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# 7-day Hybrid athlete Programme

# Welcome

Welcome to my 7 day hybrid athlete programme. This 1 week program is designed to push and elevate your physical fitness. This program brings together elements of multiple training methods including: Bodybuilding, Strength Training, Olympic Lifting, Running and Crossfit. This program is meant to push every aspect of your physical fitness to be the most well rounded athlete you can be as well as push your comfort zone. I don't make any promises, but regardless if you already train as a "hybrid" athlete or not, this program, if accurately and consistently applied, is meant to make you:

**Run Faster, Lift Heavier  
& Build Muscle**

# Design

**>3 days on, 1 day off, 2 days on, 1 day off<**

3 of these days are two workouts a day including cardio in the morning and weight training in the evening.

# Principles

## **1: Workout timing**

Training Days with 2 workouts a day are intended to be completed: 1 in the morning and 1 in the evening. Training days with a strength portion and a METCON are intended to be completed in one session. In this case, The athlete completes the strength portion and then goes right into the METCON. Per the Athletes schedule, they may adjust the training times as they see fit. If due to your schedule there is no way to complete both workouts, you should pick the workout that you need most help with. For example if you are struggling with running, then prioritise the running workouts.

# Principles

## **2: Weights**

For the majority of lifts, there is no specific weight prescribed. You need to choose a weight that you can safely, effectively, and properly move while still maintaining the intent of the workout. For METCONs, there is a prescribed weight and a scaled weight. The responsibility is for the athlete to choose a weight they can safely and properly move even if it is not one of the prescribed weights. There is never any shame in lowering the weights, or modifying a workout in order to complete it. I would rather you modify the workout and complete it than try it as prescribed and not be able to finish it. Finally, It is recommended the athlete write down and keep record of most if not all weight selection to gauge growth and for reference.

# Principles

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## **3: Equipment & Lift selection**

The exercises and lifts prescribed in this program are purposely intended so that most Athletes can perform them. For example there is no Snatches, gymnastic movements, or other Crossfit type skill movements. Additionally, the equipment needed should be able to be found in most local gyms. Finally, most of the movements can be supplemented if the athlete trains in a home gym or limited equipment gym.

I hate to break it to you, but regardless of what other training platforms may claim, no program alone will get you to the level of fitness you want. Without proper Nutrition and rest, you will never achieve the full potential of proper training. Ensure you are directing attention and effort to ensuring your nutrition and sleep are dialled in in order to really achieve maximal affects from this program.

**@caseybuiltfitness**

**Welcome to  
Casey Built  
Fitness.**

**Let's get to work.**



# Day 1 RUN | CHEST + TRI |

## **WORKOUT 1: RUN**

### **5 MILE RUN FOR TIME:**

Choose a pace you can sustain for 5 miles.

### **Post Run Core Work:**

6 Rounds:

1 min plank

30 second rest

## **WORKOUT 2: CHEST + TRI**

### **1. FLAT BENCH: FIND 1RM BENCH:**

### **2. FLAT BENCH: 4 TRIPLE DROP SETS:**

REPS: 2/5/12. (hit first weight for 2 reps, then immediately remove weight and hit 5 reps and then drop weight again and hit 12 reps. You'll do this a total of 4 times.)

### **3. SUPERSET: 3 SETS:**

DBELL FLY: 10, SKULL CRUSHERS: 10

### **4. SINGLE ARM INCLINE DBELL PRESS: 4 SETS**

8 REPS EACH ARM

### **5. SUPERSET: 2 SETS**

CABLE FLY: 15, ROPE TRI EXT: 15

# Day 2 CLEANS | METCON

## **WORKOUT 1: POWER CLEANS**

**BUILD TO 1RM POWER CLEAN**

(RECORD 1RM)

**FOLLOWED BY:**

5 ROUNDS

EVERY 2 MINS:

3 POWER CLEANS+ 2 HANG

CLEANS. 60-65% (UNBROKEN)

## **WORKOUT 2: METCON**

**6 ROUNDS**

**EVERY 2 MINS:**

4 HANG CLEANS

4 FRONT SQUATS

4 SHOULDER TO OVERHEAD

4 THRUSTERS

4 BURPEE OVER BAR

**REST IN REMAINING TIME**

WEIGHT: 50KG (SCALED: 40KG)

# Day 3 **RUN | BACK + BI**

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## **WORKOUT 1: POWER CLEANS**

**1 MILE WARM UP**

**2X 1 MILE REPEATS\*:**

5 MIN REST BETWEEN MILES.

TAKE AVERAGE TIME OF BOTH MILES.

**1 MILE COOL DOWN**

## **WORKOUT 2: BACK + BI**

**1. WIDE GRIP LAT PULLDOWN:**

4 TRIPLE DROP SETS: REPS: 4/8/12

**2. SUPERSET: 4 SETS**

a. LAND MINE/T BAR ROW: 10

b. REAR DELT DBELL FLY: 10

**3. SUPERSET: 3 SETS**

a. ROPE LAT PULLDOWN: 15

b. CABLE PULLOVER: 15

**4. SUPERSET: 2 SETS**

a. BARBELL CURL: 20

b. SEATED DBELL HAMMER CURL: 20

**5. FINISHER: CABLE CURL: 100 REPS**

(break into as few sets as possible)

# Day 4 **LEGS | METCON**

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## **WORKOUT 1: LEGS**

- 1. BUILD TO 1RM BACK SQUAT (RECORD BACK SQUAT)**
- 2. BARBELL BACK SQUAT: 5 SETS: 10 REPS**
- 3. TRIPLE SET: 4 SETS**
  - a. DUMBBELL RDL: 15
  - b. DUMBBELL BOX STEP UPS: 14 (7per LEG)
  - c. BROAD JUMP: 10

## **WORKOUT 2: METCON**

### **7 ROUNDS:**

- 5 DUMBBELL DEADLIFT
- 5 DUMBBELL BURPEE
- 5 DUMBBELL SHOUDLER TO OVERHEAD
- 5 DEVIL PRESS
- 1 MIN REST BETWEEN ROUNDS

**WEIGHT: 2X 20KG**

**SCALED: 2X 15KG**

# Day 5

## WEIGHTED VEST | SHOULDERS

### WORKOUT 1: WEIGHTED VEST

2+2+2

2 MILE RUCK+2 MILE WEIGHT VEST RUN+2 MILE RUN

\*NO REST IN BETWEEN. RECORD TOTAL TIME.

**IF NO WEIGHT VEST AVAILABLE DO:** 3 MILE WEIGHTED VEST, 3 MILE RUN.

**WEIGHT:** 15KG

### WORKOUT 2: SHOULDERS

#### 1. BBELL SHOULDER PRESS: 6 SETS

a. STRICT PRESS: 2X 12

b. PUSH PRESS: 2X 8

c. PUSH JERK: 2X 5

(weights should go up throughout: strict press being lightest. push jerk being heaviest)

#### 3. SUPERSET: 3 SETS

a. BBELL HIGH PULL: 12

b. DBELL FRONT RAISE: 15

#### 4. STANDING DBELL PRESS: 4 DROP SETS 5/10

#### 2. SUPERSET: 4 SETS

a. BBELL SHRUG: 10

b. DBELL SIDE RAISES: 10

#### 5. FINISHER: 100 REPS DBELL SIDE RAISES.