

## THE WEEKLY ARCHITECTURE & SESSION TEMPLATES

### Sheet 3 — Your Weekly Architecture (Chapter 6)

Block in your real week. Use Chapter 6's compact-architecture guidance if you're working with four, five, or six training days rather than seven.

| DAY       | SLOT 1 | SLOT 2 | NOTES |
|-----------|--------|--------|-------|
| Monday    |        |        |       |
| Tuesday   |        |        |       |
| Wednesday |        |        |       |
| Thursday  |        |        |       |
| Friday    |        |        |       |
| Saturday  |        |        |       |
| Sunday    |        |        |       |

Track: ☐ Strength-priority ☐ Endurance-priority ☐ Balanced

Minimum sessions I want to preserve if the week gets compressed:

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Optional or maintenance volume I can flex first, if applicable:

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## Sheet 4 — Strength Session Templates (Chapter 10)

Use Session A, B, or C from Chapter 10's set/rep/rest framework as your starting template, then enter the exact exercises, sets, reps, and loads you'll actually use — or copy your own working sessions into this format so every session lives in one place.

| SESSION A — [name] | EXERCISE | SETS x REPS | LOAD | NOTES |
|--------------------|----------|-------------|------|-------|
|                    |          |             |      |       |
|                    |          |             |      |       |
|                    |          |             |      |       |

| SESSION B — [name] | EXERCISE | SETS x REPS | LOAD | NOTES |
|--------------------|----------|-------------|------|-------|
|                    |          |             |      |       |
|                    |          |             |      |       |
|                    |          |             |      |       |

| SESSION C — [name] | EXERCISE | SETS x REPS | LOAD | NOTES |
|--------------------|----------|-------------|------|-------|
|                    |          |             |      |       |
|                    |          |             |      |       |
|                    |          |             |      |       |