

# Hybrid Athlete Sample Program: Novice Strength Training

TRAINING DAY A				
EXERCISE	SETS	REPS	INTENSITY	REST PERIODS
<b>A. Hinge</b> <i>barbell deadlift or trap bar deadlift</i>	3-5	2-5	Work up to a heavy set or “daily max” on the final set	2-3 minutes
<b>B1. Press</b> <i>bench press, push-up, or dip</i>	2-5	5-10	Very Easy	30–60 seconds between B1 and B2
<b>B2. Pull</b> <i>bent-over barbell row or bent-over one-arm row</i>	2-5	5-10	Easy, increasing to moderate or heavy <i>adjust weight as needed</i>	30–60 seconds between B2 and B1
<b>C1. Rack Pull</b> <i>starting position just above knees</i>	1-4	10-20	Moderate to very heavy	60–90 seconds between C1 and C2
<b>C2. Loaded Carry</b> <i>farmer’s walk or trap bar carry</i>	1-4	1–2 minutes per set	Moderate	60–90 seconds between C2 and C1

TRAINING DAY B				
EXERCISE	SETS	REPS	INTENSITY	REST PERIODS
<b>A. Press</b> <i>barbell bench press or standing barbell overhead press</i>	3-5	3-5	Work up to a heavy set or “daily max” on the final set	2-3 minutes
<b>B1. Press</b> <i>push-up, dip, one-armed overhead press, or dumbbell bench press</i>	4-12	2,3,5,10 (by set, repeat until finished)	Easy to moderate <i>same weight for all sets</i>	30–60 seconds between B1 and B2
<b>B2. Pull</b> <i>chin-up, pull-up, cable pulldown, or machine pulldown</i>	4	2,3,5,10 (by set, repeat until finished)	Easy to moderate <i>same weight for all sets</i>	30–60 seconds between B2 and B1
<b>C1. Isolation Movement</b> <i>standing barbell curl or shoulder raise variation(s)</i>	1-5	10-20	Moderate	30 seconds between C1 and C2
<b>C2. Pull</b> <i>one-arm supported dumbbell row or seated cable row</i>	1-5	10-20	Easy	30 seconds between C2 and C1

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TRAINING DAY C				
EXERCISE	SETS	REPS	INTENSITY	REST PERIODS
<b>A. Squat</b> <i>low-bar, medium-height box squat, or low-bar powerlifting-style barbell back squat</i>	3-6	3-5	Wave loading <i>alternate between easy, moderate, and hard</i>	2-3 minutes
<b>B1. Squat</b> <i>goblet squat or high-bar Olympic-style barbell back squat</i>	3-9	2,3,5 (by set, repeat until finished)	Easy	30–60 seconds between B1 and B2
<b>B2. Hinge</b> <i>Romanian or stiff-leg deadlift</i>	3-9	2,3,5 (by set, repeat until finished)	Easy to moderate	30–60 seconds between B2 and B1
<b>C1. Assistance Movement</b> <i>hanging pikes or leg raises, incline reverse crunches, or plank variation</i>	2-5	10–30 reps (or 1–2 minutes for plank variations)	Easy	30 seconds between C1 and C2
<b>C2. Assistance Movement</b> <i>glute bridge, glute thrust, or hip bridge variation</i>	2-5	10-30		30 seconds between C2 and C1

Notes: Take at least one rest day between each training day. The recommended training frequency is three times per week, but you can also train two or four times per week by alternating the training days each week (A, B; C, A; B, C; or A, B, C, A; B, C, A, B; C, A, B, C).

*Italicized exercises are recommendations. Modify or adjust as needed.*