PERIODIZED TRAINING TEMPLATE

This training plan serves as an example of how periodized training can be structured across different phases. Trainers should adjust exercises, duration and intensity based on individual goals, fitness levels, and recovery needs. Use this template as a starting point to develop customized programs that ensure steady progress while balancing strength, endurance and recovery. Visit the Research Hub for more insights on periodized training and best practices for implementation.

Days/ Weeks	Phase	Training Focus	Strength Exercises	Endurance Activities	Aim
1	Foundation	Build strength and endurance	Bodyweight Squats: 3x10-15 Push-Ups: 3x 8-12 Lunges: 3x10-12/leg Planks: 3x 30-60 sec	Moderate-intensity cardio: 30-45 mins, 2x/ week	Learn proper form and technique
2	Foundation	Build strength and endurance	Dumbbell Lunges: 3x10-15/leg Dumbbell Rows: 3x10-15 Dumbbell Chest Press: 3x10-15	Moderate-intensity cardio: 30-45 mins, 3x/ week	Gradually increase duration
3	Intensity	Increase intensity and load	Dumbbell Deadlifts: 4x 8-10 Bench Press: 4x 6-8 Dumbbell Squats: 4x 8-10	HIIT: 30 sec sprints, 90 sec rest, 6-8 rounds	Ensure proper recovery between sessions
4	Intensity	Increase intensity and load	Bench Press: 4x 6-8 Barbell Squats: 4x 6-8 Pull-Ups: 4x 6-8	HIIT: 30 sec sprints, 90 sec rest, 6-8 rounds	Monitor progress and adjust weights accordingly
5	Recovery	Enhance recovery and maintain fitness	Resistance Bands: 2-3x10-12 Bodyweight Exercises or Yoga	Low-intensity activities: 30-60 mins, 2-3x/week	Focus on mobility and flexibility
6	Recovery	Enhance recovery and maintain fitness	Light Circuit Training: 2-3x10-12 Core Stability	Low-intensity activities: 30-60 mins, 2-3x/week	Encourage active recovery

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Week X Plan

Phase: Foundation

	Reps 10-15	Set 1 Weight	Set 2 Weight	Set 3 Weight	Set 4 Weight	Client Feedback (1-10)
Day: Monday						
Squats						
Push-Ups						
Back extensions						
Planks						
Stretches						
Day: Thursday						
Squats						
Push-Ups						
Back extensions						
Planks						
Stretches						
Days: Tuesday & Saturday						
Exercises: 30 minutes						
Indoor Cycling (zone 2)						
Treadmill Running (zone 2)						

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