

4 SAMPLE TRAINING WEEKS

STRENGTH • CONDITIONING • ENDURANCE • PERFORMANCE

Experience a representative week from four of our most popular training tracks.

Whether your goal is strength, endurance, body composition, or tactical readiness, these sample weeks will give you a look inside the programming methodology used by Garage Gym Athlete.

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WHICH TRACK FITS YOU?

Each track is designed with a specific focus. Choose the one that aligns with your goals.



HARD TO KILL

STRENGTH • CONDITIONING • DURABILITY
Best for tactical athletes, first responders, and hybrid fitness enthusiasts who need real-world performance.



SHRED

BODY COMPOSITION • WORK CAPACITY • ATHLETIC PERFORMANCE
Best for fat loss, body composition, and athletes who want to improve conditioning while maintaining strength.



STRENGTH

MAXIMUM STRENGTH • POWER DEVELOPMENT
Best for athletes focused on building barbell strength, increasing power, and moving more weight.



ENDURE

AEROBIC CAPACITY • STAMINA • RECOVERY EFFICIENCY
Best for runners, endurance athletes, and anyone looking to improve stamina and aerobic capacity.

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HARD TO KILL

STRENGTH • CONDITIONING • DURABILITY

Designed for athletes who need real-world performance. Hard to Kill combines strength training, work capacity, and conditioning to create durable, capable athletes.

SESSION 1

STRENGTH-SPEED PRIMER / GAIN

STRENGTH

- Power Clean
- 5 sets of 3 @ 50% 1RM
- Rest 1:15 between sets

CONDITIONING

- 10 rounds:
- 0:10 max effort (A. Bike / Hill Sprint / Sled Push)
- Rest 1:50

ACCESSORY

- 5 rounds:
- 3/4 side KB Push Press (heavy bell, alt. arms)
- Rest 1:30

CORE

- 3 rounds:
- 12 Ab-Mat Sit-up
- 10 V-up
- 0:30 Hollow Body Hold
- 8 Hanging Knee Raise
- Rest :30 between rounds

SESSION 3

STRENGTH-SPEED MAIN

POWER CLEAN

- Warm-up: 5 @ 50%, 3 @ 65%
- 6 x 3 @ 75% 1RM
- Rest 2:15 between working sets

Intent: Strength-Speed = heavy enough to be a real lift, light enough to move fast. If bar speed drops noticeably, end the set.

PUSH PRESS

- Warm-up: 5 @ 50%, 3 @ 65%
- 6 x 3 @ 70% 1RM
- Rest 2:00 between working sets

Intent: Press is a passing of the bar from chest to overhead via leg drive. Arm finish is the last 6 inches.

SESSION 2

SUSTAIN (MINOR) / MMANA TOUCH

CONDITIONING

- 3 rounds of 10:00, mixed modality:
- Each Round:
- 4:00 Run (threshold)
- 3:00 Row (threshold)
- 2:00 Bike (threshold)
- 1:00 easy transition

Pace: Threshold = 80-85% max HR. "Comfortably hard." Talk test breaks down - short phrases only. Sustained, not interval.

8:00 AMRAP

- 8 Burpees
- 10/8 cal Echo Bike
- 6 KB Swing (heavy, Russian)

Pace: All out. RPE 9. Lactate exposure is the point.

CORE

- 3 rounds:
- 0:30/side Side Plank w/ Reach-Through
- 12/side Russian Twist (med ball or DB)
- 8/side Renegade Row (light DBs)
- Rest 0:30 between rounds

SESSION 4

POWER-ENDURANCE

CONDITIONING

- 5 rounds of the 4-minute cycle:
- Min 1: 10 Wall Ball (20/14)
- Min 2: 8 Box Jump (24/20)
- Min 3: 12/10 cal Row
- Min 4: 8 Burpees Over the Bar

Pace: RPE 7-8.

CORE & CARRY

- 3 rounds:
- 8/side Half-Kneeling Pallof Press
- 0:45 Front Plank
- 2:45 Front Plank
- 10/side Bird Dog (2-count hold at top)
- 40ft/side Single-Arm Overhead Carry (moderate-heavy KB)
- Rest 0:20 between rounds

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SHRED

BODY COMPOSITION • WORK CAPACITY • ATHLETIC PERFORMANCE

Designed to improve body composition while maintaining strength and performance.

SESSION 1

8 MIN AMRAP

- 20s L Hang
- 15m Bear Crawl Forwards
- 15m Bear Crawl Backwards

SUPERSET A (REST :75)

- Close Grip Bench Press 3 x 12
- KB Plank Row 3 x 10

SUPERSET B (REST :75)

- Ring Dips 3 x 10
- Ring Rows 3 x 10

8 MIN AMRAP

- 15 Hollow Rocks
- 10 KB Clean & Push Press (5 ea. arm)
- 5 Strict Pull-Ups

Work at a steady pace ~75-80%. Take short rests as needed but push yourself to steadily work.

SESSION 3

STRENGTH & ACCESSORY

SUPERSET A (REST :75)

- Plank Press 3 x 12
- Ring Bicep Curl 3 x 12
- Ring Face Pull 3 x 12

SUPERSET B (REST :75)

- Single KB Press (tempo 2011) 3 x 10 ea.
- Diamond Push Ups (tempo 3000)
- KB Crush Curl 3 x 10
- Rest :75, elevate heels. Tempo 3101

FOR TIME...

- 30 Cal Row or 300m Run
- 30 Sit-Ups
- 10 Strict Toes to Bar
- REST 60s
- 25 Cal Row or 250m Run
- 25 Sit-Ups
- 15 Strict Toes to Bar
- REST 60s
- 20 Cal Row or 200m Run
- 20 Sit-Ups
- 20 Strict Toes to Bar

SESSION 2

STRENGTH & ACCESSORY

SUPERSET A (REST :75)

- Romanian Deadlift (tempo 3011) 3 x 12
- Split Squat (tempo 2001) 3 x 10 ea.
- Rest :75, elevate heels. Tempo 3101

SUPERSET B (REST :75)

- Glute Bridge 3 x 12
- Goblet Squat 3 x 10

4 ROUNDS FOR TIME

- 12 Cal Row/Dyne/Bike OR Run 100m
- 12 Leg Lowering over 3s
- 9 Box Jumps 30/24"
- 30s Slow Mountain Climbers
- 120s REST

SESSION 4

STRENGTH & METCON

SUPERSET A (REST :75)

- Reverse Lunges 3 x 10 ea.
- Chin-Up 3 x 10

SUPERSET B (REST :75)

- Front Squat (tempo 3000) 3 x 8
- KB Row (tempo 2000) 3 x 10 ea.

5 MIN AMRAP

- 2-4-6-8-10-12...keep adding 2 reps per round
- *Inverted Rows
- *5 cal Row/Bike or 50m Run between each set
- REST 120s

5 MIN AMRAP

- 2-4-6-8-10-12...keep adding 2 reps per round
- *Sit Ups
- *25 Double Unders between each set
- REST 120s

5 MIN AMRAP

- 2-4-6-8-10-12...keep adding 2 reps per round
- *Wall Ball or DB Thrusters
- *5 cal Row/Bike or 50m Run between each set

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STRENGTH

MAXIMUM STRENGTH • POWER DEVELOPMENT

Built for athletes focused on improving barbell strength and force production.

SESSION 1

LOWER STRENGTH

- Back Squat 4 x 12 @ 60%
- Cluster sets (4-4-4) rest 20 sec between each 4.

- A. Step Downs 3 x 8 ea.

- (lateral step down / negatives)

- A. Front Leaning Rest 3 x 40 sec

- 15 Second Sprint x 6

- RPE 10, all out. Rest 3 min between.

SESSION 3

UPPER STRENGTH

- Strict Press 4 x 12 @ 60%

- Cluster sets (4-4-4) rest 20 sec between each 4.

- A. Pull-up Negatives 4 x 6

- A. High Side Plank 4 x 30 ea.

- B. Chin Up 4 x 8

- B. Pull of Press 4 x 10 ea.

- B. Glute Bridge Hole 4 x 60 sec

SESSION 2

LOWER POWER & CONDITIONING

- A. Goblet Squat (Tempo 4440) 4 x 8
- A. Broad Jump 4 x 2 (MAX distance)

20 MIN AMRAP

- 10 Push Press (50-60%)
- 10 Strict Dips
- 5 Min Med Ball / Sandbag Carry (bear hug)
- Reverse Hyper 3 x 10 (or Supermans)

SESSION 4

UPPER POWER & CONDITIONING

- Bench Press 4 x 8

- Push Up Tempo 4200 AMRAP

PWR IWT - 3 Repeatable Rounds

- 5 Power Clean @ 80% 1RM Clean
- 90s Row/Dyne/Run 90% Effort
- 180s REST
- V-Ups 3 x 20

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ENDURE

AEROBIC CAPACITY • STAMINA • RECOVERY EFFICIENCY

Designed to improve endurance performance while maintaining strength and durability.

SESSION 1

- A. Deadlift 4 x 3 @ 85%
- A. Suitcase Deadlift 4 x 10
- B. Arnold Press 4 x 15
- B. Pull Up Negatives 4 x 7
- C. Reverse Plank 4 x 60 sec
- C. Toes to Bar 4 x 12
- C. Walking Lunges 4 x 25m
- C. Sit Up (weighted) 3 x 15

SESSION 3

MMA MAX EFFORT

- 4 Rounds (each round at max effort - CAP @ 30 minutes)
- 10 Back Squats @ 50%
- Max KB/DB Russian Twists in 1 Min
- 10 Pull-Ups
- Rest 5 Min
- Mountain Climbers 3 x 20

SESSION 2

- (Start a Timer)
- 10 Minutes Aerobic @ 7 RPE
- Rest 5 Minutes
- 3 Min Handstand Hold (accumulated)
- CAP 10 min
- Rest 3 Minutes
- Burpees 2 min max reps
- Rest 2 Min
- Stop Timer
- Run for remainder of 40 minutes
- Side Plank Rotation 4 x 12 ea.

SESSION 4

INTERVALS

- 30:30 x 6 @ RPE 10
- Rest 2 Minutes
- 30:30 x 6 @ RPE 10
- Rest 2 Minutes
- 30:30 x 6 @ RPE 10
- Rest 2 Minutes
- 30:30 x 6 @ RPE 10
- Rest 2 Minutes
- 30:30 x 6 @ RPE 10
- Front Leaning Rest, accumulate 5 minutes

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READY FOR MORE THAN A SAMPLE WEEK?

This guide contains representative training weeks from each Garage Gym Athlete training track.



**FULL PROGRESSIVE
PROGRAMMING**



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**EXERCISE
DEMONSTRATIONS**



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