



Recreational Exerciser: Goal is 10lbs Muscle Mass Gain

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Macrocycle	Mesocycle	Microcycle		
		FITT (Resistance Training)	FITT (Cardiorespiratory Training)	
44 WEEKS - 10 LBS MUSCLE MASS GAIN	MUSCULAR ENDURANCE	1	3x/wk, 2x15, 1 minute rest	3x/wk, 60% of HR Max 30 min
		2	Repeat previous	
		3	3x/wk, 3x15, 45 Sec rest	
		4	Repeat previous	
		5	3x/wk, 3x12, 45 Sec rest	
		6	Repeat previous	
	MUSCULAR HYPERTROPHY	7	3x/wk, 3x12, 1 min. rest	2x/wk, 70% of HR Max 20 min (Interval)
		8	Repeat previous	
		9	3x/wk, 3x10, 90 sec rest	
		10	Repeat previous	
		11	Repeat previous	
		12	3x/wk, 3x8, 2 min. rest	
		13	Repeat previous	
		14	3x/wk, 2x15, <70%, 90 sec. rest	
	MAXIMAL STRENGTH	15	4x/wk, 4x6, 2 min. rest	3x/wk, 60% of HR Max 35 min
		16	4x/wk, 5x5, 3 min. rest	
		17	Repeat previous	
		18	Repeat previous	
		19	4x/wk, 6x3, 3.5 min. rest	
		20	Repeat previous	
	MUSCULAR HYPERTROPHY	21	4x/wk, 3x12, 1 min. rest	2x/wk, 70% of HR Max 20 min (Interval)
		22	4x/wk, 3x10, 90 sec. rest	
		23	Repeat previous	
		24	4x/wk, 4x10, 2 min rest	
		25	Repeat previous	
		26	4x/wk, 4x8, 2 min rest	
		27	Repeat previous	
		28	3x/wk, 2x15, <70%, 90 sec. rest	
	MAXIMAL STRENGTH	29	4x/wk, 4x6, 2 min rest	3x/wk, 60% of HR Max 35 min
		30	Repeat previous	
		31	4x/wk, 5x5, 3 min. rest	
		32	Repeat previous	
		33	4x/wk, 5x4, 3 min. rest	
		34	4x/wk, 6x6, 3.5 min. rest	
		35	4x/wk, 6x3, 3.5 min. rest	
		36	4x/wk, 6x2, 4 min. rest	
	MUSCULAR HYPERTROPHY	37	4x/wk, 3x12, 1 min. rest	4x/wk, 80% of HR Max 20 min (Interval)
		38	4x/wk, 4x12, 90 sec. rest	
		39	4x/wk, 4x10, 90 sec. rest	
		40	Repeat previous	
		41	Repeat previous	
		42	4x/wk, 4x8, 2 min. rest	
		43	Repeat previous	
		44	Repeat previous	
		45		
		46		
		47		
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