THE 365

WITH ANDREW PAP

THE FIRST 30 DAY TRAINING PLAN

GYM/EQUIPMENT

#EVERYDAY365 #BUILDINGFOUNDATIONS

THE FIRST 30 DAYS TRAINING PLAN

DAY 1 – 30 OF THE 365 PROGRAM BY ANDREW PAP

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WEEKLY TRAINING SPLIT

MON	TUES	WED	THURS	FRI	SAT	SUN
Metabolic Condition-ing Workout	Upper Body Hypertrophy/ Endurance + Interval Cardio	Strength Endurance	Lower Body Hypertrophy/ Endurance + Interval Cardio	Metabolic Condition-ing Workout	Steady Cardio	Rest

YOUR FIRST 120 DAY SNAPSHOT

First 30 days

FOUNDATION

- » Fundamentals
- » Multi modalities
- » Energy system development

Next 90 days

GOAL SPECIFIC

- » Muscle hypertrophy
- » Muscular endurance
- » Weight loss
- » Strength specific
- » Everyday athlete

Beyond

UPSKILL

- » Sports specific
- » Equipment workshops
- » Advanced programming
- » + much more

MONDAY 1 / 30 - WK 1

METABOLIC CONDITIONING WORKOUT

Component One (Dumbell circuit)

1. 12 Deadlifts
2. 12 Hang Clean Presses
3. 6.6 Renegade Rows
4. 6.6 Front Rack Reverse Lunges
5. 12 Bent Over + Straight Legged Deadlift
6. 12 Supine Floor Press

TRAINING NOTES

*30 sec rest between exercises.

*5 Rounds in total.

*Utilise weights that challenge you, however your quality of movement is most important.

*Idea is to utilise the same weight for all movements, however is there's a significant strength difference between exercises. Please ensure it's challenging.

Component Two

5 Box Jumps

5 Front Squats

5 Overhead Press

5 Thrusters

5 Rounds

TRAINING NOTES

*Complete as quick as possible.

*Form first, speed second.

TUESDAY 2 / 30 - WK 1

UPPER BODY HYPERTROPHY/ENDURANCE + INTERVAL CARDIO

Hypertrophy 8.8 *or* Endurance 20.20

Component One (Pull)

1. Bend Over Row, with Prone Grip (upper back)
2. Bend Over Row, with Neutral Grip (mid/lower back)
3. Max Strict Chin Ups or Strict Bicep Curls - 60sec Rest

4 rounds

Component Two (Push)

1. Supine Floor Press, with Prone Grip (Pec Major/Anterior Delt)
2. Supine Floor Press, with Neutral Grip (Pec Minor/Anterior Delt)
3. Standing Strict Overhead Press. - 60sec Rest

4 rounds

Component Three (Interval cardio)

20sec (75-85%) of max effort

60sec Rest

8-16 Rounds

TRAINING NOTES

*Preferably run, however you can utilise a rower, bike, ski erg etc.

*Maintain intensity and strictly stay within timing parameters.

WEDNESDAY 3 / 30 – WK 1

STRENGTH ENDURANCE

(Strength Endurance)

'Sub Maximal Training'

*Consistently testing your maximum strength output is taxing on the bodies nervous system, tissue and joints. However a great method to mitigate muscle degeneration and general wear and tear is working with 'sub maximal' loads.

Safer and less taxing training system to implement that will also allow you to train the next day with not too much negative effect.

*The premise is to lift 5 reps of your 10RM. This reduces RPE, meaning you still feel that you have a few more reps in the tank after each set. But its the shear volume of repetitions that create the necessary stimulus.

Component One

5.5 Supine Single Dumbbell Press

5.5 Dumbbell High Pulls

5 Strict Chin Ups or TTB or Hanging Knee Raises

10 Rounds

TRAINING NOTES

*Utilise a challenging weight that you could ONLY press a maximum 10 times.

*If strength isn't at the forefront of your objective, double current rep scheme and instead of '10 rounds' aim work for a 30min AMRAP.

THURSDAY 4 / 30 – WK 1

LOWER BODY HYPERTROPHY/ENDURANCE + INTERVAL CARDIO

OPTIONS: Hypertrophy 8.8 / 5 rounds *or* Endurance 20.20 / 4 rounds

Component One (Kettlebell or dumbell circuit)

Complete all rounds on set 1,2 & then 3 - rest when needed

• Set One

8 Sumo Squats

8.8/20.20 S/Arm Straight Legged Deadlifts

• Set Two

8 Goblet Squats

8.8/20.20 Suitcase Squats

• Set Three

8 Swings (yes, you can swing a dumbbell)

8.8/20.20 Single Leg Glute Bridge

Component Two

10 x 100m efforts @ 80% effort (60sec Rest)

i.e 100m Ski Erg @ 17sec - Rest 60sec repeat.

TRAINING NOTES

*Maintain intensity.

*Your slowest score is your final score. Meaning don't gut yourself in the first few sets and find yourself unable to keep any meaningful intensity. Keep a consistent intensity throughout that's fostering the desired stimuli.

FRIDAY 5 / 30 - WK 1

METABOLIC CONDITIONING WORKOUT

Component One (video)

BARBELL COMPLEX

8 Deadlifts

6 Cleans

4 Front Squats

2 Overhead Press

4 Back Reverse Lunges

6 Back Squats

8 Barbell Burpees

5 Rounds

TRAINING NOTES

*No more than 3mins rest between rounds.

*Lift heavy, but form comes first and can't break the complex.

Component Two

4 x 500m Cardio Effort

*1:1 work/rest ratio i.e. takes me 1:40 to get 500m ski, I'll have a 1:40 rest.

*If injured or complex with a barbell is a little out of your scope;

- use light dumbbells. If your lower back is the main issue, I recommend to skip front squats within the complex.

- bad shoulders? Don't press over your head or place the bar behind shoulders. So after 4 front squats you'll go;

4 Push Up to Deadlift

6 Front Rack Forward Lunge

8 Burpees

SATURDAY 6 / 30 - WK 1

STEADY CARDIO

Objective is to achieve a steady elevated heart rate. Anywhere from 30-120mins. This can be achieved by a brisk walk, hike, run, bike ride, sport etc. Enjoy the outdoors and the weekend!

SUNDAY 7 / 30 - WK 1

REST

MONDAY 8 / 30 – WK 2

METABOLIC CONDITIONING WORKOUT

Training MetCon

Component One

Complete each set 5 consecutive times

• Set One

1 DB Man Makers (+ 1 per round)

10 Burpee Pull Ups

• Set Two

4 DB Clean Squat (+ 4 per round)

10 Reverse Burpees

4 +4 / 10

• Set Three

4 Single DB Overhead Reverse Lunges (+ 4 per round)

20 Kick Sits

• Set Four

2.2 DB Turkish Get Ups

20 Hanging Knee Raises

TUESDAY 9 / 30 – WK 2

UPPER BODY HYPERTROPHY/ENDURANCE + INTERVAL CARDIO

OPTIONS: Hypertrophy (4–8 sets of 8 + 10 bodyweight)
Endurance (3–5 sets of 20 + 10 bodyweight)

Component One

• Set One

Single DB Press + Suspended PU

• Set Two

Single B/O Row + Suspended Supine Row

• Set Three

Single Arnold Press + Pull Ups

• Set Four

Single Curl & Press + Dips

TRAINING NOTES

*I've given the option for you to tailor the volume of 'sets' to suit your current capacity and time.

Component Two
(Interval cardio)

• Set One

20 sec effort: 60 sec Rest

5 Rounds

• Set Two

120 sec effort: 120 sec Rest

3 Rounds

WEDNESDAY 10 / 30

MUSCULAR ENDURANCE

INTENTION: This session is predominately bodyweight, as I wanted to introduce a new stimuli into your training.

Component One

200 Lunges, every 2mins complete 12 burpees. Option to do bodyweight or dumbbells.

TRAINING NOTES

*Repeat until finished or stop after 16mins.

*Technique - Knee touches floor, 90 degree angles of both front and back legs when lunging.

*Option to utilise external weight during lunges i.e dumbbells. kettlebells or weight vest.

*Minimal rest, however form first.

Component Two

Reverse Bear Crawl, Every 20m complete the descending Hand Release Push Up. 20reps at 20m, 18reps at 40m... until finished.

TRAINING NOTES

*Rules - no knee drop during the crawling.

penalty is 20 Kicks Sits.

*Technique - HR PU need to be chest to ground, lift hands off floor and press till elbows lock + keep your ass squeezed).

THURSDAY 11 / 30

LOWER BODY HYPERTROPHY/ENDURANCE + INTERVAL CARDIO

OPTIONS: Hypertrophy 8 x 8 Rounds or Endurance 20 x 5 Rounds
Beginner/Intermediate: Dumbbell/kettlebell
Advanced: Barbell

Component One

1. Glute Bridge
2. Front Rack Sumo Squat
3. Front Rack Step Up
4. Deficit Romanian Deadlift (you can use two boxes/benches side by side)

Component Two

Interval Cardio

60sec/2mins rest (rest is substantial due to the exertion I'm seeking for you to give (85-90% max effort)

5-10 Rounds

FRIDAY 12 / 30 – WK 2

METABOLIC CONDITIONING WORKOUT

Training MetCon

Component One

1:1 Work:Rest (partner completes both a+b, whilst you rest and then swap until rounds are complete)

a) 1 min Ski Erg.

b) 10 reverse Burpees.

5 Rounds

a) 1min Rower

b) 20m Broad Jumps

5 Rounds

Component Two (Individual)

20sec effort :10sec rest for exercise 'a' and 'b'. 6 Rounds (6mins)

a) KB Thrusters

b) Contra Lateral Hollow Rock Toe Touches

a) KB RDL > High Pull

b) 3m Lateral Run.

a) KB Swing

b) Kick Sits

TRAINING NOTES

*Remember to move challenging weight and RPE (8-9). However form must take precedence.

SATURDAY 13 / 30 – WK 2

STEADY CARDIO

Steady State Cardio, including first 20mins of (Nasal Breathing).

SUNDAY 14 / 30 – WK 2

REST

MONDAY 15 / 30 - WK 3

METABOLIC CONDITIONING WORKOUT

Component One

1,000m Row (document time) 3:20

Component Two

Each round consists of four sets of 1min effort & 1min Rest. Ensure that each set, you record your score.

The following displays my results, using 2 x 25kg dumbbells:

Round One

Dumbbell Squats (dumbbells held by your sides and feet hip width apart, make sure you squat not hinge).

1. 38
2. 43
3. 42
4. 46

Round Two

Dumbbell Supine Floor Press (like bench press but on floor).

1. 30
2. 26
3. 25
4. 20

Round Three

STRICT Pull Ups

*When you let go of bar, hold a plank for the remainder of the minute and then rest for the next minute.

1. 12
2. 10
3. 10
4. 10

Round Four

Dumbbell Snatch (alternate sides each rep and start with weight between feet).

1. 20
2. 22
3. 22
4. 24

* Add the sum of total reps.

403

Round Five

1. 1,000m Row 3:15mins (document time)

RESULTS

Add both rowing times

(3:20 + 3:15)

= 6:35 (395sec)

Now minus your accumulated repetitions from each set.

403 reps - 395sec

= +8

TRAINING NOTES

*If you're able to get your score in the positive you pass. If your score is in the negative you fail. #Savage

*This one toasted me! Make sure you breathe and best utilise the minute rest between rounds.

*Quality of movement first, then correct weight/intensity second.

TUESDAY 16 / 30 – WK 3

UPPER BODY HYPERTROPHY + INTERVAL CARDIO

Component One

Unilateral Dumbbell Circuit, complete all exercises per side consecutively.

OPTIONS Hypertrophy 8 reps x 5 Rounds

(Muscular endurance 20 reps x 3 Rounds

8 Supine Pull Over

8 Supine Floor Press

8 Hammer Curl

8 O/H Press

Both Sides

Component Two

The first 7 reps are completed over the bottom half of the ROM, the second 7 reps are done over the top half of the ROM, and the final 7 reps are done over the full ROM.

1. Shoulder Press
2. B/O Row
3. Bench Press
4. Chin Ups
5. Tricep Extension

Component Three

Interval Cardio (run, row or ski) + Core

1. 60 sec Effort (300m)
2. 10 Ab Rollouts or Prone Crawl Outs 5-10 Rounds

WEDNESDAY 17 / 30 – WK 3

STRENGTH ENDURANCE

Component One

16 Straight Legged Deadlifts

6 Supine Press

10m.10m Shoulder Carry

6 Rounds

(2-3mins Rest between Rounds)

Component Two

6 Front Squats

6 Ground To Chest

10m.10m Chest Carry

6 Rounds

(2-3mins Rest between Rounds)

TRAINING NOTES

*desired RPE (Rating of Perceived Exhaustion) looking for a 7-8 out of 10 during each round.

*use enough rest to achieve heavy lifting and proper form. If you find that you're not strong enough to lift substantial weight and can't achieve desired RPE, then increase reps to 12.

Dead Ball/Dumbbell Circuit.

THURSDAY 18 / 30 - WK 3

LOWER BODY HYPERTROPHY/ENDURANCE + INTERVAL CARDIO

FRIDAY 19 / 30 - WK 3

METABOLIC CONDITIONING WORKOUT

TRAINING NOTES

MetCon Friday *This Friday the programming is designed to challenge your bodies ability to shift weight through contra lateral stresses. Challenging trunk/hip stability, asymmetrical imbalances and still continuing to practice strength*

Component One	Component Two	Component Three
6.6 Bulgarian Squat	6.6 Single Thrusters	60sec Cardio (assault bike or running)
12 Seesaw O/H Press	12 Seesaw B/O Row	Hollow Rock Outs
3.3 mixed grip pull ups or(supine ring mixed rows)	3.3 Scissor Hanging Leg Raise	10 Rounds (depends on individual capacity, goals and how much time you have)
5 Rounds	5 Rounds	

COACHING POINTS

• PRE (perceived rate of exertion) rated 1-10. 1 being no challenge, 5 elevated heart rate can still speak, 7 focused on breathing can still communicate with one word answers, 10 contemplating death (maximal effort/hurt locker).

• Dumbbell Weight - utilise a weight that's challenging and forces you to work hard. Your heart rate needs to rise during every set where you're required to have a break between rounds. However don't use weights that force you to rest between sets. If you find you're particularly stronger between lower and upper body utilise two different weights i.e 35kg Dumbbells for Bulgarian Split Squats & 22.5kg Dumbbells for O/H Seesaw Presses.

• Recovery - (component 1 & 2) your PRE is high enough that you require rest between rounds but don't rest longer than necessary. Need to maintain elevated heart rate/sweat. Recover only enough to maintain good form and completed sets. (Component 3) your rests need to be minimal between cardio and rock outs. Enough to ensure form and desired intensity. I was burning 30cals with each 60sec Interval, so for me it was necessary to have rest even though it was minimal.

SATURDAY 20 / 30 - WK 3

STEADY CARDIO

Steady State Cardio, including first 20mins of (Nasal Breathing).

SUNDAY 21 / 30 - WK 3

REST

MONDAY 22 / 30 - WK 4

METABOLIC CONDITIONING WORKOUT

Component One

(5 Rounds or 30min AMRAP)

Options: (Circuit, Dumbbell, Kettlebell or Torsion Bar Complex)

10 Reps For Each Exercise

1. Straight Legged Deadlift
2. Bend Over Row
3. Front Squat
4. Overhead Press
5. Reverse Lunge

+

20 Shoulder Tap Push Ups

200m Run

20 Hollow Rock Foldouts

Component Two

Complete 20 Step Ups within 2mins. With the remaining time, complete as many Barbell Back Squats repeat until you reach 100 reps in total.

TRAINING NOTES

*Advanced - squat your bodyweight I weigh 85kgs, so I would Squat 85kgs.

*Beginners - advise you to lift a weight that you're comfortable with.

COACHING POINTS

(component only)

Intensity - This is will be determined by how heavy you can operate throughout the complex. It needs to be the appropriate weight that you CAN achieve the 10 reps, however you have to work your ass for it.

Run - needs to be at a PRE level of 8 or higher, it's not a jog. If it's not feasible to run than utilise another cardio apparatus.

Rest - Have it to be minimal, you want to ensure you're recovering enough to complete another set but not enough to lose optimal results.

TUESDAY 23 / 30 – WK 4

UPPER BODY HYPERTROPHY + INTERVAL CARDIO

Upper Body Hypertrophy

5 Rounds Of Each Set

8.8 Reps of your 12RM Per Exercise

Or

Muscular Endurance

4 Rounds Of Each Set

16.16 reps of your 20RM Per Exercise

Component One

• Set One

Maximum Push Ups

8.8 Seesaw Dumbbell B/O Row

• Set Two

Maximum Strict Chin Ups

8.8 Seesaw Dumbbell O/H Press

• Set Three

Maximum Hang

8.8 Seesaw Dumbbell Floor Press

Component Three

Cardio Intervals

200m Hard PRE 8

100m Soft PRE 5

10-15 Rounds

COACHING POINTS

*RM is your rep max, meaning that you could not achieve another rep (with good integrity). So I have 12RM for each exercise but asking you to only complete 8 reps - meaning that you're training sub maximal loads. This is a safer approach and a proven benefit.

*Rest as much as needed to ensure that you can achieve your sub maximal rep scheme.

WEDNESDAY 24 / 30 – WK 4

STRENGTH ENDURANCE

Component One (60min AMRAP)

400m Run

5 Reverse Burpee into a Burpee

10 Toes To Bar

10 KB or DB Snatches or High Pulls

10 KB or DB Front Rack Reverse Lunges

THURSDAY 25 / 30 – WK 4

LOWER BODY HYPERTROPHY/ENDURANCE + INTERVAL CARDIO

Component One (Bodyweight)

5 Box Jumps

5.5 Lateral Step Ups

10 Air Squats

10 Frog Squats

3 Rounds

Component Two Muscular Hypertrophy / Endurance

8/20 Sumo Deadlift

4.4/10.10 Single RDL

8/5 Rounds

(This can be completed with barbell, dumbbell etc)

Component Three

10.10 Suitcase Cosshack Squat

5.5 Loaded Pistol Squat

5 Rounds

TRAINING NOTES

*Pistol Squats is quite an advanced movement requiring mobility 'strength through range', coordination, healthy joints and a happy back.

* Tailor this movement to your capacity by either;

a) using outside assistance to help with balance and 'sticky' points.

b) reduce range of motion, until you build the necessary flexibility and strength through that range.

c) if you're confident in your ability then feel free to add external load or pausing the movement at the lowest point or when you're ass are parallel to the floor.

Component Four

400m Effort

1 effort : 2 rest ratio

4 Rounds

Slowest time is your score

FRIDAY 26 / 30 – WK 4

METABOLIC CONDITIONING WORKOUT

MetCon Friday *Focus on getting the correct intensity in regards to having the correct weight to allow you find it challenging and not fail.*

Component One

Beginner, 6 Rounds(45sec On/15sec Rest)

Advanced 4 Rounds (90sec On/30sec Rest)

1. Dumbbell Man Makers
2. Dumbbell Lunges
3. Weight Plate Push or Sled

Component Two

20min AMRAP

1. 5 Prone Walk Outs
2. 10 V Tucks, Knee Tucks
3. 15 Supine Floor Press (dead ball or dumbbell)
4. 20m Travelling Dead Ball Cleans

SATURDAY 27 / 30 - WK 4

STEADY CARDIO

Component One

Complete 50 Strict L Sit Chin Ups

or

Complete 50 suspended supine rows

TRAINING NOTES

*If you drop, complete 20 burpees.

*Ensure form stays strict throughout.

Component Two

Complete 100 Toes To Bar

TRAINING NOTES

*If you drop, complete 50 walking lunges.

Component Three

E2MOM

20 Hand Release Push Ups + 50 Kick Sits

5 Rounds

COACHING POINTS

Don't rush. Focus on making the most of each repetition. However complete as quick as you can and use what rest you need.

Make necessary modifications to either movements or volume i.e. instead of 100 TTB execute 50 hanging knee raises.

*It's not a sign of weakness when you are forced to failure.

*If you're tight for time or your capacity isn't a high, replace 20 burpees for 10.

Enjoy crew!

SUNDAY 28 / 30 - WK 4

REST

MONDAY 29 / 30 - WK 4

METABOLIC CONDITIONING WORKOUT

Component One

E2MOM, (20min time cap/10 rounds total)

Complete 200/300cals

Every 2 mins complete

5.5 Contralateral Reverse Suitcase Lunges

10 Kettle Bell Swings

Remaining time complete max calories on AirDyne Bike

TRAINING NOTES

*Repeat until 200 (female) or 300 (males) has been or simply finish at 10 Rounds.

*First round both begin on bike for 2mins.

*Scale the Kettle Bell weight accordingly, I used a 32kg and my partner used an 18kg - needs to be challenging but should take you no longer than a minute to complete the two exercises.

TUESDAY 30 / 30 !

UPPER BODY HYPERTROPHY + INTERVAL CARDIO

Component One

8 Strict Barbell Overhead Press

10.10 Unilateral Dumbbell Supine Press

5 Rounds or 16min AMRAP (as many rounds as possible)

Component Two

8 Chin Ups

10.10 Unilateral DB B/O (bent over row)

8 Dips

5 Rounds or 16min AMRAP

Component Three

8.8 Renegade Push Ups

8 B/O ROW

8 B/O Reverse Flys

8.8 Hammer Curl & Press

Congratulations on completing the 30 day training plan.

This was an important step to build the fundementals that will now translate into the next phase of your training program.

The next step is to log into the membership site to select your 90 Day training program. You will now have the option to select a program that's tailored to your specific training goals.

We would love to hear from you. Please feel free to reach out and give your feedback on your experience so far.

ANDREW PAP

UP NEXT

THE NEXT 90 DAY TRAINING PLAN