



# The Iron Age Athletics Hybrid Fitness Template

*used by Founder, Jeffrey Luke*



Fitness is the foundation that my ability to thrive is built upon. And through trial and error, and years of experimentation, I have found a core training philosophy that keeps me going. And thriving.

It's a hybrid model, consisting of equal parts running and weight training - and event-specific work, if needed.

I also believe in exercising every day, and have been for years. This #nodaysoff mentality has been a game-changer for me, and might be for you as well.

This type of training or exercising, combined with the every day mentality, keeps me in a “semper paratus” state - meaning I am always ready. If my buddies want to run a 1/2 marathon, I'm in. If I want to complete the Murph on Memorial Day, I can. If we enter a Spartan Race or DEKA event, I'll be ready. With a focus on weight training and running – I feel I am ready for anything at any time!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Long Run	Weight Training	Speed Work	Weight Training	Maintenance Run	Weight Training	Misc.
10-13 miles	Chest, back, shoulders	Intervals	Arms +	3-7 miles + striders	Leg day +	Hike, run or event specific training
Depending on my goals or time of year, this can vary widely, but 10-13 miles is a good base to maintain.  If my training gets intense or the long runs get really long, I'll move these to every other week.	e.g. Bench press & push-ups, rows, presses, pull-ups, dips.  You can introduce a lot of variety here, alternating weeks of barbell work and dumbbell work - or heavy vs. lighter weights.	Depending on my race calendar or other goals, this can vary widely as well, but maintaining speed on a regular basis allows me to get race-ready in no time.  Intervals can range anywhere from 200 meters to 2 miles.  This is a great area of your training to get input from a coach.	e.g. Bi's and tri's are the focus here - with other work that just doesn't fit the other days - like lat pulls, landmines and other auxiliary work.  You can introduce a lot of variety here as well, alternating weeks of barbell work and dumbbell work - or heavy vs. lighter weights.	This is good opportunity to get on the trails and enjoy the run.  This is an easy-paced run just to get your miles in.  If a race is approaching, I will do some short striders after this run to keep a focus on leg turnover.	e.g. Quad extensions, hamstring curls, lunges, squats, deadlifts, leg press.  I don't introduce a lot of variety here, unless an event is on the horizon, like the Murph, which means more squat work.  This is also a good day to include more auxiliary work specific to your needs.	If I need a rest/ recovery day, then I'll just hike.  Depending on the schedule, if I need more miles, I will run.  If a specific event is on the calendar like the Murph, or a Spartan race, I'll do something specific for that event.