



Treadstone

A D A P T . S U C C E E D .

Purpose



Goal: Build a more athletic and aesthetic physique through multiple training styles, ultimately improving performance and body composition.

Timeline: Four-week cycle. Designed so that this month-long block can be repeated multiple times in a row with room for slight variations in weekly volume.

Who this is for: Anyone looking to be more fit and train intensely.

Methodology: Mixture of strength and endurance sessions throughout the week. Weight/gym sessions are primarily full-body or upper/lower split. Our running/biking/cardio sessions mix zone 2 (easy) work and high-intensity interval sessions.

1.1

Endurance

- 20 Minute Run and active warmup

Weights

- BB or DB Stepback Lunge // 1x10 2x5 1x10
- Jump Rope // 5x30-60 seconds

- Barbell or TrapBar Deadlift // 10, 3x6
- Dips (Weighted if possible) // 12, 8, 8, 12

- Leg Press // 15, 15, amrap
- Pushup // 3xamrap

- DB Lateral Raise // 3x >12
- Hanging Knee Raise // 3x>15

- GHD // 3x10
- Reverse GHD Abs // 3x10

STRETCH - 10 MINUTES

1.2

Endurance

- 30 Minute Run
 - Zone 2. Low Heart Rate. Warmup.

Weights

- Goblet Squat // 12,10,6 (heavy), 10
- DB Flat Bench // 15, 10, 5, amrap

- Seated Overhead Press (OHP)//12, 3x10
- DB Row // 3x8-10

- Cable horizontal Row // 15, 12, 10
- Paused Pushup // 3 x 15

- Cable Curl 20, 15, then burnout
- Cable Tricep extension for each movement
- Cable Ab Crunch
- Cable Lateral Raise

JUMP ROPE & STRETCH - 10 MINUTES

1.3

Endurance


- 20 MINUTE BIKE


Weights

- RDL (BB or DB) // 12,10,8,8
- Pec Fly Machine // 3x16-20
- Rear Delt Fly Machine // 3x16-20
- Kettlebell Swing // 3x15
- Pushups // 3x15
- Jump rope // 3x30-60 seconds
- Palov Press // 2x12-15 per side
- DB Curl // 2x12
- DB Skullcrushers // 2x12
- Sprint session // 3x20 second sprint - 40-second break between sets
 - Assault bike, Row Erg, Skl erg, sled push, etc
- Ab Wheel // 50 Reps

Stretch & cool down

1.4



- 45 minute Run
 - Zone 2, light and easy, slow pace
 - 15 minute Stretch/Yoga Session
- 

1.5

Endurance

- 30-minute Run
- 5-minute Row erg

Weights

- Leg Press // 20, 15, 12, 12, 20
 - Single or Double Leg
- Chin-ups // 2x8, 3x5
 - Weighted if possible
- Dips // 5x Bodyweight Burnouts
- Cable Face-Pull // 4x10-15
- Cable Upright Row // 4x10-12
- Cable Ab Crunch // 4x15-20
- KB Swing // 100 reps
 - as heavy as possible
 - 20 pushups every break

1.6 & 1.7 - "U2U" UP TO U - Free to bike, run, lift as you feel is fine SO LONG AS you don't do anything to make you sore enough to inhibit performance the following week

WEEK TWO

- **Similar Workouts. Varying Intensity.**
- **Prioritize RECOVERY. The worst thing to happen is an injury**
- **This week, more KB swings and more direct arm work**

2.1

Endurance

- 5k Tempo Run
 - QUICK. Go fast. Looking for close to a personal best here

Weights

- Barbell Stepback Lunge // 3x8-10
- Jump Rope // 3x30-60sec

- Trap Bar Deadlift // 10, 8, 6

- Pull-ups or Chin-ups // 5 x amrap
- Dips // 5x >10
 - Weighted, if possible

- Dead Hangs // Accumulate two minutes
 - Extra: Accumulate four minutes
- Max Pushups when off the bar

Stretch & cool down. Lots of water after an intense 5k.

2.2

Endurance

- 45-minute run
 - very light, zone 2, easy pace

Be conscious of how the legs feel after a fast 5k the day before. Sub for bike if needed

Weights

- DB Incline Press // 15,10,2x8
 - DB Row // 15, 10,2x8
 - DB Lateral Raises // 100 reps
 - Cable Curl // 2x8, 2x15-20
 - Cable Tricep Extension // same as above
 - Cable Ab Crunch // 4x15-20
 - Ab Wheel // 50 reps
 - Extra: Accumulate 100 reps
- *start heavy, drop weight for high rep sets*

Stretch & cool down

2.3

Endurance

- 30-minute Bike
- 5-minute Row erg

Weights

- BB Front or Back Squats // 1x10, 2x8, 2x5
- DB Overhead Press // 3x10-12
- Lat Pulldown // 3x10-12
- Leg Extension // 3x20
- Pec Deck Fly // 3x15-20
- Rear-Delt Reverse Fly // 3x15-20
- Calf Raises // 100 Reps
- KB Swings // 100 Reps

Stretch to cool down. Sauna or Steam. Foam roll.
Use elastic bands. Drink lots of water.

2.4

"Why is progressive overload so important?"

Endurance

- 5k Run

Try to increase weight, sets, or reps from last week, even just by one rep or 5 pounds

Weights

- DB or BB RDL//3x10-12

Total reps in as few sets as possible

- Seated Cable Row//3x10-12

100 for added challenge

- Pushups//75

- Bicep Curl//3x12

*Whatever feels most comfortable
Barbell, Dumbbell, EZ bar, etc*

- Seated DB Skullcrusher//3x10-12

- Hanging Knee Raises//50 reps

- KB Swings//50 reps

2.5

Endurance

- 25 Minute Bike
- 10 Minute Row Erg

Doesn't have to be all at once... can go off and on but accumulate 10 minutes on rower

Weights

- KB Circuit // 3 rounds
 - 1-arm Bent Over Row x 8
 - Kneeling 1-arm Overhead Press x 8
 - Stepback Lunge x 8
 - Pushups x 15
 - Swing x 12

- Cable Curl // 3 x amrap
- Cable Tricep Extension // 3 x amrap
- Cable Facepull // 3 x amrap

- Active Stretching

2.6 & 2.7 - "U2U" UP TO U - Free to bike, run, lift as you feel is fine SO LONG AS you don't do anything to make you sore enough to inhibit performance the following week

WEEK THREE

- **Different split style this week**
- **Upper/Lower Split Variation**
- **Lagging body part emphasis**
 - **Twice a week, choose a body part that you want to improve. At the end of the opposing workout, add three sets of the body part of your choosing**
 - **example: "I want to improve my shoulders" At the end of leg sessions, I'm going to add three more sets of shoulders to increase my weekly volume**

3.1

Vertical Push/Horizontal Pull

Endurance

- Warmup Run – 5k easy pace

Weights

- Jump Rope/Chin-up warmup
- DB Seated OHP//15,12,10, drop set
- DB Bent Over Row//15,12,10, drop set
- DB Incline Press//15,12,6
- Reverse DB Fly//3x12
- Weighted Cable Crunch//3x20
- Cable Curl//3x20
- Cable Tricep Pushdown//3x20
- Kettlebell Swings//100 reps
- Active Stretching

3.2

Lower Body + Lagging Muscle Group

Weights

- Barbell Squat // 2x10, 2x6
- Dumbbell RDL // 5x10
- Dumbbell Goblet Squat // 5x10
- Hamstring Curl // 5x15-20
- Quad Extension // 5x15-20 per leg
- Lateral Lunge // 3x8-12
 - **Or Adductor/Abductor machine**
- Calf raises // 100 reps
 - **Or Jump Rope for three minutes**
- ****Sets of lagging body part****

3.3

Run + Horizontal Push/Vertical Pull

Endurance

- One-mile run warmup @ zone 2 pace
- Hill repeats - 5 sets - .25 mile @ 5 incline - one minute rest in-between

Weights

- Flat DB Bench Press//15,10,6
- Pullup/Chinup//3x8-10

- Cable Chest Fly//3x15
- Cable Pullover//3x15

- Machine Lat Pulldown//3x15
- Pushup//3xburnout

- Flat Skullcrushers//3x15
- DB Hammer Curls//3x15

- Hanging Knee Raises//2xamrap
- DB Lateral Raises//2xburnout
- DB Curl//2xburnout
- DB Overhead Skullcrusher//2xburnout

3.4

Endurance + Full Body Weights

Endurance

- 30-minute run or one-hour cycle - Zone 2 pace

Weights

- Barbell Deadlift // 2x10, 2x6
- DB Walking Lunges // 3x12 per leg
- Dips // 100 total
- Standing DB or BB OHP // 3x8-10
- Cable Curl // 2x8, 3x15
- Cable Tricep Pushdown // 2x8, 3x15
- Cable Oblique Rotation // 5x10-15 per side

3.5

Endurance

- 20-30 minute easy run

Weights

- Seated Arnold Press//12,8,2x6,15
- Barbell Row//2x10,2x6,2x10
- Dips//6x10-20
- Weighted Cable Crunch//3x20
- Face Pull//3x10-15
- Kettlebell Swings//100 reps

WEEK FOUR

- **Upper / Lower Split**
- **Lagging body part emphasis**
 - **Twice a week, choose a body part that you want to improve. At the end of the opposing workout, add three sets of the body part of your choosing**
 - **example: "I want to improve my shoulders" At the end of leg sessions, I'm going to add three more sets of shoulders to increase my weekly volume**

4.1

Active Stretch Warmup

- Jump Rope, light jog, bike, etc
- Dead hangs, Superman stretch

Work

- Heavy DB Press // 10, 8, 6, 5, 10
- Heavy Double DB Row // 5x10

- Skl Erg Sprints // 4x 150m
- Standing DB OHP // 4x10

- Chin-ups // 5x amrap
- Push-ups // 5x amrap

- 2000m Row
 - 75% - Not a sprint

4.2


Endurance

- 30-minute bike

Work

- BB or DB Lunge // 3x10 per leg
- Goblet Squat // 3x10
 - Eccentric for 3-5 seconds
- Hamstring Curl // 3x15-20
- Bodyweight Squats // 3x20
- KB Swings // 100 reps
 - Moderate weight. Aim for 3-4 sets

4.3



45-minute Zone 2 Run

25-minute stretch

No weights today.

Light, easy run and stretch

Drink lots of water. Replenish salt. Take your creatine.



4.4

Active Stretch Warmup

- Warmup the whole body

Endurance

- 30-minute bike - Mix in Sprints

Work

- BB or DB OHP // 4x8-10
- Barbell Power Rows // 4x5-8
 - Heavier than a standard row
 - Drive up with legs
- Skl Erg // 4x30second sprints
- Cable Face Pull // 3x10-15
- Cable Tricep Extension // 3x10-20
- 100 Hanging Knee Raises

NUTRITION

FOR ANY SERIOUS OR SPECIAL HEALTHCARE AND NUTRITION NEEDS, CONSULT A PHYSICIAN

What can I eat to feel good, eat a high volume of food, and hit my nutrient goals?

Listen to my talk on what I do with my diet. Is it the prettiest? No. Do I adhere to this 100%? No. We live a balanced life.

Carbohydrates fuel our workouts and are key to maintaining strong energy levels. We don't demonize carbs. We strategically monitor our intakes and prioritize healthy carbs surrounding the times when we most need them.

[Reference this Expert Panel Report on PubMed regarding carbohydrates for athletes](#)

Carbohydrates to favor

- Rice
- blueberries
- peaches
- apples
- carrots
- green vegetables
- oranges
- bananas
- oat and bran cereals

Processed Carbohydrates to avoid:

- Processed foods: Corn chips, pretzels.
- **Sugary beverages:** Soda, sweetened tea
- **Bakery/grains:** Doughnuts, white bread, cereals (unless whole grain)

In the store, I pick foods that I know I'll be able to consume enough of so that I'm fully satiated and avoiding high calorically dense processed foods

NUTRITION

Starting to have a firm grasp on nutrition is often the hardest part of following a training plan. In reality, we can create meal strategies that are intuitive and satisfying by following a few guidelines each day

Generally, these strategies below are what I follow when I feel optimal in the gym and the kitchen...

- Total Calories
 - Bodyweight x 15–20 depending on goals
 - LOSE BODY FAT= bw x 10–12
 - maintenance = bw x 13–16
 - Slight Surplus = bw x 16–18
- Protein = 4 calories per gram
 - always around **1-1.5 gram/1 lb** Bodyweight
- Carbohydrates = 4 calories per gram
 - Large majority of carbs should be non-processed and LOW glycemic index foods.
- Fats = 9 calories per gram
 - Healthy fats are essential in our diets. My favorite is avocado or nuts.
 - Olive oil, nuts, seeds, and even cheeses are 100% acceptable to implement into our diets.

****Start reading your ingredient lists in the grocery store... you'll be surprised at how many seemingly "healthy" products are pumped full of artificial oils****

One type of program to follow is a "Carb Cycle" schedule

Sample Carb Cycle Week

- Monday: Low Carb, High Fat
- Tuesday: Moderate Carb, Moderate Fat
- Wednesday: Low Carb, High Fat
- Thursday: High Carb, Low Fat
- Friday: High Carb, Low Fat
- Saturday: High Carb, Low Fat
- Sunday: Low Carb, High Fat

Each week of the program should have 4–5 days of low carb, with 2–3 days of high carb.

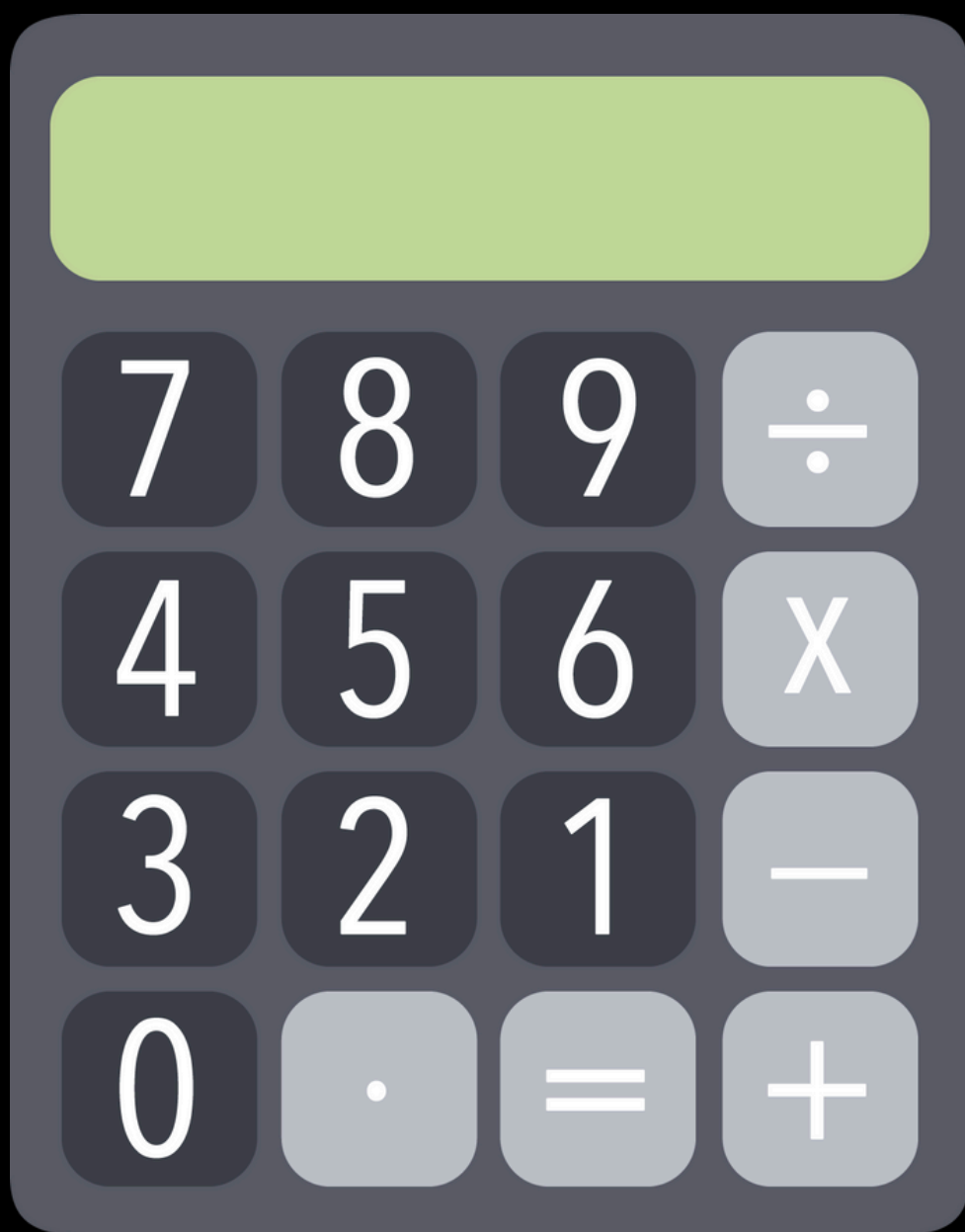
At the end of the day, the most important metric regarding fat loss is OVERALL CALORIES

Because I, like many people, really like to eat, I think about this as I'm picking out food....

"What can I eat the most of while consuming the most efficient calories?"

NUTRITION

- Macronutrients as percentages of daily calories
 - High Carb Days
 - Protein: 35%
 - Carbs: 55%
 - Fat: 10%
 - Low Carb Days:
 - Protein: 30%
 - Carbs: 30%
 - Fat: 40%
 - Moderate Carb Days:
 - Protein: 30%
 - Carbs: 45%
 - Fat: 35%



Click [HERE](#) to access the macro calculator

Enter your current bodyweight and various macro layouts will populate

EXERCISE INDEX

- Compound Lifts
 - Barbell Bench Press
 - Deadlift
 - Squat
 - Overhead Press
- Leg Movements
 - Barbell lunges
 - Leg Extension
 - Dumbbell Lunge
 - Weighted Box Step-ups
 - Leg Press
 - Bulgarian Split squats
 - Bodyweight Squats
 - GHD
- Push movements
 - DB Bench Press
 - DB incline press
 - Machine Horizontal Press
 - 1-arm/1-knee DB Press
 - T-twist pushups
- Pull Movements
 - DB Row
 - BB Row
 - Machine Row
 - Barbell Deadlift-Row combo
 - Cable Horizontal Row
- Arm Movements
 - Cable Curl
 - Cable Pushdown
 - Skullcrushers
- Ab Movements
 - Cable Crunch
 - Cable Reverse Crunch
 - Pavlov Press
 - Mtn Climber
 - Plank
 - Side Plank
 - Side Plank
 - Flutter Kick
 - Cable Crunch
 - Hanging Leg/Knee Raise
 - Kneeling Kettlebell Orbits
- Accessories
 - KB Swing
 - KB gunslinger Swing
 - Suitcase carries/holds
 - Dumbbell Snatch
 - Skl Erg
 - Med Ball Slam
 - DB Snatch
 - Devil Press
 - Jump Rope
 - Med ball squat to slam

EXERCISE INDEX




Tempo Reps

Notation

1. Eccentric rep (lowering the weight)
2. Bottom of range of motion
3. Concentric rep (lifting the weight)
4. Top of range of motion

For a horizontal row @ tempo 3.1.0.1 ...

- Lower weight for 3 seconds
 - Hold @ "top" or midpoint for 1 second
 - Lift the weight from "bottom" for 0 seconds (fast as you can)
 - Hold weight at starting position for 1 second
- 

BONUS WORKOUTS

Full Body

- Warmup
 - Band pull-aparts
 - Hand release pushups
 - Kettlebell Swings
- Barbell Bench Press // 2x10, 3x5, 1xamrap @ 50% 1rm
- Jump Rope // 5x60-90 seconds

EMOM x 6

- DB Incline Press x 8
- DB Row x 10
- Kettlebell Swing // 5x15

- DB Stepback Lunge // 4x10 per leg
- Hanging Knee Raises // 4x15

Finisher

- Decline Situp // 4x15-20
- Calf Raises // 4x10-15, AMRAP on final
- Pushup // 100 reps, aim for as few sets as possible

And to finish the session...

- Choose 1 ab circuit from the core training section

BONUS WORKOUTS

German Volume Training

These two GVT tri-sets complete the session

- Barbell or DB Bench Press // 10x10 @ 50-60% of 1rm
- Barbell or DB Row // 10x10 @ 50-60% of 1rm
- Jump Rope // 10x30-45 seconds

- Weighted Dips // 6x10
- Neutral Grip Pull-ups or Chin-ups // 6x10
- Jump Rope // 6x30-45 seconds

****Two Separate Days****

French Contrast Method

Full Body -- One block of lower and one of upper movements

- Barbell Back Squat // 3x5 @ \approx 60%
- Bodyweight Vertical Jump // 3x8
- Kettlebell Swing // 3x8 ****FASTEST SWING POSSIBLE -- MAXIMUM HIP DRIVE****
- Band Assisted Jump // 3x5

- DB Floor Press // 3x8
- Inverted Row // 3x8
- DB Push Press // 3x8 ****FASTEST PRESS POSSIBLE -- CONTROLLED DECLINE****
- HAND RELEASE PUSHUP // 3x8

BONUS WORKOUTS

Full Body & Cardio

- Cycle or Stationary Bike: 45 minute ride
 - warm-up spin - 10 minutes
 - Interval Sprints - 10 minutes (5 rounds)
 - 45 seconds on, 1min 15 seconds recovery
 - steady spin @ moderate cadence - 5 minutes
 - Interval Sprints - 7.5 minutes (5 rounds)
 - 30 seconds on, 1 minute recovery
 - steady spin @ moderate cadence - 7.5 minutes
 - Interval Sprints - 3 minutes (4 rounds)
 - 15 seconds on, 30 seconds recovery
 - Steady Spin @ cool down cadence - 2 minutes
- Weights (As few sets as possible to complete)
 - Pull-ups or Chin-ups // 100 reps
 - Dips // 100 reps
 - Goblet Squats // 100 reps
 - Decline Situp // 100 reps

BONUS WORKOUTS

Full Body

- Warmup (5-10 Minutes)
 - Dynamic stretch & Plyometrics
 - Sprint Intervals - 10 sets of 15 seconds on // 25 seconds off
 - Off can be walk or complete stop
- DB Incline Bench Press // 2 x warmup, 12, 8, 6, 12 (amrap on final)
- Goblet Squat // 2 x warmup, 4x12 (amrap on final)
- 1-knee/1-arm DB Overhead Press // 3x12
 - burnout on final (lower weight and amrap)
- 1-arm DB Row // 3x12
- Machine Chest press or Machine Overhead press // 4x15-20
- Cable Row or Machine Row // 4x15-20
- Jump Rope x 30 seconds
 - If jump rope isn't accessible, do bodyweight squats
- Seated Tricep Skullcrushers // 3x8-12
- DB Curl // 3x12-15
- Decline Situp // 3x12-20
- Bodyweight Squats // 3x20
- Hanging Knee Raise // 3x12-20
 - Whatever you're able to do. Aim for high reps

BONUS WORKOUTS

Hiit / Cardio pieces

- Row Machine:
 - 2-minute warmup row
 - 500m-400m-300m-200m-100m Sprints w/ 60 seconds rest between Sets
 - 2-minute light cooldown row
-

- Assault Bike
 - 15 second sprint – 30 second slow – 10 rounds
-

- Skl Erg
 - Race to 75 calories
 - 20 second sprint, 10 bodyweight squats, 20 second sprint, 10 bodyweight squats, etc

CORE TRAINING

Bodyweight ab circuit

1. Mtn Climber 30 seconds
2. Plank 30 seconds
3. Side Plank Left 15 seconds
4. Side Plank Right 15 seconds
5. Flutter Kick 15 seconds
6. Rest 15 seconds

****Totals 2 minutes, repeat 3-4 times for an under 10 minute core workout****
Great for a quick ending to a session

Dumbbell ab circuit

- 30 seconds each movement // completing all five in a row is one *round*
1. russian twist w/ db
 2. leg raises
 3. db lean and drag throughs
 4. over the db side to side leg raises
 5. rest

****Totals 2:30, repeat 3-4 times for an under 10 minute core workout****
Great for a quick ending to a session

Ab burnout

1. Hanging Knee Raises 4 x 15
2. Kettlebell Swings 4 x 20

- Minimal rest between sets
- This superset is very intense on the core and forearms. I often finish my training sessions with this combination

ACTIVE STRETCH



- W-Superman
- Standing Walkouts *funny video, but a perfect explanation*
- World's Greatest Stretch
- Lateral Lunges - side to side
- Downward Dog - Stretch Hamstrings and warmup shoulders
- Wall Quad Stretch - Use a wall, bench, etc.
- Hanging/Swinging from a pullup bar
- Jump Rope

Working through these exercises before a workout will prepare you for a good session

