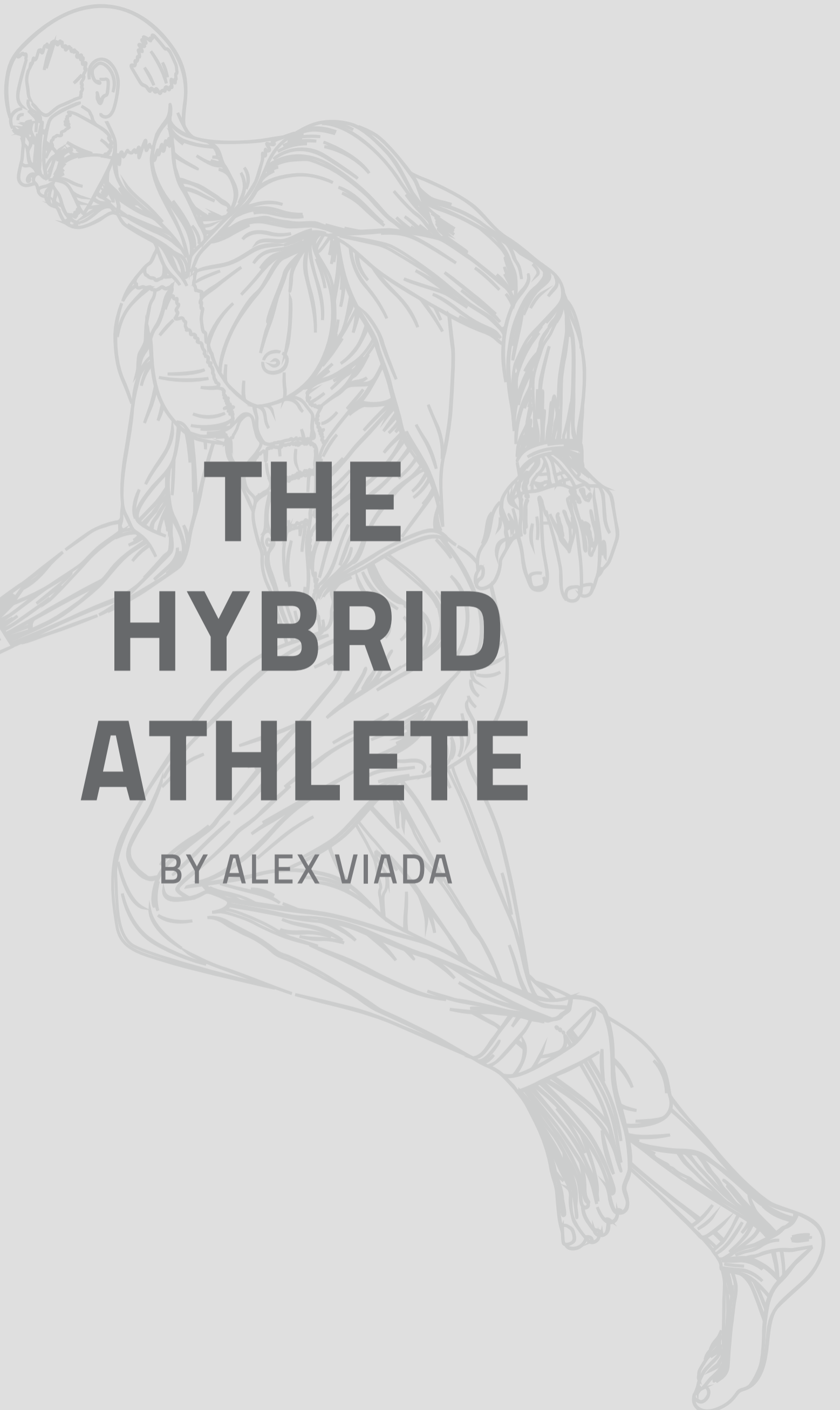


ALEX VIADA



# THE HYBRID ATHLETE



**THE  
HYBRID  
ATHLETE**

BY ALEX VIADA

# **PROGRAM:**

# **BEGINNER MARATHON**

# **STRENGTH**

**BY ALEX VIADA**

BEFORE YOU PURSUE ANY PHYSICAL FITNESS PROGRAM, ESPECIALLY ONE AS INTENSE AS THIS ONE. PLEASE CONSULT A DOCTOR. THIS BOOK MAY NOT BE REPRODUCED, TRANSMITTED, OR RECORDED IN ANY FORM WITHOUT PERMISSION FROM THE AUTHOR.

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# PROGRAMMING TABLE LEGEND

USAGE	EXERCISE	USAGE	EXERCISE
BBC	Barbell curl	IBP	Incline bench press
BP	Bench press	JS	Jump squat
BrP	Burpee	KBS	Kettlebell swing (Or Kentucky Breakfast Stout)
BBR	Barbell row	LC	Log clean
BS	Back squat	LP	Leg press
BTNPP	Behind the neck push press	LP	Log press
C&J	Clean and jerk	LR	Lateral raises
CD	Circus DB	MU	Muscle up
CGBP	Close grip bench press	OHS	Overhead squat
CR	Cuban rotations	PC	Power clean
DB	Dead bench	PP	Push press
BXJ	Box jump	PS	Power snatch
DBF	Dumbbell fly	PU (#)	Pull up (with added weight)
DBPO	Dumbbell pullover	RDL	Romanian deadlift
DBR	Dumbbell row	RP	Rack pull
DL	Deadlift	S	Snatch
DP	Deficit pull (deadlift)	SC/SL	Stone carry/Stone load
DS	Drop snatch	SGBBR	Snatch grip barbell row
FC	Farmer's carry/farmer's walk	SGDL	Snatch grip deadlift
FS	Front squat	SS	Split squat
GHR	Glute-ham raise	T2B	Toe to bar
HC	Hang clean	Th	Thrusters
HC	Hammer curl	WL	Walking lunge
HLR	Hanging Leg Raise	YW	Yoke walk
HP	High Pull	ZS	Zercher squat

# ENDURANCE

USAGE	EXERCISE
TR	Tempo run- zone 3.5-4.0 - +/- 10% of race pace
I/R	Intervals/repeats- zone 4.0+ - Above race pace
LSR	Long slow run- max zone 2.9 - Below race pace
LSRD	Long slow ride- max zone 2.0 - Below race pace
TT	Time trial + / - 5% of race pace - peak effort for given distance
MP	Mile pace
RP	Race pace
THRSH	Threshold pace - Unsustainable
RR/Rd/Rw	Recovery run/ride/row
RW	Row
AD	Airdyne

# RUNNING STRENGTH TRAINING ROUTINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>ME Upper</b></p> <p>Bench Press (BP) up to 1 rep training max (RTM) Close grip BP Snatch grip Pendlay Rows Kroc Rows</p>	<p><b>ME Lower</b></p> <p>Squat up to 1RTM Front squats Bulgarian Split Squats Leg Press</p> <p><b>Easy Run</b></p> <p>3 miles @ 4/10 RPE w/ 5 x 20 sec strides</p>	<p><b>OFF</b></p>	<p><b>Tempo Run</b></p> <p>4 miles @ 6-7/10 RPE</p>
<p><b>ME Upper</b></p> <p>BP up to 3RTM Close grip BP Snatch grip Pendlay Rows Kroc Rows</p>	<p><b>ME Upper</b></p> <p>Squat up to 2RTM Front squats Bulgarian Split Squats Leg Press</p> <p><b>Easy Run</b></p> <p>3 miles @ 4/10 RPE w/ 5 x 20 sec strides</p>	<p><b>OFF</b></p>	<p><b>Cruise Intervals</b></p> <p>1 mile w/u 2 x 2 miles @ 6/10 RPE w/ 3:00 rest 1 mile c/ds</p>

FRIDAY	SATURDAY	SUNDAY	NOTES
<p><b>DE Upper</b></p> <p>BP up to 5RM  Paused BP  Speed BP  Push Press  Shoulder work</p>	<p><b>DE Lower</b></p> <p>Deadlift up to 1RTM  Dimmels  Romanian Deadlifts  Bentover Barbell Rows</p> <p><b>Steady Run</b></p> <p>3 miles @ 5-6/10 RPE</p>	<p><b>Long Run</b></p> <p>8 miles @ 3/10 RPE</p>	<p><b>Week 16</b></p> <p><b>0.6</b></p> <p><b>18 miles</b></p>
<p><b>DE Upper</b></p> <p>BP up to 5RM  Paused BP  Speed BP  Push Press  Shoulder work</p>	<p><b>DE Lower</b></p> <p>Deadlift up to 3RTM  Dimmels  Romanian Deadlifts  Bentover Barbell Rows</p> <p><b>Easy Run</b></p> <p>3 miles @ 3/10 RPE</p>	<p><b>Long Run</b></p> <p>6 miles @ 3/10 RPE</p>	<p><b>Week 15</b></p> <p><b>0.6</b></p> <p><b>18 miles</b></p>

# OVERVIEW

Race: Marathon

Strength Training: Powerlifting

Level: Intermediate

Peak Mileage: 30 Miles

Phase: Base Building

This program split is meant for an individual interested in a concurrent running and strength training program with emphasis on improving maximum capacity in both areas. This type of program can be used for athletes with any level of experience if modified appropriately. “Concurrent” in this program refers to training for peak strength and endurance during any given week. A deload week should also be incorporated every 4 to 6 weeks for maximal improvement. I usually recommend looking at multiple workouts on the same day as essentially one training stimulus and encourage that the workouts be closely spaced temporally if possible, with the lifting occurring first followed by the run.

## HOW TO LAYOUT A PROGRAM

The first consideration should be how many days per week the individual will be running and lifting. This often depends on the athlete’s training background, as most individuals who wish to pursue this type of training



come from either an endurance or a strength background. An individual with a strength background will be able to handle more lifting stimuli and recover more quickly from heavy weight lifting sessions. Alternatively, an athlete with an endurance background will be able to handle a higher volume of running days with higher intensity initially than an athlete with a strength background. Whatever the individual's background, once the number of days per week of lifting and weight training sessions are determined the weekly routine can be laid out.

For most individuals, this will include 3 to 4 weight training sessions and 3 to 5 programmed runs each week. Since most individuals work a standard weekday/weekend schedule, the individual will likely be the most fresh at the beginning of the week. It is therefore preferred to have the most intense running sessions and heavy weight sessions programmed at this time. More intense running sessions include interval work, repeats, and fast finish runs. Heavy weight sessions typically include a compound movement working up to a double or single rep max. Sessions that require less mental focus are typically programmed towards the end of the week and often include tempo runs, easy runs, long runs, and dynamic effort lifts. Easy runs are also spaced throughout the week to optimize recovery, in addition to off days, depending on the athlete's training background and level of experience.

## HOW TO PROGRAM THE LIFTS

The specific routine for lifting will depend on the athlete's primary goals for strength and endurance training. The type of primary and ancillary lifts will depend on the individual's primary lifting focus- powerlifting (squat, bench,

deadlift) versus Olympic lifts (snatch and clean and jerk) versus general strength/injury prevention (combination of the aforementioned plus emphasis on core and single leg work). However, regardless of the specific lifting interest, the athlete should focus on 1 to 2 compound movements and up to 4 ancillary lifts per workout. The sessions should take no more than 60-90 minutes to complete since efficiency of training is extremely important given the total volume of work performed by the athlete throughout the week.

The individual lifts should be tailored to the athlete's specific goals and weaknesses. For instance, an athlete interested in powerlifting should spend one workout per week directed towards each of the primary lifts- squat, bench and deadlift. If the athlete is lifting four times a week then the fourth workout should focus on dynamic movements, particularly for bench press since these are muscle groups that are not receiving the same volume of training as the lower body. Ancillary lifts in this case should then target factors that affect technique, speed, and specific muscle groups that weaken the overall lift.

For general strength and injury prevention, compound movements can be used to identify and treat imbalances in both the upper and lower body. Specific areas of focus should include the shoulder girdle, chest, upper back, lower back, hamstrings and quadriceps. When designing a program, consider the athlete's physique, lifting and running experience, and specific running distance. For longer distance events like marathons and ultramarathons, consider the effects of fatigue that can lead to rounding of the shoulders and lower back fatigue, which can be addressed with lifts that focus on the posterior chain, deltoids and traps. For shorter distance runs, one might consider adding in Olympic lifts to work on speed and

power production. In addition to compound lifts, exercises that isolate the right and left quadriceps, hamstrings and glutes like single leg stiff legged deadlifts or Bulgarian split squats can also be used to address imbalances.

## HOW TO PROGRAM THE RUNS

Each running session should be targeted towards the individual's specific goals and weaknesses. The peak running volume will likely be far less than for a runner who is not engaged in hybrid training. This is because the lower body weight lifting sessions are used to "pre-fatigue" the athlete's legs prior to the runs, which is why the timing of the workouts is relevant- runs should occur immediately after lifts if possible (this also allows for optimal recovery from day to day and avoids the potential overtraining effect of two-a-day workouts). Note that this is not "ideal" for muscle growth- there are certain adaptations to strength training that endurance training will inhibit, particularly when the latter occurs immediately following the former. The benefits of consolidating these stressors and generating a cumulative training effect are worth it, however- the long slow run, besides its aerobic base building benefits, teaches strategy while fatigued, gets the runner accustomed to training on tired legs, and builds mental fortitude- utilizing lower body resistance training as a proxy for an additional hour of running the day prior to the LSR allows the individual to train the power lifts with intensity while maintaining the intended LSR training effect. This is one of the most crucial components (and major reason for efficacy) of this program!

As mentioned above, intense training runs like intervals and repeats should occur early in the week immediately after or on the day following a heavy,

lower body training session. If the athlete is specifically training for a running event, but wants to maintain strength during this training cycle, then 1 to 2 running sessions should occur as stand-alone training sessions without prior activity. This will allow the individual to get in 1 to 2 quality running sessions that build both confidence (because who wants to go out and run on tired legs every single day) and neuromuscular and physiologic adaptations specific for running. Often these “quality runs” will be tempo runs at race pace and long slow distance runs. This can be seen in the training week cycles included below.

## RECOVERY

The final consideration in the overall program development is recovery. This factor cannot be overemphasized, as the accumulation of stressors can be significant with concurrent strength and endurance programming. Recovery can involve complete rest with minimal to no activity or an active recovery session like an easy run or swim. Since the majority of stressors involve the lower body in this type of programming I also consider upper body strength days as a recovery day for the lower body. This means that advanced athletes who are accustomed to training 7 days per week can continue this frequency of training sessions with no lower body workouts or a light recovery run on their upper body lifting days.

## PROGRESSION

As mentioned above, this general routine can be modified for any level athlete from beginners to experienced individuals. The primary variables to modify include the intensity of strength and running sessions and total volume of lifting and running. For a beginner who is generally untrained in both lifting and running, the progression should be gradual, with emphasis

on technique for compound lifts and injury prevention and primarily easy runs with modulated progression in volume. Speed work should be introduced after a 4-8 week base building phase has been completed for the run.

An inexperienced runner with a background in lifting will be able to tolerate a greater number of heavy 1-2 rep max sessions and a higher volume of rep work with minimal immediate and delayed onset muscle soreness. Therefore, their specific routine might include more emphasis on heavy compound lifts as well as high volume rep work with only a 1-3 easy run workouts per week initially. As the individual becomes more proficient with running the intensity of running can be increased; adding in more interval, repeat and tempo sessions. On the other hand, an individual with a background in running will be able to tolerate a higher volume of speed and tempo work as well as a higher total volume of running sessions early on so concurrent periodization with proportionate emphasis on speed training and base building can be started early in the training program.

Regardless of experience level, any individual interested in this type of hybrid training is at risk for injuries related to overtraining given the high weekly volume of total training stimuli. An inexperienced runner is at risk for overuse injuries from undeveloped and untrained running biomechanics leading to shin splints, calf strain, Achilles tendonitis, plantar fasciitis, and stress fractures. The primary goal should be in prevention, with gradual progression of distance and speed. Even experienced runners can succumb to these types of overuse injuries so quick assessment of any symptoms suggestive of these injuries is imperative, with adjustments in running shoes, running technique, and training regimen. Lifting injuries are also possible and include acute injuries like a hamstring strain or pec tear to

repetitive stress injuries like biceps tendonitis or rotator cuff inflammation. Again, these are usually preventable with good communication between athlete and coach and constant assessment of lifting technique. And probably the most preventable yet common disruption in training comes from the dreaded “overtraining” effect, which can have detrimental physical and psychological effects on training. Here, again, prevention is the key with constant reassessment of training progression.

## **RATE OF PERCEIVED EXERTION SCALE (0-10/10)**

\*Note: as it applies to marathon specific training

- 0 - rest
- 1 - walk
- 2 - recovery run
- 3 - long run
- 4 - easy run pace
- 5 - marathon pace
- 6 - half marathon pace
- 7 - 5k pace
- 8 - 800m pace
- 9 - 400m pace
- 10 - full out sprint