

HOW TO HYBRID

A 7-Day Hybrid Athlete Training Program



This is what I would do differently.

BUILD MUSCLE AND BURN FAT

LOGAN LEGGE

HOW THIS PROGRAM WORKS

This is a complete one-week hybrid training block combining strength work, functional conditioning, and running — built for people who want to be strong, fit, and durable at the same time, not just good at one thing.

Each training day has a strength component and/or a conditioning component. Where a conditioning piece is scalable, you'll see a **Beginner** and **Intermediate** version — pick the one that matches your current fitness, and progress from Beginner to Intermediate once the sessions start feeling manageable rather than maximal.

Rest 60–90 seconds between strength sets unless noted. Warm up for 5–10 minutes before every session (easy cardio + dynamic mobility for the joints/muscles you're about to use). Always prioritize form over load, especially on lower body and pulling movements.

THE WEEK AT A GLANCE

Mon	Push Strength + Choice of 3 METCON Finishers
Tue	Pull Strength + Conditioning (mid-session) + Arms
Wed	Lower Body + Accessories + Stairmaster/Bike
Thu	Easy Run (active recovery)
Fri	Push Strength + HYROX-Style Machine/Wall Ball Piece
Sat	Rest Day — or the Machine Triangle
Sun	Long Run + Progression Guidance

DAY 1 — MONDAY

Push Strength + METCON Finisher

STRENGTH — PUSH

EXERCISE	SETS	REPS / TIME	REST
Flat Dumbbell Bench Press	4	6–8	90 sec
Dips (weighted or bodyweight)	3	AMRAP	60 sec
Superset: DB Lateral Raise + Plate Front Raise	3	12–15 each	45 sec

CONDITIONING FINISHER — PICK ONE METCON

Three options, built around burpees, a machine (ski erg, row, bike, or run), and dumbbell snatches. Rotate between them week to week so the finisher never gets stale.

METCON 1 — AMRAP 12

- 10 Burpees
- 15 Cal Machine (ski erg, row, bike, or 200 m run)
- 10 Alternating Dumbbell Snatches (5 each side)
- As many rounds as possible in 12 minutes.

METCON 2 — EMOM 15

- Minute 1 — 10 Burpees
- Minute 2 — 15 Cal Machine
- Minute 3 — 10 Alternating Dumbbell Snatches
- Repeat the 3-minute cycle 5 times (15 minutes total).

METCON 3 — For Time

- 5 Rounds: 8 Burpees, 12 Cal Machine, 8 Alternating Dumbbell Snatches
- Race the clock — rest as little as possible between rounds.

BEGINNER — Use the lower end of the calorie/rep targets and take an extra breath between movements.

INTERMEDIATE — Use the higher end of the targets and treat rest as the enemy.

DAY 2 — TUESDAY

Pull Strength + Conditioning + Arms

1 & 2 — STRENGTH

EXERCISE	SETS	REPS / TIME	REST
Deadlift	4	5	2 min
Pull-Ups (weighted if possible)	4	Max reps	90 sec

3 — CONDITIONING

Straight after pull-ups, before you move on to rows and curls.

Warm-up: 200 m run (treadmill) — or if you don't have a running machine, 200 m on the ski erg or row.

BLOCK A — 4 SETS FOR TIME (FAST METCON)

- 200 m Run (or machine)
- 8 Deadlifts at 30–40% of your top set of 5 — e.g. if your top set of 5 was 180 kg, drop to 60–80 kg for these.
- Complete all 4 sets back-to-back, as fast as possible — then rest up to 5 minutes before Block B.

BLOCK B — 3 SETS, SKI ERG OR ROW INTERVALS

- Beginner: 100–250 m · Intermediate: 250–500 m · Advanced: 500–1000 m
- Rest for however long the set took you (roughly 1:1 work-to-rest). Repeat for 3 sets.

4 & 5 — BACK TO STRENGTH

EXERCISE	SETS	REPS / TIME	REST
Seated Cable Row	3	10	60 sec
Superset: DB Hammer Curl + Standing Barbell Curl	3	10–12 each	45 sec

DAY 3 — WEDNESDAY

Lower Body + Accessories + Stairmaster/Bike

WARM UP FIRST

Before you touch the bar: light Leg Extensions, light Hamstring Curls, and bodyweight Squats to get the knees and hips primed.

STRENGTH — LOWER BODY

EXERCISE	SETS	REPS / TIME	REST
Back Squat	4	6	2 min
Dumbbell Lunges	3	12 / leg	60 sec

LEG ACCESSORIES

EXERCISE	SETS	REPS / TIME	REST
Leg Extension	3	12–15	45 sec
Hamstring Curl	3	12–15	45 sec

FINISHER — STAIRMASTER OR BIKE

Pick one machine and stay on it for the whole piece. Hard effort throughout — about 7–8 out of 10.

- Beginner: 15–20 minutes
- Intermediate: 20–30 minutes
- Advanced: 30–45 minutes

DAY 4 — THURSDAY

Easy Run — Active Recovery

EASY RUN

30–45 minutes at a genuinely easy, conversational pace — this is a recovery day, not a training-effect day. If you're wearing a watch, aim for Zone 2 heart rate. If you don't have one, use the talk test: you should be able to hold a full sentence without gasping.

DON'T SKIP THIS OR RUSH IT

This one can feel boring or like you're not getting anything out of it. That's the point — it's meant to be easy. Running at a true conversational pace, exactly as written, is what builds your aerobic engine without digging a recovery hole for the rest of the week. Even 30 minutes easy can be genuinely difficult for beginners — that's normal, not a sign you're doing it wrong.

IF YOU'VE NEVER RUN BEFORE

When I first started running, I'd just run for as far as I could at an easy pace — as easy as possible, just moving. If I had to stop, I'd stop, breathe, and walk until I felt ready to run again, then run again. Keep repeating that run/walk pattern for the session. The only rule: track your progress, and aim to run a little further before you need to walk next time.

BEGINNER — 30 minutes easy running, walking whenever needed — the goal is time on feet, not pace.

INTERMEDIATE — 40–45 minutes easy running, holding a steady conversational pace throughout.

MOBILITY

10 minutes of mobility work afterward — hips, ankles, and thoracic spine. No strength work today.

DAY 5 — FRIDAY

Push Strength + HYROX-Style Conditioning

STRENGTH

EXERCISE	SETS	REPS / TIME	REST
Flat Barbell Bench Press	3	6	90 sec
Barbell Power Clean	5	3	2 min

HYROX-STYLE CONDITIONING — 30–40 MIN

5 rounds for time. Alternate machines by round if you have both — e.g. ski erg on odd rounds, row on even rounds — or stick to one the whole way through:

- 500 m Machine (ski erg or row) — 250 m if you're a beginner
- 25 Wall Balls
- 10 Burpees
- Farmer's Carry back to the machine (~40 m)

BEGINNER — 250 m machine, 15 wall balls, 6 burpees per round — rest as needed between rounds.

INTERMEDIATE — 500 m machine, 25 wall balls, 10 burpees per round — minimal rest, race the clock.

Finish with 5 minutes of easy spinning/rowing to cool down.

DAY 6 — SATURDAY

Rest Day — or the Machine Triangle

This is a rest day. Take it fully off if your body needs it — that's a completely valid choice. If you'd rather move, the Machine Triangle below is the one optional piece of work for today.

OPTIONAL — THE MACHINE TRIANGLE

- Three machines: Row, Ski Erg, Bike.
- Every minute, move to the next machine — Minute 1: Row, Minute 2: Ski Erg, Minute 3: Bike, Minute 4: back to Row — and repeat the cycle.
- Each minute, hit a target calorie count as fast as you can, then rest for whatever time is left in that minute before the next one starts.
- Calorie targets — Beginner: 7–8 cal · Intermediate: 10–12 cal · Advanced: 15–20 cal.
- Alternate format: work 3 minutes per machine, rest during minute 4, move to the next machine on minute 5. This version also works well stretched out to a full 30 minutes.

DAY 7 — SUNDAY

Long Run + Progression Guidance

LONG RUN

An easy-to-moderate steady run to close out the week. Duration depends on your current level:

LEVEL	DURATION	EFFORT	
Beginner	25–40 min	RPE 5/10 (easy-moderate)	—
Intermediate	40–50 min	RPE 5–6/10	—
Advanced	60–75 min	RPE 6/10, steady	—

PROGRESSING YOUR LONG RUN

- Increase your long-run duration by no more than **~10% per week** — jumping up faster is the fastest way to get injured.
- Every 4th week, cut your long-run volume by roughly **30%** (a deload) to let your body absorb the training.
- Judge effort by **RPE** (how hard it feels), not pace — heat, sleep, and stress all shift what an 'easy' pace should be on a given day.
- If your legs feel heavy, your resting heart rate is elevated, or motivation is unusually low, it's a sign to keep the run easy — or swap it for a brisk walk. Progress comes from the accumulation of consistent weeks, not any single hero session.

DAY + — BONUS

Core Finisher — Add to Any Session

Tag this onto the end of any training day when you want extra core work.

3-ROUND SUPERSET

EXERCISE	SETS	REPS / TIME	REST
Crunches	3	20	—
Leg Raises	3	15	—
V-Ups or Roman Chair Sit-Ups	3	12	60 sec

Move through Crunches → Leg Raises → V-Ups/Roman Chair Sit-Ups back-to-back with no rest between exercises, then rest 60 seconds before the next round.

Thanks for training with this program. Tag [@your handle] if you post any of these sessions — I'd love to see it.