





HYBRID ATHLETE SYSTEM



4 WEEK STRUCTURED TRAINING BLOCK

RUN. LIFT. RECOVER.







HYBRID ATHLETE SYSTEM



4-WEEK STRUCTURED TRAINING BLOCK

TRAIN MORE. BURN OUT LESS.





WHAT THIS IS

this is a simple structured
4-week system for hybrid athletes.

it combines:
- running
- strength training
- recovery

without destroying your body.

you can repeat this system indefinitely
by slightly increasing volume.

you can also do your own by printing out
the blank and copying the filled weeks
to your own days.



HOW TO USE THIS

- follow the structure, not perfection
- adjust intensity based on how you feel
- week 4 = recovery week (do not skip)

if you need to change the days, use the blank
week page and fill it with how you need it.

THE STRUCTURE

- 2-3 runs per week
- 2 gym sessions
- 1 long run
- 1-2 rest / recovery days



WEEK 1 — BASE



BUILD RHYTHM.

MON	TUE	WED	THU	FRI	SAT	SUN
easy run 30-40 min (zone 2) optional mobility 10 min	intervals 4 × 800 m (moderate pace) rest 2 min between	rest or light walk mobility	full body gym - squat 3×8 - bench 3×8 - row 3×10 - core	easy activity tennis light cardio 30-60 min mobility	long run 60-75 min (easy pace) mobility	complete rest









NOTES.

EASY ACTIVITIES

- tennis, cycling, or walking
- should feel light and fun
- feel better after than before



MOBILITY 2-3x



5-10 min total
- hips (lunges, hip openers)
- hamstrings (light stretch)
- ankles

GOAL

get into rhytm,
don't push too hard yet

GYM WEIGHTS

- leave 2-3 reps in reserve
- focus on technique
- not heavy yet

LONG RUN



- conversational pace
- able to talk the whole time
- NOT a hard session

WEEK 2 — BUILD



SLIGHT PROGRESSION.

MON	TUE	WED	THU	FRI	SAT	SUN
easy run 35-45 min (zone 2) optional mobility 10 min	intervals 5 × 800 m rest 2 min between 	rest or light walk	full body gym same structure, slightly heavier 	easy activity easy sport light cardio 30-60 min	long run 70-85 min 	complete rest

NOTES.



EASY ACTIVITIES

- keep it light
- don't turn it into a hard session

MOBILITY 2-3x



5-10 min total
- same as week 1
- add light foam rolling if needed

GOAL

small progression,
still controlled

GYM WEIGHTS

- slightly heavier (+5-10%)
- still controlled
- no maxing out

LONG RUN



- slightly longer
- still easy pace
- focus on steady effort

WEEK 3 — PEAK



HIGHEST LOAD.

MON	TUE	WED	THU	FRI	SAT	SUN
easy run 40-50 min (zone 2) optional mobility 10 min	intervals 3 × 1 km + 4 × 400 m (short rest)	rest or very light movement	full body gym - squat 3×8 - bench 3×8 - row 3×10 - core no max out	very easy activity	long run 80-100 min (easy pace again)	complete rest











NOTES.

EASY ACTIVITIES

- VERY easy
- this is recovery, not training



MOBILITY 2-3x



- very important this week
- focus on hips + calves
- do at least 10 min after runs



GOAL

highest load week



GYM WEIGHTS

- moderate weights
- reduce slightly if legs feel heavy
- avoid failure

LONG RUN

- longest run of the block
- keep it controlled
- 10-15 min can be slightly faster

WEEK 4 — RECOVERY



REDUCE FATIGUE.



MON	TUE	WED	THU	FRI	SAT	SUN
easy run 25-30 min (zone 2) optional mobility 10 min	light intervals 3 × 600 m easy-moderate rest 2 min between	rest or light walk 	light full body gym - squat 3×8 - bench 3×8 - row 3×10 - core	rest 	short long run 50-60 min easy pace!	complete rest ready for another week.

NOTES.

EASY ACTIVITIES

- walking, light cycling
- no intensity

MOBILITY 3-5x



- do more (3-5x / week)
- longer sessions (10-15 min)
- focus on relaxing, not forcing

GOAL

reduce fatigue, absorb training



GYM WEIGHTS

- reduce weights by ~30-40%
- focus on movement quality



LONG RUN

- shorter and relaxed
- should feel easy from start to finish



TIPS AND TRICKS



PROGRESSION RULE

after week 4 increase total volume by ~5%

examples:
- longer easy runs
- slightly longer long run
- +1 interval rep

then repeat the cycle.





3 BIGGEST MISTAKES

- too many hard sessions
- no real easy days
- skipping recovery week

PUSH VS RECOVER

TRAIN HARD WHEN

- you feel fresh
- sleep is good
- legs feel light

PULL BACK WHEN

- you feel heavy
- heart rate is elevated
- motivation is low

hybrid athletes train smarter.



FINAL RULE

consistency > intensity

this system works if you stick to it.

NUTRITION

FUEL YOUR TRAINING.
DON'T OVERCOMPLICATE IT.



DAILY BASIS

focus on this first:

- protein in every meal
- enough carbs to fuel training
- healthy fats for balance
- plenty of water

BEFORE TRAINING



1-2 hours before.

light meal
(carbs + protein)
avoid heavy, fatty foods

examples:
- yogurt + fruit
- toast + eggs
- banana + protein



AFTER TRAINING

within 1-2 hours.



another meal
(protein + carbs)
just eat

examples:
- chicken + rice
- protein shake + banana
- yogurt + granola



SIMPLE STRUCTURE



eat 3-4 meals per day.

each meal:
- protein (eggs, chicken, fish, yogurt)
- carbs (rice, pasta, potatoes, fruit)
- fats (nuts, olive oil, avocado)

HYDRATION

- drink throughout the day
- more if you sweat a lot

simple rule:
if you're thirsty, you're already late

RECOVERY FOODS



focus on:
- protein
- carbs
- sleep support (regular meals help)

KEEP IT SIMPLE.

YOU DON'T NEED PERFECT MACROS, STRICT DIETS, COMPLICATED TRACKING.
YOU NEED CONSISTENCY, ENOUGH FOOD, GOOD HABITS.

WEEK

FOCUS:

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES.