

THE HYBRID

ATHLETE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LEGS	EASY RUN	PUSH	SPEED TRAINING	PULL	LONG RUN	ACTIVE RECOVERY

WHO IS THIS PROGRAM FOR?

- I built this program for myself in order to optimize the benefits of both resistance and aerobic training.
- This program is a 6-day split and is for those looking to build muscle and endurance at the same time.

WHO IS THIS PROGRAM NOT FOR?

- This program is designed for those with at least basic aerobic and resistance experience.
- This split requires 30-60 minutes six days a week.
- Those with an injury or medical issue that prevents them from training at a high intensity
- Please enjoy the free program!



REP
EST. 2012

PULL DAY

**FOR SIZE AND
STRENGTH**



EXERCISE	SETS	REPITIONS	REST (MIN)	NOTES
DEADLIFT	3	8	2-3	<ul style="list-style-type: none">• Maintain a neutral spine.
LAT-PULLDOWN	3	10	1-2	<ul style="list-style-type: none">• Drive through your elbows.
BENT-OVER ROW	3	10	1-2	<ul style="list-style-type: none">• Brace your core and glutes.
TRAP RAISES	3	12	1	<ul style="list-style-type: none">• Bring your shoulders to your ears.
BICEP CURL	3	10	1	<ul style="list-style-type: none">• Do not swing the weight. Be slow and controlled.
HAMMER CURL	3	10	1	<ul style="list-style-type: none">• Keep your elbows tucked.

PULL FORM

BENT OVER ROW



- Drive your elbows behind you without flaring out.
- Tuck your elbows close to your torso.
- Brace your core and glutes to stabilize your spine.
- Use a Hip-Hinge

DEADLIFT



- Feet are hip to shoulder-width apart.
- Maintaining a neutral-spine, grip the bar outside of your knees.
- Drag the bar up without letting the knees cave in or spine round

LAT-PULLDOWN



- Use a pronated grip that is wider than shoulder-width.
- Focus on driving your elbows to the floor using your lats.
- Touch your chest each rep.
- Control the ascent slowly

PULL FORM



DB TRAP RAISE



- Raise your shoulders to your ears.
- Do not round your spine or shoulders forward.
- Brace your abs and glutes and take a neutral grip.

DB BICEP CURL



- Focus on controlling the weight without swinging.
- Keep your elbows pinned to your body.
- Slow the downward phase of the movement to maintain tension.

DB HAMMER CURL



- Use a neutral grip with your thumb up.
- Bring the dumbbells up to touch your shoulder.
- Keep your elbow tucked to your torso.



LEG DAY

FOR SIZE
AND
STRENGTH



EXERCISE	SETS	REPITIONS	REST (MIN)	NOTES
LOW-BAR BACK SQUAT	4	5	2-3	<ul style="list-style-type: none">• Maintain a neutral spine.
FRONT SQUAT	3-4	10	2	<ul style="list-style-type: none">• Keep your elbows and chest up.
BARBELL CALF RAISES	3	20	1	<ul style="list-style-type: none">• Squeeze the calf at the top for 1-2 sec each rep.
STIFF-LEG DUMBBELL DEADLIFTS	3-4	12	1-2	<ul style="list-style-type: none">• Push your rear backwards, your knees dont move.• Focus on tension on the hamstrings not the weight.

LEG FORM

BARBELL CALF RAISE



- Stance is no wider than hip-width.
- Bar rests on your upper trap, the grip is outside of the shoulders.
- Optional: Step on a plate to increase ROM and stretch on the bottom.

STANDING SPLIT SQUAT



- Staggered stance, point the back toe.
- Weight shift your body over the forward foot.
- If needed start with body-weight or light dumbbells.
- Brace your core and glutes.

GOBLET SQUAT



- Grab the side of the dumbbell or kettlebell with both hands.
- Rest the weight on your chest.
- Squat directly in between your knees.

LEG FORM

STIFF-LEG DEADLIFTS



- Stance no wider than hip-width.
- Unlock your knees and hinge at the hip. Keep spine neutral.
- Without moving your knees, push your rear back while lowering the weight.

FRONT SQUAT



- Grip is outside shoulder width. Shoot your elbows forward.
- Brace your core, keep your chest up and knees out.
- Touch your hamstrings to your calves each rep.
- Keep your heel on the floor.

LOW-BAR BACK SQUAT



- Grip the bar outside of shoulder-width.
- Feet should be under shoulders or slightly wider with feet forward or out.
- Brace your core and do not allow your knees to cave in.

A blue-tinted photograph of a muscular man wearing glasses and earbuds, standing in a locker room. The background shows rows of lockers. The man's physique is highly defined, with prominent muscles on his chest and arms.

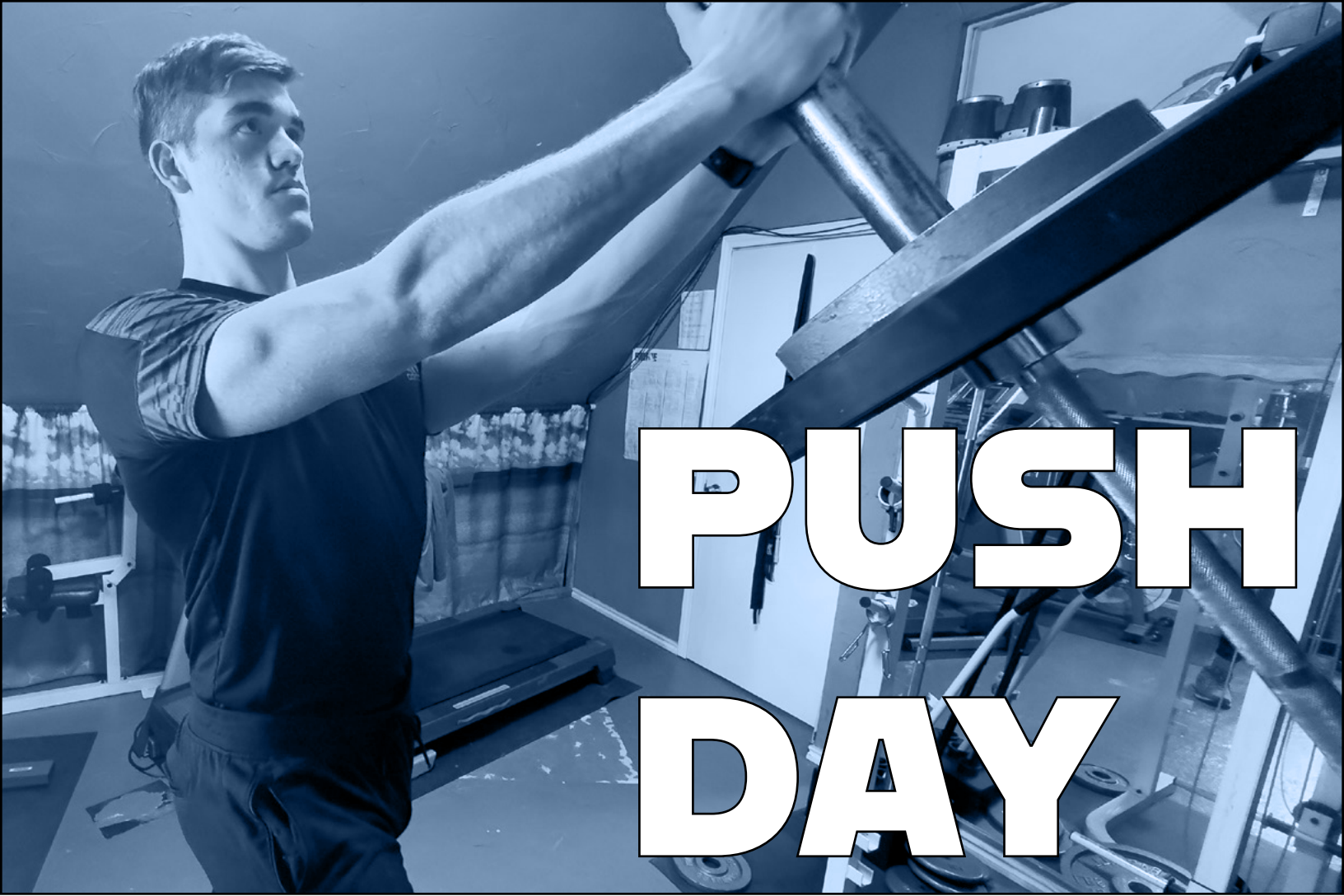
PUSH

DAY

FOR SIZE

AND

STRENGTH



PUSH DAY

EXERCISE	SETS	REPITIONS	REST(MIN)	NOTES
FLAT DUMB-BELL BENCH PRESS	3-4	8	1.5-3	<ul style="list-style-type: none">• Don't flare out your elbows.• Use heel drive.
LANDMINE PRESS	3	10	1-2	<ul style="list-style-type: none">• Stagger your stance.
LATERAL RAISES STANDING	3	10	1	<ul style="list-style-type: none">• Hold for 1-2 sec at top.
DUMBBELL SHOULDER PRESS	3	10	1	<ul style="list-style-type: none">• Slowly lower the weight.
TRICEP EXTENSION PUSHDOWN	3	10	1	<ul style="list-style-type: none">• Focus on the contraction at the bottom.
TRICEP EXTENSION OVERHEAD	3	15-20	1	<ul style="list-style-type: none">• Allow for the full stretch.

PUSH FORM

FLAT DUMBBELL BENCH PRESS



- Start with a 45-degree angle between your torso and your elbow.
- Wrists should be stiff and create a straight line to your elbow and shoulder.
- Don't flare your elbows. Use heel drive and brace.

LANDMINE PRESS



- Stagger your stance.
- Wrap both palms firmly around the bar.
- Control the bar down slowly maintaining tension in your chest. Brace your core and glutes.

DUMBBELL SHOULDER PRESS



- Press the dumbbells until your elbow are straight over your shoulders
- Lower the weight slow controlling with your delts.
- Maintain a neutral head position. Brace your core and glutes

PUSH FORM

TRICEP EXTENSION PUSHDOWN



- Pull the rope down your body without moving your elbows.
- Focus on the contraction at the bottom for 1-2 seconds.
- Optional to use a bar or T-bar attachment.

TRICEP EXTENSION OVERHEAD



- Select light weights and use a rope attachment. Focus on the tension at the bottom
- Grasp the ends of the rope with your thumbs and palm.
- Staggered stance, shoulder-width apart.

LATERAL RAISES STANDING



- Without cheating the weight up, bring the dumbbells up to shoulder height or slightly higher.
- Squeeze at the top for 1-2 seconds focusing on the tension in your shoulders.
- Keep thumb slightly up.



CARDIO

FOR SPEED AND ENDURANCE

CARDIO SPLIT



RUN	REPS	DURATION	REST (MIN)	NOTES
EASY RUN	1	3-7 MILES	N/A	<ul style="list-style-type: none">• Perform at a speaking pace.
INTERVALS	4-8	400-800 METERS	WALK OR JOG .25 MILES	<ul style="list-style-type: none">• Focus on step rate, not length.
HILL SPRINTS	4-10	30-60 SEC	JOE DOWN HILL OR 2 MIN	<ul style="list-style-type: none">• Focus on explosiveness.
TEMPO	1	15-60 MIN	N/A	<ul style="list-style-type: none">• Start slow and accelerate.
LONG RUN	1	3-24 MILES	N/A	<ul style="list-style-type: none">• Add one mile/week.• Perform at speaking pace.

FOR SPEED



***ONLY DO ONE SPEED
WORKOUT A WEEK***

INTERVALS



- Focus on increasing step rate not stride length.
- Go hard on these, be explosive and focus on pose-running.
- Walk or jog a quarter mile between each interval.

TEMPO



- Start out at a speaking pace for 5-10 minutes.
- Next, accelerate your pace for 15-25 minutes to your 5-10k pace.
- Finish off with a 5-10 minute cooldown at a speaking pace.

HILL SPRINT



- Aim for 30-60 seconds of work each rep.
- Focus on driving up the hill with **explosiveness!**
- Jog down the hill and aim for no longer than 2 min rest between each rep.

FOR ENDURANCE



EASY RUN



- Perform at speaking pace which means you could talk with a training partner without slowing down.
- Heart rate should be between 65-75% of max.
- Add 1 mile/week. Capped at 7.

LONG RUN



- Speaking pace.
- Start at 2-3 miles and add one mile every week.
- Overload is found in the distance, not the speed. I personally cap these runs at 10-12 miles.
- Podcasts/music may help!

RECOVER



- Walk for 5-10 minutes post-run to slowly decrease your heart rate.
- Perform Static stretching: 2 sets of 30-60 second holds.
- Sleep for at least 7-9 hours. Aim to reduce stress outside of training.

STATIC STRETCHING



- Immediately following any running or lifting workout static stretching should be performed to reduce muscle soreness and maintain muscle length.
- To be effective, a static stretch must be held for at least 15 seconds, and holding for 30 to 60 seconds will yield most of the benefit. I personally perform 2-4 sets of 30 second holds.
- Aim to target the hamstrings, calves, quadriceps, hip flexors, and glute muscles after running or lifting.

LOWER BODY



UPPER BODY



DYNAMIC WARMUP

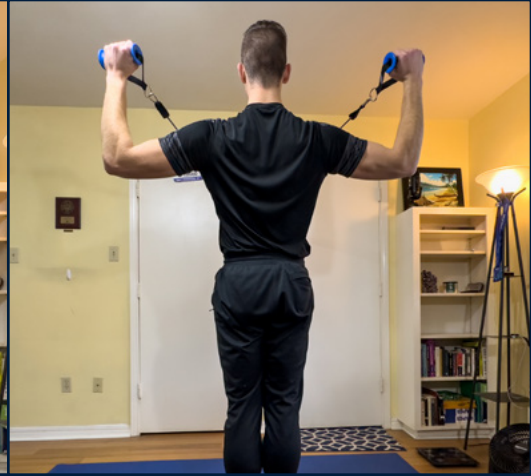


- A 10-15 min dynamic warmup with body parts used in the workout helps safe and effective performance.
- Dynamic warmups can be nonspecific, such as air-squats before a deadlift, or specific as in lifting an empty bar with perfect form.
- Before I run or lift I do mobility drills for 15-30 sec each.
- Examples Below from left to right are: leg-swings, high knees, and air squats. Upper body we have arm circles, band pull-aparts, and rowing with external rotation.

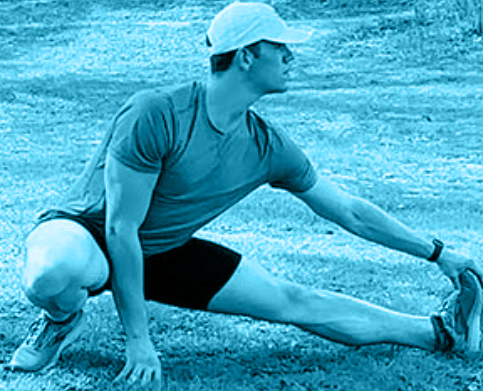
LOWER BODY



UPPER BODY



TIPS



Weight training tips

- Record progress in an excel spreadsheet or physical journal. Track the sets, reps, and weight for every exercise. This will allow you to track your progress over time and allow you to see if you need to make a change to allow for more growth.
- Compound lifts such as deadlifts, bench presses, and squats require 2-3 minutes of rest while smaller lifts such as hammer curls, lateral raises, and calf raise only require 1-2 minutes of rest due to the difference in muscle mass used.
- Put down your phone and focus on deep nasal breathing in between sets, this will aid in your ability to perform in the next set.
- Flexing the muscle group you are hitting in between sets has been shown to increase mind-muscle connection.

Cardio Tips

- Listen to your body and stretch what is tight or painful. Be conservative and take an extra rest day if you need to.
- Only add one mile every week if you are new to endurance training. Adding too much volume too fast can lead to unnecessary overtraining and burnout.
- Make running fun! Find a running partner or a podcast you enjoy while you run!
- I designed this program for myself. It is challenging and may not work for everyone. Give yourself grace and meet yourself where you are at and build a solid foundation wherever you may be.

Recovery tips

- Sleep at least 7 hours, and no more than 9 hours. This is because when you exercise, you are breaking down your tissues. The actual growth occurs when you sleep.
- Eat at minimum 1 gram of protein per pound of bodyweight. This is because if you are not eating enough protein, your body will not have the building blocks to maintain and grow muscle.
- Do not leave out stretching! Flexibility is your friend and will help prevent injury along with taking a rest day.

GLOSSARY



- **ROM:** Range of motion of a joint such as the knee. Aim for full range of motion, full flexion and full extension unless indicated.
- **ECCENTRIC:** The lowering phase of the movement. Control the weight, do not let gravity do the work.
- **CONCENTRIC:** The upward phase of the movement.
- **ISOMETRIC:** The angle of your joint does not move. Example is a static plank hold.
- **HYPERTROPHY:** An increase and growth of muscle cell size.
- **REP(S):** How many times an exercise is performed or repeated each set
- **SET:** How many times you perform the prescribed reps between rest.

- **VOLUME:** Equals the amount of reps multiplied by the amount of weight.
- **INTENSITY:** How difficult the exercise is. For example, if 10 reps are prescribed, you should struggle to get an 11th rep if you tried. Failing a set is always a possibility and a high intensity is necessary for growth.
- **OVERLOAD:** By dosing volume and intensity properly muscle and bone tissue will be broken down. This tissue will be flagged for repair in order to adapt to the stimulus by growing stronger during sleep.
- **REST:** Focus on nasal breathing and taking large inhales. Try contracting the bodypart you are working on while waiting. Smaller movements generally require 1-2 minutes of rest while large-compound movements may require 2-5 minutes.
- **FLEXIBILITY:** ROM of a joint. If you lack flexibility, some movements such as the squat will be impossible to perform with proper form. To correct this, focused stretching may be indicated to allow full ROM.

ABOUT ME

- Carter Gansky is a Doctor of Physical Therapy student who aims to simplify health and fitness.
- With a Bachelor of Science in Kinesiology Motor Behavior and a decade of fitness experience, Carter is an expert of the movement system.
- Carter is the founder of many platforms, including his [YouTube channel](#) and [website](#)
- Through these platforms, Carter uses his education and passion for health to empower others to achieve their health goals.

HEALTH ADVOCATE



Core Values

- **Integrity**
- **Honor**
- **Health**
- **Humility**
- **Selfless-Service**