



Quick Reference Card

01 The Programme

WORKOUT A		WORKOUT B	
Squat	3 × 5	Squat	3 × 5
Overhead Press	3 × 5	Bench Press	3 × 5
Deadlift	1 × 5	Deadlift	1 × 5

2 SESSIONS / WEEK · ~72 HRS REST
BETWEEN SESSIONS

02 Loading Rules

LIFT	INCREMENT / SESSION
SQUAT	+2 to 3 kg
DEADLIFT	+4 to 5 kg
OVERHEAD PRESS	+1 to 2 kg
BENCH PRESS	+2 to 3 kg

Runners' Rule: default to the lower end of each range. Use 1 kg fractional plates for the overhead press.

03 Taper Protocol

WEEKS OUT	ACTION
3 WEEKS	Continue reduced-volume protocol
2 WEEKS	1 session only (Workout A), 2×3, deadlift at 80%
1 WEEK	No lifting

04 72-Hour Frequency

Aim for roughly 72 hours between sessions: a conservative scheduling rule, not a physiological law. Its job is to keep soreness from compromising key runs. Over 50, on high mileage, or sleeping badly? Give it longer.

Easy runs feeling harder within 24 hrs of lifting? Extend recovery before changing the programme.

05 Stop Rules

THESE OVERRIDE EVERYTHING ELSE

REDUCE LOAD 10–20% WHEN

- Sleep broken two or more nights running.
- Running volume has spiked unexpectedly.
- Warm-up bar speed is down and the weight feels heavier than the log says.

SKIP THE SESSION WHEN

- Ill below the neck: chest, gut, fever.
- A key run sits inside the next 48 hrs and the grid cannot be rebuilt.

STOP AND SEE A CLINICIAN WHEN

- Pain is sharp, sudden, or localised to a joint or tendon.
- Pain worsens through the session rather than easing.
- Pain changes how you move: a limp, a shifted squat, a favoured side.
- Chest pain, unusual breathlessness, or dizziness under load.

06 Recovery Mandates

VARIABLE	DAILY TARGET
SLEEP	7 to 8 hours / night
PROTEIN	1.6 to 2.2 g/kg / day
WATER	30 to 40 ml/kg / day

07 Troubleshooting Hierarchy

When you stall, diagnose roughly in this order:

FORM

Review video. Identify technical errors.

RECOVERY

Sleep 7–8 hrs? Protein 1.6–2.2 g/kg? Hydration adequate?

PROGRAMMING

Only after 1 & 2 are cleared: consider a Light Day.



Warm-Up & Progress

08 Why the Order Matters

SQUAT FIRST

The most technically demanding lift, and worth doing while fresh.

PRESS OR BENCH SECOND

A different muscle group than the squat, giving the legs a chance to recover while the upper body works.

DEADLIFT LAST

The most fatiguing lift goes at the end, so its fatigue doesn't bleed into the squat or press.

09 Warm-Up Ladder

STEP	LOAD	SETS × REPS
1	Empty bar (20 kg)	2 × 5
2	~40% of working weight	1 × 5
3	~65% of working weight	1 × 5
4	~85% of working weight	1 × 3
5	Working weight	3 × 5

Warm-Up Rule: the warm-up is diagnostic. If the bar feels wrong at 65% (bar path drifting, depth insufficient, press stalling) don't proceed to working weight without a correction. Reduce load ~10%, add a cue, or defer.

10 Every-Session Checklist

Warm-up complete (empty bar to working weight)	☐
Work sets filmed	☐
Video reviewed immediately	☐
Training log entry complete (date, weight, sets × reps, notes)	☐
Next session weight calculated and recorded	☐

11 First-Month Checkpoints

Observable markers, not performance targets. If you can tick most of them at each stage, the programme is probably doing what it's meant to.

END OF WEEK 1

- Every set filmed and reviewed; one technical error identified per lift with a cue applied.
- DOMS present (adductors, upper back, glutes) but not severe enough to affect running.
- Bar moved consistently across all three sets. Load felt light: that's correct.
- Training log entry for both sessions: date, load, sets, reps, one observation.

END OF WEEK 2

- DOMS largely resolved. If still significant, reduce load ~10% and rebuild.
- Weight added to the bar in at least three of the four lifts across the two sessions.
- You can describe, without checking the log, roughly what you lifted last session.
- Running unaffected. If easy runs feel harder, check lifting isn't landing within 48 hrs of key runs.

END OF WEEK 4

- Warm-up sequence is close to automatic, without much conscious thought.
- New personal record in at least two lifts. Any set at a new weight counts.
- Movement patterns grooving a noticeable difference between Week 1 and Week 4 sets.
- Running form holds slightly longer in the back half of long runs than four weeks ago.

END OF WEEK 8

- Session prep, warm-up, working sets, log entry running with minimal deliberation.
- Squat and deadlift loads sit ~30–45% above Week 1 starting weight.
- Every working set filmed; a clear difference between earliest and most recent footage.
- At least one moment on a run (a hill, a long-run kilometre) where something felt different.