength	OFF
21	19/08/2013	20/08/2013	21/08/2013	22/08/2013	23/08/2013	24/08/2013	25/08/2013
	OFF	Strength	OFF	Strength	HIIT	Strength	OFF
22	26/08/2013	27/08/2013	28/08/2013	29/08/2013	30/08/2013	31/08/2013	01/09/2013
	OFF	TMT	Cardio	TMT	Cardio	TMT	OFF
23	02/09/2013	03/09/2013	04/09/2013	05/09/2013	06/09/2013	07/09/2013	08/09/2013
	OFF	TMT	HIIT	TMT	HIIT	TMT	OFF
24	09/09/2013	10/09/2013	11/09/2013	12/09/2013	13/09/2013	14/09/2013	15/09/2013
	OFF	TMT	Cardio	TMT	Cardio	TMT	OFF
25	16/09/2013	17/09/2013	18/09/2013	19/09/2013	20/09/2013	21/09/2013	22/09/2013
	OFF	TMT	HIIT	TMT	HIIT	TMT	OFF
26	23/09/2013	24/09/2013	25/09/2013	26/09/2013	27/09/2013	28/09/2013	29/09/2013
	OFF	OFF	OFF	OFF	OFF	Travel	Light Work
27	30/09/2013	01/10/2013	02/10/2013	03/10/2013	04/10/2013	05/10/2013	06/10/2013
	Light Work	Pre-event	TOUGH MUDDER	Post-event	Travel	OFF	OFF

*TMT = Tough Mudder Training

Introduction Phase

The purpose of the introduction is to get Tim back in the gym consistently in the form of full body workouts that are one set and 12 reps in duration. Rest is 1 minute long allowing for adequate recovery as well so he is not overwhelmed with the feeling of exhaustion. Intensity is not increased due to we are more looking at engraining form and technique for Tim. Often with increase in weight form is gone. We want to ensure safety for Tim as he is beginning out thus far. The split is done Monday, Wednesday and Friday of weeks 1-4. At the beginning of every workout Tim will warm-up 10 minutes with cardiovascular training of his choice.

Week 1 (M,W,F)					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Machine Bench Press	40-50%	1	12	2-0-2	1 min
Machine Leg Press	40-50%	1	12	2-0-2	1 min
Lat Pull Downs	40-50%	1	12	2-0-2	1 min
Rope Triceps pressdowns	40-50%	1	12	2-0-2	1 min
Dumbbell Biceps curl	40-50%	1	12	2-0-2	1 min
Shoulder Press	40-50%	1	12	2-0-2	1 min
Seated Leg Curls	40-50%	1	12	2-0-2	1 min
Standing Calf Machine	40-50%	1	12	2-0-2	1 min
Abdominal crunch machine	n/a	1	12	2-0-2	1 min

Week 2 (M,W,F)					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Machine Bench Press	40-50%	1	12	2-0-2	1 min
Machine Leg Press	40-50%	1	12	2-0-2	1 min
Lat Pull Downs	40-50%	1	12	2-0-2	1 min
Rope Triceps pressdowns	40-50%	1	12	2-0-2	1 min
Dumbbell Biceps curl	40-50%	1	12	2-0-2	1 min
Shoulder Press	40-50%	1	12	2-0-2	1 min
Seated Leg Curls	40-50%	1	12	2-0-2	1 min
Standing Calf Machine	40-50%	1	12	2-0-2	1 min

Abdominal crunch machine	n/a	1	12	2-0-2	1 min
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Week 3 (M,W,F)					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Machine Bench Press	40-50%	2	12	2-0-2	45 seconds
Body Squats	40-50%	2	12	2-0-2	45 seconds
Lat Pull Downs	40-50%	2	12	2-0-2	45 seconds
Rope Triceps pressdowns	40-50%	2	12	2-0-2	45 seconds
Dumbbell Biceps curl	40-50%	2	12	2-0-2	45 seconds
Shoulder Press	40-50%	2	12	2-0-2	45 seconds
Walking Lunges	40-50%	2	12	2-0-2	45 seconds
Seated Calf Machine	40-50%	2	12	2-0-2	45 seconds
Abdominal crunch machine	n/a	2	12	2-0-2	45 seconds
Lying partial crunches	Body weight	2	12	2-0-2	45seconds

Week 4 (M,W,F)					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Machine Bench Press	40-50%	2	12	2-0-2	45 seconds
Body Squats	40-50%	2	12	2-0-2	45 seconds
Lat Pull Downs	40-50%	2	12	2-0-2	45 seconds
Rope Triceps pressdowns	40-50%	2	12	2-0-2	45 seconds
Dumbbell Biceps curl	40-50%	2	12	2-0-2	45 seconds
Shoulder Press	40-50%	2	12	2-0-2	45 seconds
Walking Lunges	40-50%	2	12	2-0-2	45 seconds
Seated Calf Machine	40-50%	2	12	2-0-2	45 seconds
Abdominal crunch machine	n/a	2	12	2-0-2	45 seconds
Lying partial crunches	Body weight	2	12	2-0-2	45seconds

Upper/Lower Body Split – Transition into volumes and intensities hypertrophy

This mesocycle is to increase intensity and the volume of work done in a slow 1 month matter. This will lead Tim into the hypertrophy part of the program that will have another increase in intensity and volume lifted. Hypertrophy is very volume based to add muscle mass

leading into the strength mesocycle. Each exercise is supersettted with its respected letter grouping. Eg. A1 exercise is preformed then immediate A2. is preformed then the rest for that superset is done. The first set of every exercise is at low intensity than the second set to get Tim properly in the motion and targeted muscles warmed up.

Mesocyle 2					
Upper/Lower Body Split – (4 weeks)					
Week 5					
Monday - Upper					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Barbell Bench Press	60%	3	12	2-0-2	30 Seconds
Machine Shoulder Press	60%	3	12	2-0-2	30 Seconds
Overhead EZ Bar Triceps Extention	60%	3	12	2-0-2	30 Seconds
Lat Pull Down	60%	3	12	2-0-2	30 Seconds
Machine Biceps Curls	60%	3	12	2-0-2	30 Seconds
Cable Row	60%	3	12	2-0-2	30 Seconds
Wednesday- Lower					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Leg Press	60%	3	12	2-0-2	30 Seconds
Lunges	60%	3	12	2-0-2	30 Seconds
Stiff Legged Deadlift	60%	3	12	2-0-2	30 Seconds
Seated Leg Curls	60%	3	12	2-0-2	30 Seconds
Standing Calf Raises	60%	3	12	2-0-2	30 Seconds
A1. Lying Leg Lifts (Core)	60%	3	12	2-0-2	30 Seconds
A2. Cable Machine Crunch	60%	3	12	2-0-2	30 Seconds
Friday - Upper					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Dumbbell Bench Press	60%	3	12	2-0-2	30 Seconds
Machine Lateral Raise	60%	3	12	2-0-2	30 Seconds
Underhand Lat Pull Downs	60%	3	12	2-0-2	30 Seconds
Hammer Grip Dumbbell Curls	60%	3	12	2-0-2	30 Seconds
Machine Row	60%	3	12	2-0-2	30 Seconds
Dumbbell Triceps Kickback	60%	3	12	2-0-2	30 Seconds

Week 6					
Monday - Lower					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Hack Squats	63%	3	12	2-0-2	30 Seconds
Leg Extensions	63%	3	12	2-0-2	30 Seconds
Side Lunges	63%	3	12	2-0-2	30 Seconds
Reverse Hyperextension	63%	3	12	2-0-2	30 Seconds
Seated Calf Raises	63%	3	12	2-0-2	30 Seconds
A1. Lying Leg Lifts (Core)	63%	3	12	2-0-2	30 Seconds
A2. Cable Machine Crunch	63%	3	12	2-0-2	
Wednesday - Upper					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Decline Bench Press	63%	3	12	2-0-2	30 Seconds
Seated Dumbbell Front Raises	63%	3	12	2-0-2	30 Seconds
Machine Dips	63%	3	12	2-0-2	30 Seconds
Wide Grip Lat Pulldown	63%	3	12	2-0-2	30 Seconds
Pin Wheel Curls	63%	3	12	2-0-2	30 Seconds
T-Bar Machine Row	63%	3	12	2-0-2	30 Seconds
Friday - Lower					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Goblet Squats	63%	3	12	2-0-2	30 Seconds
Skater One Legged Squats	63%	3	12	2-0-2	30 Seconds
90 Degree Wall Squat	63%	3	30 seconds	2-0-2	30 Seconds
Lying Leg Curls	63%	3	12	2-0-2	30 Seconds
Machine Leg Kickbacks	63%	3	12	2-0-2	30 Seconds
Standing Calf Raises	63%	3	12	2-0-2	30 Seconds
A1. Side Planks	63%	3	12	2-0-2	30 Seconds
A2. Machine Ab Crunch	63%	3	12	2-0-2	30 Seconds
Week 7					
Monday - Upper					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Barbell Bench Press	65%	3	12	2-0-2	30 Seconds
Machine Shoulder Press	65%	3	12	2-0-2	30 Seconds
Overhead EZ Bar Triceps Extension	65%	3	12	2-0-2	30 Seconds
Lat Pull Down	65%	3	12	2-0-2	30 Seconds
Machine Biceps Curls	65%	3	12	2-0-2	30 Seconds
Cable Row	65%	3	12	2-0-2	30 Seconds
Wednesday- Lower					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Leg Press	65%	3	12	2-0-2	30 Seconds
Lunges	65%	3	12	2-0-2	30 Seconds

Stiff Legged Deadlift	65%	3	12	2-0-2	30 Seconds
Seated Leg Curls	65%	3	12	2-0-2	30 Seconds
Standing Calf Raises	65%	3	12	2-0-2	30 Seconds
A1. Lying Leg Lifts (Core)	65%	3	12	2-0-2	30 Seconds
A2. Cable Machine Crunch	65%	3	12	2-0-2	30 Seconds
Friday - Upper					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Dumbbell Bench Press	65%	3	12	2-0-2	30 Seconds
Machine Lateral Raise	65%	3	12	2-0-2	30 Seconds
Underhand Lat Pull Downs	65%	3	12	2-0-2	30 Seconds
Hammer Grip Dumbbell Curls	65%	3	12	2-0-2	30 Seconds
Machine Row	65%	3	12	2-0-2	30 Seconds
Dumbbell Triceps Kickback	65%	3	12	2-0-2	30 Seconds
Upper Stretch Routine					

Week 8					
Monday - Lower					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Hack Squats	65%	4	12	2-0-2	30 Seconds
Leg Extensions	65%	4	12	2-0-2	30 Seconds
Side Lunges	65%	4	12	2-0-2	30 Seconds
Reverse Hyperextension	65%	4	12	2-0-2	30 Seconds
Seated Calf Raises	65%	4	12	2-0-2	30 Seconds
A1. Lying Leg Lifts (Core)	65%	4	12	2-0-2	30 Seconds
A2. Cable Machine Crunch	65%	4	12	2-0-2	
Wednesday - Upper					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Decline Bench Press	65%	4	12	2-0-2	30 Seconds
Seated Dumbbell Front Raises	65%	4	12	2-0-2	30 Seconds
Machine Dips	65%	4	12	2-0-2	30 Seconds
Wide Grip Lat Pulldown	65%	4	12	2-0-2	30 Seconds
Pin Wheel Curls	65%	4	12	2-0-2	30 Seconds
T-Bar Machine Row	65%	4	12	2-0-2	30 Seconds
Friday - Lower					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Goblet Squats	65%	4	12	2-0-2	30 Seconds
Skater One Legged Squats	65%	4	12	2-0-2	30 Seconds
90 Degree Wall Squat	65%	4	30 seconds	2-0-2	30 Seconds
Lying Leg Curls	65%	4	12	2-0-2	30 Seconds

Machine Leg Kickbacks	65%	4	12	2-0-2	30 Seconds
Standing Calf Raises	65%	4	12	2-0-2	30 Seconds
A1. Side Planks	65%	4	12	2-0-2	30 Seconds
A2. Machine Ab Crunch	65%	3	12	2-0-2	30 Seconds

Hypertrophy Push/Pull Split – Heavy and Moderate days

This workout is done for 6 weeks with each week having a heavy push and pull day with a moderate push and pull day. These days will give Tim the necessary time to recover from the heavy days of each however; the moderate days will allow him to keep the volume up for hypertrophy. On the 14th week Tim will deload from hypertrophy as it will give his body rest but keeping the volume up leading in the strength portion of the macrocycle. It will allow his body to reach peak recovery where we can cause a new stress on his body to increase adaptation to the training stimulus. Again, the first set is a lower weight than the rest to get Tim's muscles warmed up for the work sets of each of the exercise.

Mesocycle 3 (3rd month)					
Push/Pull Split Hypertrophy					
Week 9					
Monday – Push Heavy					
<i>Warm-Up 10 mins Treadmill</i>					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Barbell Bench Press	70%	3	8	2-0-2	-
A2. Triceps Rope Pressdowns	70%	3	10	2-0-2	45 seconds
B1. Barbell Squats	70%	3	8	2-0-2	-
B2. Calf Raises	70%	3	10	2-0-2	45 Seconds
C. Seated Dumbbell Shoulder Press	70%	3	10	2-0-2	30 Seconds
D. Dips	70%	3	failure	2-0-2	30 Seconds
Tuesday Pull Moderate					
<i>Warm-Up 10 mins Treadmill</i>					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Trap Bar Dead Lifts	65%	3	12	2-0-2	-

A2. Preacher Curls	65%	3	12	2-0-2	45 Seconds
B1. Dumbbell Rows	65%	3	12	2-0-2	-
B2. Seated Leg Curls	65%	3	12	2-0-2	45 Seconds
C1. Barbell Shrugs	65%	3	12	2-0-2	-
C2. Upright Rows	65%	3	12	2-0-3	45 Seconds
D. Lat Pull downs	65%	3	12	2-0-2	30 Seconds
E1. Abdominal Crunch		3	25-30	2-0-2	-
E2. Planks For Time		3	45 seconds	-	30 Seconds

Wednesday OFF

Thursday Push Moderate

Warm-Up 10 mins Treadmill

Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Dumbbell Incline Press	65%	3	8	2-0-2	-
A2. Close-Grip Barbell Decline Press	65%	3	10	2-0-2	45 Seconds
B1. Standing Barbell Over-Head Press	65%	3	8	2-0-2	-
B2. Leg Press	65%	3	10	2-0-2	45 Seconds
C1. Seated Calf Raises	65%	3	10	2-0-2	-
C2. Sumo Squats	65%	3	8	2-0-2	45 Seconds
D. Dips	65%	3	failure	2-0-2	30 Seconds

Friday Pull Heavy

Warm-Up 10 mins Treadmill

Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Romanian Dead Lifts	70%	3	8	2-0-2	-
A2. Reverse-Grip EZ Curls	70%	3	10	2-0-2	45 Seconds
B1. Barbell Rows	70%	3	8	2-0-2	-
B2. Seated Leg Curls	70%	3	10	2-0-2	45 Seconds
C1. Dumbbell Shrugs	70%	3	8	2-0-2	-
C2. Lateral Raise	70%	3	10	2-0-2	45 Seconds
D. Assisted Pull ups	70%	3	failure	2-0-2	30 Seconds

Week 10

Monday – Pull Heavy

Warm-Up 10 mins Treadmill

Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Barbell Bench Press	75%	3	8	2-0-2	-
A2. Triceps Rope Pressdowns	75%	3	10	2-0-2	45 seconds
B1. Barbell Squats	75%	3	8	2-0-2	-

B2. Calf Raises	75%	3	10	2-0-2	45 Seconds
C. Seated Dumbbell Shoulder Press	75%	3	10	2-0-2	30 Seconds
D. Dips	75%	3	failure	2-0-2	30 Seconds
Tuesday Pull Moderate					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Trap Bar Dead Lifts	70%	3	8	2-0-2	-
A2. Preacher Curls	70%	3	10	2-0-2	45 Seconds
B1. Dumbbell Rows	70%	3	8	2-0-2	-
B2. Seated Leg Curls	70%	3	10	2-0-2	45 Seconds
C1. Barbell Shrugs	70%	3	8	2-0-2	-
C2. Upright Rows	70%	3	10	2-0-3	45 Seconds
D. Lat Pull downs	70%	3	8	2-0-2	30 Seconds
E1. Abdominal Crunch		3	25-30	2-0-2	-
E2. Planks For Time		3	45 seconds	-	30 Seconds
Wednesday OFF					
Thursday Push Moderate					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Dumbbell Incline Press	70%	3	8	2-0-2	-
A2. Close-Grip Barbell Decline Press	70%	3	10	2-0-2	45 Seconds
B1. Standing Barbell Over-Head Press	70%	3	8	2-0-2	-
B2. Leg Press	70%	3	10	2-0-2	45 Seconds
C1. Seated Calf Raises	70%	3	10	2-0-2	-
C2. Sumo Squats	70%	3	8	2-0-2	45 Seconds
D. Dips	70%	3	failure	2-0-2	30 Seconds
Friday Pull Heavy					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Romanian Dead Lifts	75%	3	8	2-0-2	-
A2. Reverse-Grip EZ Curls	75%	3	10	2-0-2	45 Seconds
B1. Barbell Rows	75%	3	8	2-0-2	-
B2. Seated Leg Curls	75%	3	10	2-0-2	45 Seconds
C1. Dumbbell Shrugs	75%	3	8	2-0-2	-
C2. Lateral Raise	75%	3	10	2-0-2	45 Seconds
D. Assisted Pull ups	75%	3	failure	2-0-2	30 Seconds

Week 11					
Monday – Push Heavy					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Barbell Bench Press	80%	3	8	2-0-2	-
A2. Triceps Rope Pressdowns	80%	3	10	2-0-2	45 seconds
B1. Barbell Squats	80%	3	8	2-0-2	-
B2. Calf Raises	80%	3	10	2-0-2	45 Seconds
C. Seated Dumbbell Shoulder Press	80%	3	10	2-0-2	30 Seconds
D. Dips	80%	3	failure	2-0-2	30 Seconds
Tuesday Pull Moderate					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Trap Bar Dead Lifts	75%	3	12	2-0-2	-
A2. Preacher Curls	75%	3	12	2-0-2	45 Seconds
B1. Dumbbell Rows	75%	3	12	2-0-2	-
B2. Seated Leg Curls	75%	3	12	2-0-2	45 Seconds
C1. Barbell Shrugs	75%	3	12	2-0-2	-
C2. Upright Rows	75%	3	12	2-0-3	45 Seconds
D. Lat Pull downs	75%	3	2	2-0-2	30 Seconds
E1. Abdominal Crunch		3	25-30	2-0-2	-
E2. Planks For Time		3	45 seconds	-	30 Seconds
Wednesday OFF					
Thursday Push Moderate					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Dumbbell Incline Press	75%	3	8	2-0-2	-
A2. Close-Grip Barbell Decline Press	75%	3	10	2-0-2	45 Seconds
B1. Standing Barbell Over-Head Press	75%	3	8	2-0-2	-
B2. Leg Press	75%	3	10	2-0-2	45 Seconds
C1. Seated Calf Raises	75%	3	10	2-0-2	-
C2. Sumo Squats	75%	3	8	2-0-2	45 Seconds
D. Dips	75%	3	failure	2-0-2	30 Seconds
Friday Pull Heavy					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Romanian Dead Lifts	80%	3	8	2-0-2	-
A2. Reverse-Grip EZ Curls	80%	3	10	2-0-2	45 Seconds

B1. Barbell Rows	80%	3	8	2-0-2	-
B2. Seated Leg Curls	80%	3	10	2-0-2	45 Seconds
C1. Dumbbell Shrugs	80%	3	8	2-0-2	-
C2. Lateral Raise	80%	3	10	2-0-2	45 Seconds
D. Assisted Pull ups	80%	3	failure	2-0-2	30 Seconds

Week 12					
Monday – Push Heavy					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Barbell Bench Press	85%	3	8	2-0-2	-
A2. Triceps Rope Pressdowns	85%	3	10	2-0-2	45 seconds
B1. Barbell Squats	85%	3	8	2-0-2	-
B2. Calf Raises	85%	3	10	2-0-2	45 Seconds
C. Seated Dumbbell Shoulder Press	85%	3	10	2-0-2	30 Seconds
D. Dips	85%	4	failure	2-0-2	30 Seconds
Tuesday Pull Moderate					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Trap Bar Dead Lifts	75%	3	8	2-0-2	-
A2. Preacher Curls	75%	3	10	2-0-2	45 Seconds
B1. Dumbbell Rows	75%	4	8	2-0-2	-
B2. Seated Leg Curls	75%	4	10	2-0-2	45 Seconds
C1. Barbell Shrugs	75%	3	8	2-0-2	-
C2. Upright Rows	75%	3	10	2-0-3	45 Seconds
D. Lat Pull downs	75%	4	8	2-0-2	30 Seconds
E1. Abdominal Crunch		3	25-30	2-0-2	-
E2. Planks For Time		3	45 seconds	-	30 Seconds
Wednesday OFF					
Thursday - Push Moderate					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Dumbbell Incline Press	75%	4	12	2-0-2	-
A2. Close-Grip Barbell Decline Press	75%	4	12	2-0-2	45 Seconds
B1. Standing Barbell Over-Head Press	75%	3	12	2-0-2	-
B2. Leg Press	75%	4	12	2-0-2	45 Seconds
C1. Seated Calf Raises	75%	3	12	2-0-2	

C2. Sumo Squats	75%	3	12	2-0-2	45 Seconds
D. Dips	75%	4	failure	2-0-2	30 Seconds
Friday Pull Heavy					
<i>Warm-Up 10 mins Treadmill</i>					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Romanian Dead Lifts	85%	4	8	2-0-2	-
A2. Reverse-Grip EZ Curls	85%	3	10	2-0-2	45 Seconds
B1. Barbell Rows	85%	4	8	2-0-2	-
B2. Seated Leg Curls	85%	4	10	2-0-2	45 Seconds
C1. Dumbbell Shrugs	85%	3	8	2-0-2	-
C2. Lateral Raise	85%	3	10	2-0-2	45 Seconds
D. Assisted Pull ups	85%	4	failure	2-0-2	30 Seconds

Week 13					
Monday – Push Heavy					
<i>Warm-Up 10 mins Treadmill</i>					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Barbell Bench Press	87%	3	8	2-0-2	-
A2. Triceps Rope Pressdowns	87%	3	10	2-0-2	45 seconds
B1. Barbell Squats	87%	3	8	2-0-2	-
B2. Calf Raises	87%	3	10	2-0-2	45 Seconds
C. Seated Dumbbell Shoulder Press	87%	3	10	2-0-2	30 Seconds
D. Dips	87%	4	failure	2-0-2	30 Seconds
Tuesday Pull Moderate					
<i>Warm-Up 10 mins Treadmill</i>					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Trap Bar Dead Lifts	77%	3	8	2-0-2	-
A2. Preacher Curls	77%	3	10	2-0-2	45 Seconds
B1. Dumbbell Rows	77%	4	8	2-0-2	-
B2. Seated Leg Curls	77%	4	10	2-0-2	45 Seconds
C1. Barbell Shrugs	77%	3	8	2-0-2	-
C2. Upright Rows	77%	3	10	2-0-3	45 Seconds
D. Lat Pull downs	77%	4	8	2-0-2	30 Seconds
E1. Abdominal Crunch		3	25-30	2-0-2	-
E2. Planks For Time		3	45 seconds	-	30 Seconds
Wednesday OFF					
Thursday - Push Moderate					
<i>Warm-Up 10 mins Treadmill</i>					

Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Dumbbell Incline Press	77%	4	12	2-0-2	-
A2. Close-Grip Barbell Decline Press	77%	4	12	2-0-2	45 Seconds
B1. Standing Barbell Over-Head Press	77%	3	12	2-0-2	-
B2. Leg Press	77%	4	12	2-0-2	45 Seconds
C1. Seated Calf Raises	77%	3	12	2-0-2	-
C2. Sumo Squats	77%	3	12	2-0-2	45 Seconds
D. Dips	77%	4	failure	2-0-2	30 Seconds
Friday Pull Heavy					
<i>Warm-Up 10 mins Treadmill</i>					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Romanian Dead Lifts	87%	4	8	2-0-2	-
A2. Reverse-Grip EZ Curls	87%	3	10	2-0-2	45 Seconds
B1. Barbell Rows	87%	4	8	2-0-2	-
B2. Seated Leg Curls	87%	4	10	2-0-2	45 Seconds
C1. Dumbbell Shrugs	87%	3	8	2-0-2	-
C2. Lateral Raise	87%	3	10	2-0-2	45 Seconds
D. Assisted Pull ups	87%	4	failure	2-0-2	30 Seconds

Week 14 DELOAD WEEK					
Monday – Push Deload					
<i>Warm-Up 10 mins Treadmill</i>					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Barbell Bench Press	65%	3	8	2-0-2	-
A2. Triceps Rope Pressdowns	65%	3	10	2-0-2	45 seconds
B1. Barbell Squats	65%	3	8	2-0-2	-
B2. Calf Raises	65%	3	10	2-0-2	45 Seconds
C. Seated Dumbbell Shoulder Press	65%	3	10	2-0-2	30 Seconds
D. Dips	Body	4	4	2-0-2	30 Seconds
Tuesday Pull Deload					
<i>Warm-Up 10 mins Treadmill</i>					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Trap Bar Dead Lifts	65%	3	8	2-0-2	-
A2. Preacher Curls	65%	3	10	2-0-2	45 Seconds
B1. Dumbbell Rows	65%	4	8	2-0-2	-
B2. Seated Leg Curls	65%	4	10	2-0-2	45 Seconds
C1. Barbell Shrugs	65%	3	8	2-0-2	-
C2. Upright Rows	65%	3	10	2-0-3	45 Seconds

D. Lat Pull downs	65%	4	8	2-0-2	30 Seconds
E1. Abdominal Crunch		3	25-30	2-0-2	-
E2. Planks For Time		3	45 seconds	-	30 Seconds
Wednesday OFF					
Thursday - Push Deload					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Dumbbell Incline Press	60%	4	12	2-0-2	-
A2. Close-Grip Barbell Decline Press	60%	4	12	2-0-2	45 Seconds
B1. Standing Barbell Over-Head Press	60%	3	12	2-0-2	-
B2. Leg Press	60%	4	12	2-0-2	45 Seconds
C1. Seated Calf Raises	60%	3	12	2-0-2	-
C2. Sumo Squats	60%	3	12	2-0-2	45 Seconds
D. Dips	60%	4	failure	2-0-2	30 Seconds
Friday Pull Deload					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
A1. Romanian Dead Lifts	60%	4	8	2-0-2	-
A2. Reverse-Grip EZ Curls	60%	3	10	2-0-2	45 Seconds
B1. Barbell Rows	60%	4	8	2-0-2	-
B2. Seated Leg Curls	60%	4	10	2-0-2	45 Seconds
C1. Dumbbell Shrugs	60%	3	8	2-0-2	-
C2. Lateral Raise	60%	3	10	2-0-2	45 Seconds
D. Assisted Pull ups	60%	4	failure	2-0-2	30 Seconds

Strength Phase

The strength phase is just that to build up strength for Tim. He should have great strength gain coming into the strength phase from working on his hypertrophy training as it borderlines the strength prescription for intensity. The first workout is done to find the working range of Tim's 5 reps max. From there the intensity is adjusted so his working sets are 85% of his 5 rep max. On Wednesdays of the program is done for recovery from Mondays high volume.

Friday as Tim ramping up to a single set of 5 reps. Here we focus on increasing his previous 5 reps max from initial testing and that will be the new 5 rep max which we base the 85% working sets for Monday's workout.

Mesocycle 4					
Strength Phase					
Week 15-21 (7 weeks)					
Monday					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Squat	85%	5	5	2-0-1	3-5 mins
Bench Press	85%	5	5	2-0-1	3-5 mins
Barbell Row	85%	4	12,10,10,5	2-0-1	3-5 mins
Wednesday					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Front Squats	80%	3	3	2-0-1	3-5 mins
Over head Press	80%	3	3	2-0-1	3-5 mins
Back Hyperextensions	70%	5	10	2-0-1	3-5 mins
Chin Ups	-	3	12	2-0-1	3-5 mins
Friday					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Squat	90-95%	5	8, 3, 3, 1, 5	2-0-1	3-5 mins
Bench Press	90-95%	5	8, 3, 3, 1, 5	2-0-1	3-5 mins

Body Weight Training and Obstacle Training

In this mesocycle we have Tim doing body weight exercises and obstacle training. This will be a nice transition from the hypertrophy and strength aspects of the macrocycle. Here we want to focus on building strength on all planes of movement solely based on bodyweight. This will mimic the events very closely as it is solely bodyweight is being used for Tough Mudder.

There is also an explosive lift day during the week. This will add power needed for such obstacles that require explosive jumps such as walls and hills. The explosive uses exercises that are double and triple extension teaching Tim to use his body all in one motion.

Dynamic stretching warm-ups

In the TMT portion of the macrocycle Tim will be introduced to dynamic warm-ups. This will prime his body and joints for the bodyweight exercise that are to be done and his obstacle training. This will aid him in injury prevention when it comes to TMT resistance training.

Dynamic Stretching Exercise	Reps	Sets
Arm circles forward	15	1
Arm circles backward	15	1
Small arm circles F	15	1
Small arm circles B	15	1
Side leg swings	15/leg	1
Forward and backward leg swings	15/leg	1
Fire hydrants	8/leg	1
Split lunges	10/side	1
High Knees	20 feet	1
Plank Superman's	10/side	1

Tough Mudder Training					
Week 22-23					
Monday					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Ring Dips	Body	3	12	2-0-1	1 min
Push-ups	Body	3	12	2-0-1	1 min
Pull-ups	Body	3	12	2-0-1	1 min
Split Squats	Body	3	12	2-0-1	1 min
Jump Squats	Body	3	12	2-0-1	1 min
Planks	Body	3	12	2-0-1	1 min
Leg Lifts	Body	3	12	2-0-1	1 min

Cable Core Twists		3	12	2-0-1	1 min
Wednesday Explosive Lifts					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Bench Press	85%	5	3	1-0-1	3-5 mins
Squats	85%	5			
Snatch	bar	5	5	1-0-1	3-5mins
Push Press	85%	5	3	1-0-1	3-5 mins
Friday Obstacle Training For Time					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Walking Across 2x4	Body	3	10 M distance	-	30 seconds
Rope climbs	Body	3	10 M distance	-	30 seconds
Rope Ladder Climbs	Body	3	10 M distance	-	30 seconds
Gap Jumps	Body	3	10 M distance	-	30 seconds
Monkey Bars	Body	3	10 M distance	-	30 seconds
Crawling Under Ropes	Body	3	10 M distance	-	30 seconds

Week 24-25					
Monday Circuit					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Ring Dips	Body	3	15	2-0-1	1 min
Push-ups	Body	3	15	2-0-1	1 min
Pull-ups	Body	3	12	2-0-1	1 min
Split Squats	Body	3	15	2-0-1	1 min
Jump Squats	Body	3	15	2-0-1	1 min
Planks	Body	3	1 min	2-0-1	1 min
Leg Lifts	Body	3	15	2-0-1	1 min
Cable Core Twists		3	15	2-0-1	1 min
Wednesday Explosive Lifts					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest
Bench Press	85%	5	3	1-0-1	3-5 mins
Squats	85%	5	3	1-0-1	3-5 mins
Snatch	85%	5	5	1-0-1	3-5mins
Push Press	85%	5	3	1-0-1	3-5 mins
Friday Obstacle Training For Time					
Warm-Up 10 mins Treadmill					
Exercise	Intensity	Sets	Reps	Tempo	Rest

Walking Across 2x4	Body	4	12 M distance	-	30 seconds
Rope climbs	Body	4	12 M distance	-	30 seconds
Rope Ladder Climbs	Body	4	12 M distance	-	30 seconds
Gap Jumps	Body	4	12 M distance	-	30 seconds
Monkey Bars	Body	4	12 M distance	-	30 seconds
Crawling Under Ropes	Body	4	12 M distance	-	30 seconds

Rest

The final week, week 24 Aug 26th-Aug30th/2013, leading up to the event Tim is given 1 week off. He can go to the gym with the intention so not exert himself too much. Tough Mudder is a hard physical event that will require Tim to be 100% leading up to the event mentally and physically.

Cardiovascular Training

Aerobic training is a large part of Tough Mudder as it is a 10-12 mile course. Tim rated fair in the mCAFT predictive step test. Going from the fair to good category in the aerobic fitness rating sees the greatest and quickest improvement in aerobic capacity with training. In the first 4 weeks along with his introduction we have him doing steady state cardio at a low intensity to allow him to get accustomed to the training and kept the duration at a reasonable length. In weeks 5-8 we increase the frequency to build his aerobic base a little faster while increasing intensity and duration slowly. In the weeks of 9-14 we are introducing Tim to HIIT training and at this time he will be transitioning into his push-pull hypertrophy training. Here in the push-pull split we incorporate supersets with low rest. This will compensate cardiovascular wise for the HIIT and steady state frequency during those weeks that are only one time per week. In weeks 15-21 the strength phase occurs. Due to such a neural demand on Tim's body,

cardiovascular training here is increasing in duration but no frequency. Each week is alternated with HIIT and steady state. The main focus here is to maintain what aerobic conditioning has been added from previous weeks while focusing on strength gains and recovery. In the final weeks 22-26 we have Tim alternating between HIIT and steady state twice a week. This will compliment his Tough Mudder Training (TMT) mesocycle that is mostly body weight, power, and obstacle training. Intensity is high and duration is peaked here. The TMT and cardiovascular training will compliment one well leading up to the week off for recovery to the event. It will allow him to peak in both strength, agility, power, and aerobic.

Cardio Training Macrocycle and Progression					
Week	Steady State Frequency	HIIT Frequency	Intensity (% HRR)	Duration	HIIT Intervals
1	1	-	50%	15 mins	
2	1	-	50%	15 mins	
3	1	-	55%	20 mins	
4	1	-	55%	20 mins	
5	2	-	60-70%	25 mins	
6	2	-	60-70%	25 mins	
7	2	-	60-70%	30 mins	
8	2	-	60-70%	30 mins	
9	-	1	80% W: 50% R	20 mins	30 seconds work: 2 mins rest
10	1	-	60-70%	32 mins	
11	-	1	80% W: 50% R	20 mins	30 seconds work: 2 mins rest
12	1	-	60-70%	35 mins	
13	-	1	80% W: 50% R	20 mins	30 seconds work: 2 mins rest
14	1	-	60-70%	37 mins	
15	-	1	80% W: 50% R	20 mins	30 seconds work: 2 mins rest
16	1	-	75-80%	40 mins	
17	-	1	80% W: 50% R	20 mins	30 seconds work: 2 mins rest
18	1	-	75-80%	42 mins	
19	-	1	85% W: 50% R	25 mins	30 seconds work: 2 mins rest
20	1	-	75-80%	45 mins	
21	-	1	85% W: 50% R	25 mins	30 seconds work: 2 mins rest
22	2	-	75-80%	47 mins	
23	-	2	85% W: 50% R	25 mins	30 seconds work: 1 min rest
24	2	-	75-80%	50 mins	
25	-	2	85% W: 50% R	25 mins	30 seconds work: 1 min rest
26	-	-			

Flexibility Training

Flexibility training is a very important aspect to any program for recovery and progression to more complex exercises. Only a basic static stretching routine is in use for Tim after the end of each workout.

Static Stretching Routine	Intensity	Sets	Reps
Chest Stretch	Slight Discomfort	1	1 x 30 Seconds
Shoulder Stretch	Slight Discomfort	1/leg	1 x 30 Seconds
Back Stretch	Slight Discomfort	1	1 x 30 Seconds
Triceps Stretch	Slight Discomfort	1/arm	1 x 30 Seconds
Forearm Stretch	Slight Discomfort	1	1 x 30 Seconds
Lower Back Stretch	Slight Discomfort	1	1 x 30 Seconds
Hurdler Stretch	Slight Discomfort	1/Leg	1 x 30 Seconds
Quad stretch	Slight Discomfort	1/shoulder	1 x 30 Seconds
Hamstring Stretch	Slight Discomfort	1/leg	1 x 30 Seconds
Groin Stretch	Slight Discomfort	1/calf	1 x 30 Seconds
Glute Stretch	Slight Discomfort	1/Glute	1 x 30 Seconds
Calf Stretch	Slight Discomfort	1/Calf	1 x 30 Seconds