

# How to Structure Your Week to Maximize your Gains

It can be challenging to find the right balance between work and recovery for maximum fitness while not overtraining. In this article I outline some of the main concerns you'll want to take into account when structuring your week. I assume that your goal is to gain general fitness for maximum health. If you are training for a specific sport or fitness goal your training will need to be more specific.

## Basic Principles:

- 1) **Recovery:** After a high intensity workout your body requires ~48hrs recovery. This recovery period can be altered by fitness levels, nutrition etc, but we will stick to the basics. It is during your recovery period that your fitness improves – skip the recovery and you will stagnate, lose fitness and/or get injured.
- 2) **Your Body Loves Movement.** Just because you need to recover from your high intensity workout does not mean you should sit on the couch. While you are resting one muscle group or energy system, you can work on another one. Study after study shows that being sedentary is extremely hazardous for your health and you need to move every single day.
- 3) **Variety is the Spice of Life.** By varying your training you ensure that you stress your body in novel ways on a regular basis. This prevents plateaus and stagnation in your fitness. Variety also allows you to maintain a daily fitness regimen without overtraining.

## Sample Week:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Strength		Full Body HIIT		Strength	
Hike or off day	Cardio HIIT Intervals	30-45 min easy run or bike		30 min easy run or bike		Hike or off day
Mobility		Mobility	Mobility	Mobility	Mobility	

- Alternate hard and easy days.
- You can take one off day on the weekend (not both). You do not need to take a day off if you feel good.
- To maintain healthy muscles and joints, do a focused mobility session 3-5x/wk for 15-30min.
- To improve strength, you must do 2x strength/wk. To maintain strength 1x/wk is sufficient.

More Info: <https://www.precisionnutrition.com/intense-exercise-why-how>