

12-Week Hybrid Training Program

Strength + running · 5-day split · Free from Gymstips (gymnasetips.com/hybrid-training-program)

Phase 1 — Foundation (Weeks 1–4)

Day	Session	Prescription
Mon	Lower strength	Squat 5×5 @ 70% · RDL 3×8 · Split squat 3×10/side · Plank 3×45s
Tue	Easy run (Z2)	30–40 min conversational pace, HR ~70% max
Wed	Upper strength	Bench 5×5 @ 70% · Row 4×8 · OHP 3×8 · Pull-up 3×AMRAP
Thu	Rest / mobility	Full rest preferred; 20 min mobility optional
Fri	Full-body strength	Deadlift 5×5 @ 70% · DB press 3×10 · Chin-up 3×6 · Farmer carry 3×40 m
Sat	Long easy run (Z2)	45–60 min, HR ~70% max
Sun	Rest	Non-negotiable

RPE cap: 7. Foundation is honest technique and aerobic base — not PRs.

Phase 2 — Build (Weeks 5–8)

Day	Session	Prescription
Mon	Lower — top set	Squat: 3-rep @ RPE 8, then 3×5 @ 80% of that · RDL 3×6 · Bulgarian split squat 3×8/side
Tue	Tempo run	10 min Z2 · 20 min threshold · 10 min Z2
Wed	Upper — top set	Bench: 3-rep @ RPE 8, then 3×5 back-off · Weighted pull-up 4×5 · OHP 3×6
Thu	Rest	Check deload triggers (see back page)
Fri	Full-body power-endurance	Deadlift 3×3 @ 85% · Push press 3×5 · KB swing 5×15 · Farmer carry 3×50 m
Sat	Long easy run (Z2)	60–75 min
Sun	Rest	—

Phase 3 — Peak (Weeks 9–12)

Day	Session	Prescription
Mon	Lower — heavy	Squat 5×3 @ 85% · Front squat 3×5 · Nordic curl 3×6
Tue	Intervals	10 min Z2 · 6×3 min @ 5K pace, 2 min jog · 10 min Z2
Wed	Upper — heavy	Bench 5×3 @ 85% · Weighted pull-up 4×4 · OHP 4×4
Thu	Rest	—
Fri	Full-body top set	Deadlift: heavy triple · Push press 4×3 · Chin-up 3×AMRAP
Sat	Long run with surges	60 min Z2 with 6×30s pickups in the second half
Sun	Rest	—

Week 11: test week — squat 1RM Mon, bench 1RM Wed, deadlift 1RM Fri, 30-min Z2 Sat. **Week 12:** mandatory deload — lifting to 40% volume, 3× 25-min Z2 runs.

The 3 Rules of Hybrid Programming (the hybrid tax)

- 1. The 6-hour rule.** Separate hard lifts and hard runs by at least 6 hours; 24 hours is better. AMPK activation from endurance suppresses mTORC1 for several hours after the run (Coffey & Hawley, *J Physiol*, 2017). Same-session pairings cost the most strength.
- 2. Lift-first if you must combine.** If both must land in one session, lift first, run second. Same-day pairings cost the most hypertrophy specifically when endurance preceded resistance work (Wilson, *JSCR*, 2012).
- 3. The 80/20 easy-running rule.** ~80% of weekly running minutes stay in Zone 2; only 20% goes to tempo/threshold/intervals. Protects the strength side by keeping most running below the metabolic-cost threshold that eats into recovery.

Deload Trigger Checklist

Cut volume to 40% for one week if 2 or more hit:

1. Grip failure on the top set of a lift you owned two weeks ago.
2. Resting heart rate up 7+ bpm from your 4-week baseline, three mornings running.
3. Sleep latency over 30 minutes on training nights.
4. Mid-week Z2 pace slower at the same heart rate as last week.
5. Motivation cliff — you dread the next session more than one day in a row.

Two triggers is not a suggestion. Two triggers is the deload.

Interference-Cost Cheat Sheet (weekly running vs strength)

Weekly running	Hypertrophy	1RM	Power	Extra rest
0–10 mi	None	None	None	0
10–20 mi	None (if fueled)	None	Mild	0–1
20–30 mi	Mild	Mild	Moderate	1
30+ mi	Notable	Mild–notable	Significant	1–2

Nutrition & Recovery — the 4 Levers

- **Protein 1.6–2.2 g/kg/day**, spread across 3–5 feedings.
- **Carbs scale with mileage.** Add ~5 g/kg on weeks above 30 miles.
- **Sleep 7.5–9 hours.** Deload triggers hit twice as fast on 6.
- **One full rest day per week.** Not "active recovery" that becomes a third run.