



APEX HYBRID ATHLETE

SPECIALTY PERFORMANCE PLAN

APEX SPORTS & FITNESS • OFFICIAL TRAINING SYSTEM

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Introduction

MISSION: The build of a lifter with the engine of an endurance athlete — trained simultaneously.

Strength and endurance adaptations partly compete (the “interference effect”), so most people training both make progress at neither. This 8-week plan minimizes the interference: hard lifting and hard running never share a day, intensities are sequenced deliberately, and recovery is treated as programming, not an afterthought. It is an advanced plan that assumes honest sleep and ample food.

What You'll Gain

- Push a heavy squat and deadlift while your mile, row, or ruck gets faster
- A weekly structure proven to manage strength–endurance interference
- Hybrid capacity: power expressed under fatigue, cleanly
- The recovery discipline that separates hybrid athletes from burned-out ones

LENGTH	DAYS / WEEK	SESSION TIME	LEVEL
8 Weeks	5–6	60–90 min	Advanced

READ THIS FIRST

Stick to the programming as written before you customize it. If you miss a session, pick it up at your next opportunity — never stack two hard days together to “catch up,” and never add extra volume to tire yourself out. The plan is dosed deliberately; adding more usually slows your results.

Explanations & How to Read the Tables

RPE & RIR (How Hard Each Set Should Be)

Sets are prescribed by **RPE** (Rate of Perceived Exertion, 1–10) or **RIR** (Reps In Reserve). RPE 8 = you could have done about 2 more clean reps; RIR 2 means the same thing. On strong days you'll need more weight to hit the target; on tired days, less. That's autoregulation working — trust it.

Supersets

Exercises marked as a superset are performed back-to-back with no rest between them, then you rest after the pair. If your gym is too busy to hold two stations, run them as straight sets instead — finish all sets of one exercise, then move on. Don't let logistics derail the session.

Rest Periods

Rest periods are listed per exercise and **tighten as the weeks progress** — that's a deliberate conditioning stimulus. The exception is the main strength lifts: their rest stays long throughout, because cutting rest on heavy compounds turns a strength exercise into an endurance exercise and defeats its purpose.

Tempo

Perform every rep controlled: the lifting (concentric) portion can be explosive, but lower the weight slowly and under control. If you can't control the negative, the weight is too heavy.

The Weight Used Column

Every table ends with a blank **WEIGHT USED** column. Print the plan (or copy the layout into your notes) and log your top weight each session. Beating last week's number — by a rep or a small load increase — is the entire progression engine of this program.

Scaling

Every exercise can be scaled and doing so is not failure — it's precision. Common swaps: assisted or band pull-ups for strict pull-ups; split squats holding support for pistol squats; kettlebell deadlifts for barbell deadlifts; incline push-ups for dips. Keep the movement pattern, reduce the difficulty, progress over time.

Zone 2 Defined

Zone-2 endurance work means nasal-breathing or full-conversation pace — roughly 60–70% of max heart rate. It should feel almost too easy. That restraint is what lets you lift heavy the next day, and it is where the aerobic engine is actually built.

Warm-Up Protocol

Warming up is compulsory. Every session begins with 5–10 minutes of low-intensity aerobic work (jog, bike, row, jump rope, or shadow work) until you've built a light sweat, followed by the dynamic circuit below. The goal is blood flow, joint lubrication, and rehearsing the day's movement patterns — not fatigue.

EXERCISE	REPS	PURPOSE
World's Greatest Stretch	5 / side	Hips, hamstrings, T-spine in one move
Deep Squat Hold + Reach	5 x 5 sec	Ankle & hip mobility, squat pattern
Leg Swings (front & side)	10 / leg	Dynamic hip range
Band Pull-Apart	15	Rear delts, shoulder health
Band Over-and-Back	10	Shoulder mobility — go slow, never force
Push-Up to Down-Dog	8	Shoulders, core, hamstrings
Dead Bug	8 / side	Core bracing pattern
Pogo Hops	20	Ankle stiffness, elastic priming

After the circuit, perform 2–3 ramping sets of the day's first main lift, starting with the empty bar and adding weight each set. You should reach your first working set warm, primed, and not tired.

Active Recovery Menu

Active recovery days are where adaptation happens. The aim is movement that speeds recovery and burns additional calories *without* adding meaningful fatigue. If you are constantly sore, you are not progressing — these sessions keep you fresh enough to hit the hard days hard. Pick **one** option per active recovery day.

Option A — Aerobic Restoration

Long, low-intensity work at a conversational pace (you can talk in full sentences or breathe through your nose throughout). Choose run, cycle, row, swim, or hike — ideally something that flushes the muscles you trained hardest this week.

LEVEL	DURATION
Beginner	20–30 minutes
Intermediate	40–60 minutes
Advanced	60–90 minutes

Option B — Mobility & Reset

20–30 minutes of unhurried mobility: foam rolling the day's tight spots, hip and shoulder openers, and 5 minutes of slow nasal breathing to finish. Best used the day after your heaviest session.

Option C — Mixed Modality

Pick three easy activities and rotate through them — for example bike / row / brisk walk. Beginner: 5 minutes each. Intermediate: 10 minutes each. Advanced: 15 minutes each. Effort stays easy throughout; variety keeps it interesting, not harder.

Option D — Loaded Walk (Ruck)

Load a sturdy backpack and walk at a brisk pace — never run under load. New to it: 20–35 lb for 30–45 minutes. Experienced: 45 lb+ for up to 60–90 minutes. Build weight or time, not both at once, and stop if your posture breaks down.

High-Intensity Conditioning Menu

These sessions build your engine. They are short, hard, and honest — pick **one** per conditioning day, rotate through the menu across the block, and scale to your level. Quality rule: the moment your movement gets sloppy, rest longer or end the session. Sloppy reps build injuries, not fitness.

Option A — Sprint Repeats

Sprint 40–60 m at near-max effort, walk back slowly as your recovery. On a treadmill: 10 seconds on, 20 seconds straddling the belt. Beginner 6–8 sprints, Intermediate 10, Advanced 12–15.

Option B — Bodyweight Gauntlet

Complete all reps of each movement before starting the next: **80 push-ups, 80 sit-ups, 40 dips** (or 40 pull-ups / 80 flutter kicks / 80 air squats as an alternate). Every time you must break, run 200 m before resuming. Beginner: halve the reps. Advanced: add a weighted vest.

Option C — Kettlebell Engine

With one kettlebell: 400 m carry, 75 swings, 200 m carry, 40 swings, then a 100 m empty-handed sprint. Beginner 25–35 lb, Intermediate 40–55 lb, Advanced: add a 200 m carry and 50 swings to the front.

Option D — Sandbag Descent

Descending ladder with a sandbag: squats 40–30–20–10 alternating shoulders, paired with ground-to-shoulder get-ups 20–15–10–5. Beginner 25–35 lb, Intermediate 35–50 lb, Advanced 50–75 lb. Form first — this one punishes sloppiness.

Option E — Jump & Core Rounds

10 rounds: 10 squat jumps + 10 four-count flutter kicks. Tiny footprint, brutal output. Beginner: swap flutter kicks for reverse crunches. Advanced: weighted vest.

Option F — Interval Machine

On a rower, bike, or ski erg: 8–12 rounds of 30 seconds hard / 90 seconds easy. Hold your output within 5% across all rounds — pacing is the skill being trained.

WEEK ONE

PHASE: BASE

Groove the patterns and build the aerobic base. Zone 2 means ZONE 2.

DAY ONE — LOWER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	5	150–180s	
Romanian Deadlift	4	8	90s	
Bulgarian Split Squat	3	10 / side	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hanging Leg Raise	3	12	90s	
Back Extension	3	15	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push or Loaded Carry	4	30 m	90s	

DAY TWO — ENDURANCE (LONG ZONE 2)

45 min Zone 2 (run or row). Conversation pace throughout — discipline today buys performance tomorrow.

DAY THREE — UPPER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	4	6	120s	
Barbell Bench Press	4	6–8	120s	
Barbell Row	4	8–10	90s	
Half-Kneeling Landmine Press	3	8 / side	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Face Pull	3	15	90s	
Pallof Press	3	10 / side	90s	

DAY FOUR — ENDURANCE (INTERVALS)

Warm up thoroughly, then 6 x 2 min hard / 2 min easy at hard-but-repeatable effort; cool down 10 min easy.

DAY FIVE — POWER / HYBRID

Alternate power with engine work. Movement quality holds even as fatigue rises — if it doesn't, rest longer or cut a round.

BLOCK A — POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean	5	3	120s	

BLOCK B — ENGINE (MINIMAL REST)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Row 250 m + 10 Burpees	5	rounds	move steadily	

BLOCK C — CARRY

EXERCISE	SETS	REPS	REST	WEIGHT USED
Farmer Carry (heavy)	4	40 m	90s	

DAY SIX — LONG AEROBIC

60 min easy mixed-modal, or one High-Intensity Conditioning option if you feel fresh (Peak weeks only).

DAY SEVEN — REST

Full rest. Eat like an athlete with two jobs — because this block is exactly that.

WEEK TWO

PHASE: BASE

Beat the log where you can; hold the line where you can't. Both are progress in a hybrid block.

DAY ONE — LOWER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	5	150–180s	
Romanian Deadlift	4	8	90s	
Bulgarian Split Squat	3	10 / side	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hanging Leg Raise	3	12	90s	
Back Extension	3	15	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push or Loaded Carry	4	30 m	90s	

DAY TWO — ENDURANCE (LONG ZONE 2)

50 min Zone 2. Conversation pace throughout — discipline today buys performance tomorrow.

DAY THREE — UPPER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	4	6	120s	
Barbell Bench Press	4	6–8	120s	
Barbell Row	4	8–10	90s	
Half-Kneeling Landmine Press	3	8 / side	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Face Pull	3	15	90s	
Pallof Press	3	10 / side	90s	

DAY FOUR — ENDURANCE (INTERVALS)

Warm up thoroughly, then 7 x 2 min / 2 min at hard-but-repeatable effort; cool down 10 min easy.

DAY FIVE — POWER / HYBRID

Alternate power with engine work. Movement quality holds even as fatigue rises — if it doesn't, rest longer or cut a round.

BLOCK A — POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean	5	3	120s	

BLOCK B — ENGINE (MINIMAL REST)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Row 250 m + 10 Burpees	5	rounds	move steadily	

BLOCK C — CARRY

EXERCISE	SETS	REPS	REST	WEIGHT USED
Farmer Carry (heavy)	4	40 m	90s	

DAY SIX — LONG AEROBIC

65 min easy, or one High-Intensity Conditioning option if you feel fresh (Peak weeks only).

DAY SEVEN — REST

Full rest. Eat like an athlete with two jobs — because this block is exactly that.

WEEK THREE

PHASE: LOAD

Loading begins: a set added soon and rest tightening. Fuel accordingly.

DAY ONE — LOWER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	5	150–180s	
Romanian Deadlift	4	8	75–90s	
Bulgarian Split Squat	3	10 / side	75–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hanging Leg Raise	3	12	75–90s	
Back Extension	3	15	75–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push or Loaded Carry	4	30 m	75–90s	

DAY TWO — ENDURANCE (LONG ZONE 2)

50 min Zone 2. Conversation pace throughout — discipline today buys performance tomorrow.

DAY THREE — UPPER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	4	6	120s	
Barbell Bench Press	4	6–8	120s	
Barbell Row	4	8–10	75–90s	
Half-Kneeling Landmine Press	3	8 / side	75–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Face Pull	3	15	75–90s	
Pallof Press	3	10 / side	75–90s	

DAY FOUR — ENDURANCE (INTERVALS)

Warm up thoroughly, then 8 x 2 min / 2 min at hard-but-repeatable effort; cool down 10 min easy.

DAY FIVE — POWER / HYBRID

Alternate power with engine work. Movement quality holds even as fatigue rises — if it doesn't, rest longer or cut a round.

BLOCK A — POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean	5	3	120s	

BLOCK B — ENGINE (MINIMAL REST)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Row 250 m + 10 Burpees	5	rounds	move steadily	

BLOCK C — CARRY

EXERCISE	SETS	REPS	REST	WEIGHT USED
Farmer Carry (heavy)	4	40 m	90s	

DAY SIX — LONG AEROBIC

70 min easy, or one High-Intensity Conditioning option if you feel fresh (Peak weeks only).

DAY SEVEN — REST

Full rest. Eat like an athlete with two jobs — because this block is exactly that.

WEEK FOUR

PHASE: LOAD

Beat the log where you can; hold the line where you can't. Both are progress in a hybrid block.

DAY ONE — LOWER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	6	5	150–180s	
Romanian Deadlift	5	8	75–90s	
Bulgarian Split Squat	4	10 / side	75–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hanging Leg Raise	4	12	75–90s	
Back Extension	4	15	75–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push or Loaded Carry	5	30 m	75–90s	

DAY TWO — ENDURANCE (LONG ZONE 2)

55 min Zone 2. Conversation pace throughout — discipline today buys performance tomorrow.

DAY THREE — UPPER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	5	6	120s	
Barbell Bench Press	5	6–8	120s	
Barbell Row	5	8–10	75–90s	
Half-Kneeling Landmine Press	4	8 / side	75–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Face Pull	4	15	75–90s	
Pallof Press	4	10 / side	75–90s	

DAY FOUR — ENDURANCE (INTERVALS)

Warm up thoroughly, then 5 x 3 min / 2 min at hard-but-repeatable effort; cool down 10 min easy.

DAY FIVE — POWER / HYBRID

Alternate power with engine work. Movement quality holds even as fatigue rises — if it doesn't, rest longer or cut a round.

BLOCK A — POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean	5	3	120s	

BLOCK B — ENGINE (MINIMAL REST)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Row 250 m + 10 Burpees	5	rounds	move steadily	

BLOCK C — CARRY

EXERCISE	SETS	REPS	REST	WEIGHT USED
Farmer Carry (heavy)	4	40 m	90s	

DAY SIX — LONG AEROBIC

70 min easy, or one High-Intensity Conditioning option if you feel fresh (Peak weeks only).

DAY SEVEN — REST

Full rest. Eat like an athlete with two jobs — because this block is exactly that.

WEEK FIVE

PHASE: LOAD

Beat the log where you can; hold the line where you can't. Both are progress in a hybrid block.

DAY ONE — LOWER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	6	5	150–180s	
Romanian Deadlift	5	8	75–90s	
Bulgarian Split Squat	4	10 / side	75–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hanging Leg Raise	4	12	75–90s	
Back Extension	4	15	75–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push or Loaded Carry	5	30 m	75–90s	

DAY TWO — ENDURANCE (LONG ZONE 2)

60 min Zone 2. Conversation pace throughout — discipline today buys performance tomorrow.

DAY THREE — UPPER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	5	6	120s	
Barbell Bench Press	5	6–8	120s	
Barbell Row	5	8–10	75–90s	
Half-Kneeling Landmine Press	4	8 / side	75–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Face Pull	4	15	75–90s	
Pallof Press	4	10 / side	75–90s	

DAY FOUR — ENDURANCE (INTERVALS)

Warm up thoroughly, then 6 x 3 min / 2 min at hard-but-repeatable effort; cool down 10 min easy.

DAY FIVE — POWER / HYBRID

Alternate power with engine work. Movement quality holds even as fatigue rises — if it doesn't, rest longer or cut a round.

BLOCK A — POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean	5	3	120s	

BLOCK B — ENGINE (MINIMAL REST)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Row 250 m + 10 Burpees	5	rounds	move steadily	

BLOCK C — CARRY

EXERCISE	SETS	REPS	REST	WEIGHT USED
Farmer Carry (heavy)	4	40 m	90s	

DAY SIX — LONG AEROBIC

75 min easy, or one High-Intensity Conditioning option if you feel fresh (Peak weeks only).

DAY SEVEN — REST

Full rest. Eat like an athlete with two jobs — because this block is exactly that.

WEEK SIX

PHASE: PEAK

Peak demand. If strength AND run times slip together, you're under-recovered — add food and sleep, not work.

DAY ONE — LOWER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	6	5	150–180s	
Romanian Deadlift	5	8	60–75s	
Bulgarian Split Squat	4	10 / side	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hanging Leg Raise	4	12	60–75s	
Back Extension	4	15	60–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push or Loaded Carry	5	30 m	60–75s	

DAY TWO — ENDURANCE (LONG ZONE 2)

60 min Zone 2. Conversation pace throughout — discipline today buys performance tomorrow.

DAY THREE — UPPER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	5	6	120s	
Barbell Bench Press	5	6–8	120s	
Barbell Row	5	8–10	60–75s	
Half-Kneeling Landmine Press	4	8 / side	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Face Pull	4	15	60–75s	
Pallof Press	4	10 / side	60–75s	

DAY FOUR — ENDURANCE (INTERVALS)

Warm up thoroughly, then 4 x 4 min / 3 min at hard-but-repeatable effort; cool down 10 min easy.

DAY FIVE — POWER / HYBRID

Alternate power with engine work. Movement quality holds even as fatigue rises — if it doesn't, rest longer or cut a round.

BLOCK A — POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean	5	3	120s	

BLOCK B — ENGINE (MINIMAL REST)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Row 250 m + 10 Burpees	5	rounds	move steadily	

BLOCK C — CARRY

EXERCISE	SETS	REPS	REST	WEIGHT USED
Farmer Carry (heavy)	4	40 m	90s	

DAY SIX — LONG AEROBIC

80 min easy, or one High-Intensity Conditioning option if you feel fresh (Peak weeks only).

DAY SEVEN — REST

Full rest. Eat like an athlete with two jobs — because this block is exactly that.

WEEK SEVEN

PHASE: PEAK

Beat the log where you can; hold the line where you can't. Both are progress in a hybrid block.

DAY ONE — LOWER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	6	5	150–180s	
Romanian Deadlift	5	8	60–75s	
Bulgarian Split Squat	4	10 / side	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hanging Leg Raise	4	12	60–75s	
Back Extension	4	15	60–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push or Loaded Carry	5	30 m	60–75s	

DAY TWO — ENDURANCE (LONG ZONE 2)

65 min Zone 2. Conversation pace throughout — discipline today buys performance tomorrow.

DAY THREE — UPPER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	5	6	120s	
Barbell Bench Press	5	6–8	120s	
Barbell Row	5	8–10	60–75s	
Half-Kneeling Landmine Press	4	8 / side	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Face Pull	4	15	60–75s	
Pallof Press	4	10 / side	60–75s	

DAY FOUR — ENDURANCE (INTERVALS)

Warm up thoroughly, then 5 x 4 min / 3 min at hard-but-repeatable effort; cool down 10 min easy.

DAY FIVE — POWER / HYBRID

Alternate power with engine work. Movement quality holds even as fatigue rises — if it doesn't, rest longer or cut a round.

BLOCK A — POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean	5	3	120s	

BLOCK B — ENGINE (MINIMAL REST)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Row 250 m + 10 Burpees	5	rounds	move steadily	

BLOCK C — CARRY

EXERCISE	SETS	REPS	REST	WEIGHT USED
Farmer Carry (heavy)	4	40 m	90s	

DAY SIX — LONG AEROBIC

80 min easy or event-sim, or one High-Intensity Conditioning option if you feel fresh (Peak weeks only).

DAY SEVEN — REST

Full rest. Eat like an athlete with two jobs — because this block is exactly that.

WEEK EIGHT

PHASE: DELOAD

Deload: roughly half volume, easy endurance, retest at week's end.

DAY ONE — LOWER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	3	5	150–180s	
Romanian Deadlift	2	8	90s	
Bulgarian Split Squat	2	10 / side	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hanging Leg Raise	2	12	90s	
Back Extension	2	15	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push or Loaded Carry	2	30 m	90s	

DAY TWO — ENDURANCE (LONG ZONE 2)

40 min Zone 2 easy. Conversation pace throughout — discipline today buys performance tomorrow.

DAY THREE — UPPER STRENGTH

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	2	6	120s	
Barbell Bench Press	2	6–8	120s	
Barbell Row	2	8–10	90s	
Half-Kneeling Landmine Press	2	8 / side	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Face Pull	2	15	90s	
Pallof Press	2	10 / side	90s	

DAY FOUR — ENDURANCE (INTERVALS)

Warm up thoroughly, then 4 x 2 min smooth at hard-but-repeatable effort; cool down 10 min easy.

DAY FIVE — POWER / HYBRID

Alternate power with engine work. Movement quality holds even as fatigue rises — if it doesn't, rest longer or cut a round.

BLOCK A — POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean	4	3	120s	

BLOCK B — ENGINE (MINIMAL REST)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Row 250 m + 10 Burpees	4	rounds	move steadily	

BLOCK C — CARRY

EXERCISE	SETS	REPS	REST	WEIGHT USED
Farmer Carry (heavy)	3	40 m	90s	

DAY SIX — LONG AEROBIC

45 min easy, or one High-Intensity Conditioning option if you feel fresh (Peak weeks only).

DAY SEVEN — REST

Full rest. Eat like an athlete with two jobs — because this block is exactly that.

Conclusion — What's Next

Completing Apex Hybrid Athlete is the beginning, not the finish line. In the final week, retest your key markers and compare them to Week 1 — the numbers will tell you exactly what improved and what to target next.

Retest Checklist

- Top squat and deadlift sets vs. Week 1
- Interval pace or wattage at the same heart rate vs. Week 1
- Zone-2 pace drift: same effort, faster pace = bigger engine
- Hybrid Day quality — power output late in the session

Take 3–5 easy days after your retest, then either run this program again at higher loads or rotate to another Apex program to develop a new quality. Strength, engine, and physique are built over years of consistent blocks — stack them.

STAY IN THE FIGHT

Questions, form checks, or exercise substitutions? Reach out through the Apex Sports & Fitness website and connect with other athletes running the same programs.

Safety, Recovery & Disclaimer

This program is a general training framework, not individualized medical advice. Consult your physician before starting, particularly if you have (or have a family history of) heart disease or high blood pressure, have experienced chest pain, smoke, are obese, or have a bone or joint problem that could be aggravated by exercise. Do not begin if your healthcare provider advises against it. If you feel faintness, dizziness, pain, or shortness of breath at any time, stop immediately. If you sustain an injury, seek medical advice before continuing. Use of the information in this program is solely at your own risk.

Recovery Rules

- **Sleep 7–9 hours.** It is the single most powerful recovery tool you have.
- **Watch your markers:** rising resting heart rate, poor sleep, low mood, and joint soreness that lingers all signal under-recovery.
- **Back off when** performance drops across multiple sessions — add food and sleep before adding work.
- **Deload weeks are mandatory.** They are programmed in; do not skip them or fill them with extra training.
- **Daily extras that cost nothing:** 10 minutes of stretching in the evening, foam rolling, walks, and time with people who recharge you. Mental recovery counts.

FUEL THE WORK

Training is half the equation. Pair this program with the **Apex Fuel System** nutrition framework to support performance, recovery, and body composition.