

Black Lion Performance Coaching

**Train Smart. Stay
Durable. Perform At
Your Best.**

**2-Week Training Plan for
Busy Athletes & Active Adults**



Why This Guide?

If you train hard but still feel stuck — **nagging injuries**, stalled progress, or wasted hours in the gym — the problem **isn't effort**.

The answer is **smarter structure** and **balance**.

This 2-week training plan is designed to help you:

- Build real-world **strength, power, and endurance**
- Spend **less** time in the gym
- Protect your joints and **stay injury-free** so you can keep training, competing, and **enjoying life**

Weekly Training Split

Day	Focus	Notes
Monday	Full-Body Day 1	Power, Strength, Endurance
Thursday	Full-Body Day 2	Power, Strength, Endurance
Optional	Conditioning	1-2x/week (Bike, Jog, or Row) - 3-5min work, 2-3mins rest (3-5 sets)
Daily	Recovery/Mobility	5-15 Minutes of movement + mobility

Workout Format (45–60 mins)

Each session includes:

Full-Body Mobility Warm-Up

Power + Core Superset

Strength Superset

Muscle Endurance Superset

Cool Down Breathing

All underlined movements in this guide have video demonstrations linked to them. Just click the movement.

Mobility Warm-Up (Prep Phase)

Perform 10 reps of each:

- Hip Flexor Rocks with Rotation
- Quadruped Adductor Rocks
- Pigeon 90/90 Rocks
- Quadruped Thoracic Rotations
- Child's Pose Rocks

Then move into a full-body warm-up (1–2 rounds):

- Push-Up – 6–8 reps total
- Bent Over Dumbbell Row – 8-10
- Goblet Split Squat – 8-10 reps per side
- Dumbbell RDL – 8-10 reps

(Use a 20–35 lb dumbbell)

Sample Workout – Day 1

A1. Box Jump

- 3 sets x 5 reps
- Rest 1:30min before A2
- Alternative Option: Bodyweight Vertical Jump

A2. Weighted Forearm Plank with Reach

- 3 sets x 5-8 reps per side
- Rest 1:30min, repeat superset
- Alternative Option: Unweighted if form is questionable with weight

B1. Barbell Romanian Deadlift

- 3 sets x 8 reps
- Rest 1:30min before B2
- Alternative Option: Dumbbell Romanian Deadlift
- Note: Use wrist straps if grip is the main limiter to lifting more

B2. Dumbbell Neutral-Grip Floor Press

- 3 sets x 8 reps
- Rest 1:30min, repeat superset
- Alternative Option: Weighted Push-Up

C1. Goblet Split Squat

- 2 sets x 15 reps per leg
- Rest 45sec between legs
- Alternative Option: Bodyweight Split Squat

C2. Single-Arm Dumbbell Row

- 2 sets x 15 reps per arm
- Rest 45sec between arms, repeat superset

Cool Down:

- 5min bike or walk at easy effort or 5mins of soft tissue work (foam roll, lacrosse ball, etc.)

Sample Workout – Day 2

A1. Trap Bar Pulls

- 3 sets x 5 reps
- Rest 1:30min before A2
- Alternative Option: Seated Box Jump

A2. Weighted Side Plank

- 3 sets x 15–30 seconds per side
- Rest 45sec repeat superset
- Alternative Option: Unweighted

B1. Trap Bar Deadlift

- 3 sets x 8 reps
- Rest 1:30min before B2
- Alternative Option: Deadlift (speed of the ground emphasis)

B2. Three-Point Dumbbell Row

- 3 sets x 8 reps per arm
- Rest 45 sec between arms, repeat superset

C1. Staggered Stance Dumbbell Romanian Deadlift

- 2 sets x 15 reps per leg
- Rest 45 sec between legs and movements

C2. Bent-Over Dumbbell Lateral Raise

- 2 sets x 15 reps
- Rest 45 sec between movements, repeat superset

Cool Down:

- 5min bike or walk at easy effort or 5mins of soft tissue work (foam roll, lacrosse ball, etc.)

Optional Conditioning

Frequency:

- 1x per week if you are already training a sport or participating in a regular physical hobby.
- 2x per week if you are not currently training a sport or hobby.

Format:

- Work: 3–5 minutes at a tough but sustainable effort
- Rest: 2–3 minutes easy pace or complete rest
- Sets: 3–5 total

Example – Bike Intervals:

- 5 minutes at a tough sustainable effort
- 3 minutes rest
- Repeat for 3 sets

Guidelines:

- Choose Bike, Row, or Jog.
- Jogging should only be used if you already have running experience, as it can be more stressful and less sustainable for some individuals.
- “Sustainable” means maintaining a similar average pace across all intervals. If you fade too much, you are no longer building endurance — you’re just exhausting yourself.

Progression Guidelines:

- For **upper body compound lifts**, aim to increase weight by **5–10 lbs per week**.
- For **lower body compound lifts**, aim for a **10–15 lb increase per week**.
- **Isolation exercises** (like bent-over lateral raises) weight may remain the **same from week to week** depending on the goal and fatigue level.
- The **goal of conditioning** is to maintain the **same average pace** each week while feeling **less overall fatigue**. Progress by either adding an extra set (if you started at the lower end) or by slightly reducing your rest period (if you used the longer rest).

All resistance exercises in your program are based around the **RIR principle. This also serves as your Effort Gauge:**

- You should be pushing hard enough to finish your prescribed reps with **0–2 good reps left**.**
- If you feel like you could do **5+ more**, increase your weight or intensity to get the full benefit of the set.**

Warm-Up Guidance: Don't **overdo it. Your goal is to feel good for your first working set.**

- Perform half the reps of your main set during warm-ups**
- The heavier the lift, the more ramp-up sets you might need**

Frequently Asked Questions

What if I miss a workout?

You can make up the missed session as long as you still maintain 24–48 hours between strength sessions. Avoid stacking hard training days back-to-back.

When should I perform the workouts?

Ideally on non-sports specific days or at least 1 hour after your sport training — almost never before technical skill sessions.

Do I need to follow the exact training days listed?

No — those are suggested for structure. You can shift days around as needed to fit your schedule, as long as you keep a day of rest between sessions.

Should I do the optional conditioning?

The conditioning is completely optional. Use it as a guide if you want to add extra conditioning to your training. Only include it if recovery and performance aren't negatively impacted.



Meet Your Coach – Frederick Sadler

I'm Frederick Sadler, founder of Black Lion Performance Coaching. With over 10 years in the fitness industry as a Certified Personal Trainer and Licensed PTA, I've helped athletes and active adults train smarter, recover faster, and stay durable for the long run.

This guide is just a small taste of what it's like to work with me. My coaching isn't about cookie-cutter programs — it's about building a system around you: your goals, your body, and your lifestyle.

Take what's in here, put it into action, and you'll already start to feel the difference. And when you're ready for more support, structure, and accountability — you'll know exactly where to find me.

Disclaimer:

This guide is for informational and educational purposes only and is not a substitute for individualized medical advice, diagnosis, or treatment. Always consult with your physician or qualified healthcare provider before beginning any new training program, especially if you have existing injuries or medical conditions.

While I am a licensed Physical Therapist Assistant, I am not acting in that capacity within this guide or coaching service. All training advice provided is based on professional fitness coaching experience and does not constitute physical therapy treatment.

