

Running / Weightlifting Beginner

Hybrid Athlete Workout

If you're a beginner at working out and want to focus on combining running and strength workouts, you can use this workout routine. You can do this workout routine on Monday, Tuesday, Thursday, Friday & Saturday. For Progressive Overload Increase Upper Body Exercises by 1.25kg to 5kg each week. For the running workout, start at the lowest time and set range and increase week on week.

Day 1: Upper Body Workout

- Bench Press: 3 Sets of 6 - 10 Reps
- Bent-Over Rows: 3 Sets of 8 - 12 Reps
- Tricep Extensions: 2 Sets of 12 - 15 Reps
- Plank Holds: 3 Sets of 30 Seconds

Day 2: Running (Intervals)

Sprint for 30 seconds and jog at a slow pace or walk for 1 minute and 30 seconds. Repeat intervals for 5 to 10 sets.

Day 3: Rest or Active Rest

Day 4: Running (Easy Run)

Jog at a steady pace for between 15 to 30 minutes.

Day 5: Upper Body Workout

- Overhead Press: 3 Sets of 6 - 10 Reps
- Deadlift: 3 Sets of 8 - 12 Reps
- Bicep Curls: 2 Sets of 12 - 15 Reps
- Side Plank Holds: 3 Sets of 30 Seconds Each Side

Day 6: Running (Long Run)

Jog at a steady pace for 5km to 10km.

Day 7: Rest or Active Rest

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