

# HYBRID TRAINING SPLIT

21 May 2026 - Managing Ankle Tendon Injury

**This training split is designed to build a powerful engine, strong legs, full-body strength, and unstoppable hybrid conditioning.**

	AM	PM
<b>MONDAY</b>	Leg Conditioning	Gym - Pull
	Stairmaster Zone 2	
<b>TUESDAY</b>	Easy Run + 15 min stretching & mobility	Hyrox / HIIT
<b>WEDNESDAY</b>	Stationary Bike Zone 2	Intervals + 15 min stretching & mobility
	Core Workout	
<b>THURSDAY</b>	Gym - Push	Stationary Bike Zone 2
		Hyrox / HIIT
<b>FRIDAY</b>	Gym - Legs	Swim
<b>SATURDAY</b>	Hill Sprints or Sprints + 15 min stretching & mobility	Rest
<b>SUNDAY</b>	Easy Long Run / Big Day Hike + 15 min stretching & mobility	Rest

**\*If something comes up during the week and I miss a session, I treat that as a rest block and make it up on the weekend.**

## SESSIONS PER WEEK

### Gym x 4

- 3 x 50 minute sessions focused on 3 - 4 major lifts and 2 accessory exercises.
- Perform 3 - 5 sets of 8 - 12 reps using heavy weight.
- 1 x leg conditioning session per week, 30 minutes duration.

### Run x 4

- Easy runs are kept in Zone 2. Focus on efficient technique, light footstrike, and high cadence.
- Intervals, hill sprints, and sprints are pace-specific and executed with intent.
- Long runs are controlled aerobic efforts designed to build endurance, resilience, and engine capacity.

### Cross Training x 6

- Hyrox / HIIT sessions develop conditioning, work capacity, and sport-specific performance.
- Zone 2 cross training sessions are used to improve aerobic conditioning while reducing impact and supporting recovery between high-output sessions.
- Core and mobility work support posture, stability, movement quality, and injury prevention.

### Rest x 2

- Rest blocks are built into the schedule to allow full physiological recovery between high-output sessions.