8-WEEK CYCLE · 4 WORKOUTS · EVERY OTHER DAY · 12 OCT – 6 DEC 2026

2 Pattern Protocol

Four workouts, each pairing one lower and one upper pattern, rotated every other day. One lap = 4 sessions over 8 days; one cycle = 7 laps over 8 weeks.

8-Week Schedule

Day	W1 12/10	W2 19/10	W3 26/10	W4 2/11	W5 9/11	W6 16/11	W7 23/11	W8 30/11
Mon	**1** · L1	*Long run*	**4** · L2	*Tabata*	**3** · L4	*Z2 + Sauna*	**2** · L6	*Sport*
Tue	*Sport*	**1** · L2	*Long run*	**4** · L3	*Z2 (deload)*	**3** · L5	*Z2 + Sauna*	**2** · L7
Wed	**2** · L1	*Sport*	**1** · L3	*Long run*	**4** · L4	*N4x4*	**3** · L6	*Z2 + Sauna*
Thu	*Z2 + Sauna*	**2** · L2	*Sport*	**1** · L4	*Long run (easy)*	**4** · L5	*SIT*	**3** · L7
Fri	**3** · L1	*Z2 + Sauna*	**2** · L3	*Sport*	**1** · L5	*Long run*	**4** · L6	*Tabata*
Sat	*N4x4*	**3** · L2	*Z2 + Sauna*	**2** · L4	*Sport*	**1** · L6	*Long run*	**4** · L7
Sun	**4** · L1	*SIT*	**3** · L3	*Z2 + Sauna*	**2** · L5	*Sport*	**1** · L7	*Long run*

Bold number = workout, L = lap. Blue = Lap 4 deload. Red = Lap 7 test. Grey italics = off-day cardio. Odd and even laps decide the alternating lifts. Missed a session? Do the next workout in order and let the calendar shift.

Workouts

#	Lower	Upper	Power	Skill	Extras
1	Front Squat	Weighted Pull-Up / Chin	Box Jump	Muscle-Up	Rotations first
2	Conventional Deadlift	Bench (odd) / Dip (even)	KB Swing, heavy	–	Carries last
3	Bulgarian Split Squat	Chest-Supported Row	Jump Lunge (odd) / Lateral Bound (even)	–	Rotations first
4	Single-Leg RDL	OHP	KB Swing, fast	HSPU Progression	Carries last

Load Progression & Conditioning

Lap	Sets × Reps	Load
L1 · L2 · L3	3 × 5	78 / 80.5 / 83%
L4 · deload	2 × 5	70%
L5 · L6	3 × 5	83 / 85%
L7 · test	1 × AMRAP	85%

Applies to: Front Squat, Deadlift, Bench, OHP. Base % on a current 1RM.

Daily: handstands, mobility, Cossack squats.
After 1: sport (tennis, golf) or rest.
After 2: Zone 2 run or swim, 30 min + sauna.
After 3: HIIT rotating N4x4, SIT, Tabata. Easy Z2 in deload.
After 4: long run, 60 min+ (10–15 km).

Workout Cards

1 · Squat | V Pull

PREP Rotations	2–3 sets	–
POWER Box Jump	3 × 3	fresh
SKILL Muscle-Up	3 × 2–3	crisp
MAIN Front Squat	3 × 5	% lap
MAIN Weighted Pull-Up / Chin	2–3 × 5–6	RIR 2
ISO Leg Extension	2–3 × 10–15	RIR 1
ISO Rear Delts	2–3 × 12–15	RIR 1
ISO Calves	3 × 10–15	RIR 1

Hack squat is the backup if wrists or upper back are sore.

2 · Deadlift | H Push

POWER KB Swing, heavy	3 × 5	fresh
MAIN Conventional Deadlift	3 × 5	% lap
MAIN Bench (odd laps)	3 × 5	% lap
MAIN Weighted Dip (even laps)	2–3 × 5–6	RIR 2
ISO Nordic Curl	2 × 3–5	RIR 2
ISO Side Delts	2–3 × 12–15	RIR 1
CORE Leg Raises	3 × 8–12	–
FINISH Carries	2–3 × 30–40 m	–

Hamstrings sore by Workout 4? Drop Nordics to 1 set.

3 · BSS | H Pull

PREP Rotations	2–3 sets	–
POWER Jump Lunge (odd laps)	3 × 3/leg	fresh
POWER Lateral Bound (even laps)	3 × 3/side	stick it
MAIN Bulgarian Split Squat	2–3 × 6–8/leg	RIR 2
MAIN Chest-Supported Row	2–3 × 6–8	RIR 2
ISO Biceps Curl	2–3 × 8–12	RIR 1
ISO Calves + Tibialis Raise	3 × 10–15	RIR 1
CORE Pallof Press / Obliques	3 × 10/side	–

Superset calves and tibialis raises.

4 · Single-Leg RDL | V Push

POWER KB Swing, fast	3 × 8	fresh
SKILL HSPU Progression	3 × 3–5	clean
MAIN Single-Leg RDL	2–3 × 6–8/leg	RIR 2
MAIN OHP	3 × 5	% lap
ISO Hyperextension, loaded	2–3 × 10–15	RIR 2
ISO Triceps	2–3 × 8–12	RIR 1
CORE Crunches	3 × 10–15	–
FINISH Carries	2–3 × 30–40 m	–

HSPU: pike, feet-elevated pike, wall negatives, partial wall HSPU.

Principles

Structure

• Every session = one lower + one upper: Squat + Pull, Hinge + Push. The main lifts never compete for grip, lats or lower back.
• Vertical and horizontal push and pull alternate between workouts.
• Order: rotations (1 & 3), power, skill, main lower, main upper, isolation, core, carries (2 & 4).
• Two of four lower slots are single-leg. One heavy floor pull per lap; back accessory work sits on the light day.

Loading

• % lifts follow the lap progression. Other main lifts stop 2 reps short of failure: add a rep each lap, add load at the top of the range.
• Isolation: 2–3 sets, 1 rep in reserve. Power: 3 × 3–5, fresh; end the set when speed drops. Skill: perfect reps only.

Variety & Pairing

• Alternate by lap only where marked; swap variations between cycles, never within one.
• Rear delts with vertical pull, biceps with horizontal pull. Side delts with horizontal push, triceps with vertical push.

Week 9

• Easy week, not full rest: 2–3 short full-body sessions at 60–70%, keep Zone 2 and sport. Set new % from the Lap 7 AMRAP and pick cycle-2 swaps.