

Fitness Program: Phase 1 (Weeks 1-8)

Goals

- Maximize cardiovascular health
- Lose weight (target BMI 20-23)
- Build a strong aerobic base
- Develop strength toward first pull-up and eventual muscle-up
- Improve stair climbing and hiking endurance
- Increase flexibility and mobility

Training Structure

- 2 sessions per day
 - Maximum 40 minutes per session
 - 6 training days per week
 - 1 active recovery day per week
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Monday

AM: Run Intervals (30-40 min)

- 5 min brisk walk warm-up
- 8 rounds:
 - 1 min jog (6.0 mph)
 - 2 min walk
- Cooldown walk

PM: Upper Body Strength

- Incline Push-Ups: 4 x 8-12
 - Assisted Pull-Ups: 4 x 5-8
 - Bench Dips or Assisted Dips: 3 x 8-12
 - Inverted Rows: 3 x 8-12
 - Plank: 3 x 30-45 sec
 - Dead Hang: 2 x 20 sec
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Tuesday

AM: Zone 2 Cardio (35-40 min)

Choose one:

- Incline treadmill walk
- Outdoor brisk walk
- Easy cycling

Intensity:

- Conversational pace
- Can comfortably speak full sentences

PM: Mobility (20-30 min)

- Ankle mobility
 - Hip mobility
 - Hamstring stretching
 - Thoracic spine mobility
 - Shoulder mobility
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Wednesday

AM: Run Progression (30-40 min)

- Run continuously as long as possible
- Walk when necessary
- Resume running
- Repeat until session ends

Track:

- Longest continuous running segment

PM: Core & Mobility (20 min)

- Plank: 3 x 45 sec
 - Side Plank: 3 x 20 sec per side
 - Dead Bug: 3 x 10
 - Mobility work
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Thursday

AM: Lower Body + Stair/Hike Strength

- Goblet Squat: 3 x 10-12
- Step-Ups: 3 x 10 per leg

- Walking Lunges: 3 x 16 steps
- Calf Raises: 3 x 15

PM: Easy Cardio (30 min)

Choose one:

- Easy walk
- Easy cycling

Intensity:

- Very easy
 - Recovery focused
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Friday

AM: Tempo Session (30-40 min)

- 5 min warm-up
- 15-20 min comfortably hard pace
- Cooldown

Notes:

- Do not sprint
- Effort should feel sustainable

PM: Upper Body Strength

- Incline Push-Ups: 4 x 8-12
 - Assisted Pull-Ups: 4 x 5-8
 - Bench Dips or Assisted Dips: 3 x 8-12
 - Inverted Rows: 3 x 8-12
 - Plank: 3 x 30-45 sec
 - Dead Hang: 2 x 20 sec
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Saturday

AM: Long Zone 2 Session (40 min)

Choose one:

- Incline treadmill walk
- Outdoor hike
- Stair machine
- Light ruck walk

Intensity:

- Conversational pace

PM: Mobility Session (20-30 min)

Focus areas:

- Hips
 - Hamstrings
 - Ankles
 - Shoulders
 - Thoracic spine
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Sunday

AM: Recovery Walk (20-40 min)

- Easy pace
- Recovery focused

PM: Upper Body Skill Practice (10-15 min)

- Assisted Pull-Ups: 2 x 5
- Incline Push-Ups: 2 x 10
- Dead Hang: 2 x 20 sec

Notes:

- Not a workout
 - Practice only
 - Avoid fatigue
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Progression Rules

Running

Every 1-2 weeks:

- Increase jogging time
- Decrease walking time
- Track longest continuous run

Initial milestone:

- Run 1 mile continuously

Next milestone:

- Run 3 miles continuously

Strength

When all sets reach the top of the rep range:

- Lower push-up incline slightly
- Reduce pull-up assistance slightly
- Increase difficulty gradually

Mobility

Goal:

- Daily movement quality
- Improved squat depth
- Improved shoulder mobility
- Improved ankle mobility

Month 1 Targets

- Run 1 mile continuously
- Perform significantly more push-ups
- Reduce pull-up assistance
- Lose 4-8 lbs (with appropriate nutrition)
- Notice improved mobility and recovery

Long-Term Targets

- Run 5 miles continuously
- Achieve sub-7:00 mile pace for 5 miles
- Perform pull-ups
- Achieve a muscle-up
- Climb many flights of stairs without stopping

- Hike several hours comfortably with a pack
- Reach target body composition
- Maintain excellent mobility and flexibility

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