

Run Training: Weekly training schedule varies

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You may be adhering to a set weekly schedule or a varied weekly training schedule.

Many different weekly schedules can offer a successful approach to training.


The various weekly schedules shown here are meant to suggest approaches that are likely similar to the schedule you choose.

Use these examples to illustrate patterns that will successfully combine Globus strength training and active recovery with sport specific training plans.

The combination of Globus strength with the multi-paced sport specific workout types aims to fit training sessions into a week while maximizing the amount of recovery between more intense or longer sport specific workouts.

	RPE	HR zone	% max HR	Description
Recovery	6	AR		
Recovery	7	AR		very,very light
Recovery	8	AR	<75%	
Extensive endurance	9	OD		75% very light
Extensive endurance	10	OD	to	
Extensive endurance	11	OD		80% fairly light
Intensive endurance	12	EXT AT		86%
Intensive endurance	13	EXT AT	to	somewhat hard
Intensive endurance	14	EXT AT		88%
Threshold	15	INT AT		89% hard
Threshold	16	INT AT		92%
Anaerobic endurance	17	VO _{2 max}		95% very hard
Anaerobic endurance	18	VO _{2 max +}	>95%	
Power	19	MAX		very, very hard
Power	20	MAX		

Example of **one** or **two** times per week Globus strength training regimen

 denotes EMS active recovery

Note: Voluntary refers to training sessions that are specific to the sport (e.g. bicycling)

EMS refers to electromuscular stimulation training with Globus

		Week 1						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
voluntary	Power-VO2	Active Recovery	Medium Endurance	Lactate Threshold	Active Recovery	Extensive end	Active Recovery	
EMS	Globus			Globus				
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	

		Week 2						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
voluntary	Power-VO2	Medium Endurance	REST	Medium Endurance	Active Recovery	Extensive end	REST	
EMS	Globus			Globus				
EMS	Activ rec.	Activ rec.		Activ rec.	Activ rec.	Activ rec.		

		Week 3						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
voluntary	Lactate Threshold	Active Recovery	Active Recovery	Medium Endurance	REST	Extensive end	REST	
EMS	Globus			Globus				
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.		Activ rec.		

		Week 4						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
voluntary	Active Recovery	Power-VO2	REST	Medium Endurance	Active Recovery	Extensive end	REST	
EMS		Globus			Globus			
EMS	Activ rec.	Activ rec.		Activ rec.	Activ rec.	Activ rec.		

		Week 5						
Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

voluntary	Medium Endurance	Active Recovery	Power-VO2	Medium Endurance	REST	Active Recove	Extensive endurance
EMS	Globus			Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.		Activ rec.	Activ rec.
Week 6							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Medium Endurance	REST	Medium Endurance	Active Recovery	Extensive end	Power-VO2
EMS		Globus			Globus		
EMS		Activ rec.		Activ rec.	Activ rec.	Activ rec.	Activ rec.
Week 7							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	Medium Endurance	Active Recovery	Lactate Threshold	REST	Active Recovery	Extensive end	Extensive endurance
EMS	Globus			Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.
Week 8							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	Medium Endurance	Power-VO2	Medium Endurance	Lactate Threshold	REST	Extensive end	REST
EMS	Globus			Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.
Week 9							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	Medium Endurance	Active Recovery	Medium Endurance	REST	Lactate Threshold	Active Recove	Medium Endurance
EMS	Globus			Globus			
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

voluntary	REST	Power-VO2	REST	Medium Endurance	Active Recovery	Power-VO2	Extensive endurance
EMS		Globus		Globus			
EMS		Activ rec.		Activ rec.	Activ rec.	Activ rec.	Activ rec.

Week 15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Active Recovery	Power-VO2	REST	Medium Endurance	Active Recove	Extensive endurance
EMS			Globus		Globus		
EMS		Activ rec.	Activ rec.		Activ rec.	Activ rec.	Activ rec.

Week 16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Power-VO2	Active Recovery	REST	Active Recovery	Power-VO2	Extensive endurance
EMS		Globus		Globus			
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Example of a three Globus training day split. The **Globus** denotes muscle groups with a primary training emphasis while the **Globus/split** denotes muscle groups that are trained with a secondary emphasis
 Most commonly athletes will train for strength using electro muscular stimulation three times per week foregoing the split routine

 denotes EMS active recovery

Note: Voluntary refers to training sessions that are specific to the sport (e.g. bicycling)
EMS refers to electromuscular stimulation training with Globus

Week 1

Training method	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	Power-VO2	Active Recovery	Medium Endurance	Lactate Threshold	Active Recovery	Extensive end	Active Recovery
EMS	Globus		Globus		Globus		
EMS		Globus/split		Globus/split		Globus/split	Activ rec.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.
	Week 2						
voluntary	Power-VO2	Medium Endurance	REST	Medium Endurance	Active Recovery	Extensive end	REST
EMS	Globus		Globus		Globus		
EMS		Globus/split		Globus/split		Globus/split	
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.
	Week 3						
voluntary	Lactate Threshold	Active Recovery	Active Recovery	Medium Endurance	REST	Extensive end	REST
EMS	Globus		Globus		Globus		
EMS		Globus/split		Globus/split		Globus/split	
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.
	Week 4						
voluntary	Active Recovery	Power-VO2	REST	Medium Endurance	Active Recovery	Extensive end	REST
EMS		Globus		Globus		Globus	
EMS	Activ rec.		Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.
	Week 5						
voluntary	Medium Endurance	Active Recovery	Power-VO2	Medium Endurance	REST	Active Recovery	Extensive endurance
EMS	Globus		Globus		Globus		
EMS		Globus/split		Globus/split		Globus/split	Activ rec.
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.
	Week 6						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

voluntary	REST	Medium Endurance	REST	Medium Endurance	Active Recovery	Extensive end	Power-VO2
EMS		Globus		Globus		Globus	
EMS			Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	Medium Endurance	Active Recovery	Lactate Threshold	REST	Active Recovery	Extensive end	Extensive endurance
EMS	Globus		Globus		Globus		
EMS		Globus/split		Globus/split		Globus/split	Activ rec.
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	

Week 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	Medium Endurance	Power-VO2	Medium Endurance	Lactate Threshold	REST	Extensive end	REST
EMS		Globus		Globus		Globus	
EMS	Globus/split		Globus/split		Globus/split		
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	

Week 9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	Medium Endurance	Active Recovery	Medium Endurance	REST	Lactate Threshold	Active Recove	Medium Endurance
EMS	Globus		Globus		Globus		
EMS		Globus/split		Globus/split		Globus/split	
EMS	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Week 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Active Recovery	Extensive endurance	Active Recovery	REST	Active Recove	Lactate Threshold

EMS		Globus		Globus		Globus
EMS		Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Week 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Active Recovery	Power-VO2	Active Recovery	REST	Medium Endu	Extensive endurance

EMS		Globus		Globus		Globus
EMS		Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Week 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Active Recovery	Lactate Threshold	REST	Extensive endurance	Active Recove	Extensive endurance

EMS		Globus		Globus		Globus
EMS		Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Week 13

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Power-VO2	Medium Endurance	REST	Lactate Threshold	Active Recove	Extensive endurance

EMS		Globus		Globus		Globus
EMS		Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Week 14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Power-VO2	REST	Medium Endurance	Active Recovery	Power-VO2	Extensive endurance

EMS		Globus		Globus		Globus
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EMS			Globus/split			Globus/split			Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.		Activ rec.		Activ rec.	Activ rec.

Week 15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Active Recovery	Power-VO2	REST	Medium Endurance	Active Recove	Extensive endurance
EMS			Globus		Globus		Globus
EMS		Globus/split		Globus/split		Globus/split	
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Week 16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
voluntary	REST	Power-VO2	Active Recovery	REST	Active Recovery	Power-VO2	Extensive endurance
EMS		Globus		Globus		Globus	
EMS			Globus/split		Globus/split		Globus/split
EMS		Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.	Activ rec.

Suggested periodized strength training plan for the Globus Premium Sport model

Program	Frequency	duration
max strength 1	2 to 3 times weekly	2 to 3 weeks
max strength 2	2 to 3 times weekly	2 to 3 weeks
max strength 3	2 to 3 times weekly	2 to 3 weeks
	max strength	6 to-9weeks total
<i>resistance strength 1</i>	<i>1 time weekly</i>	
<i>max strength 3</i>	<i>1 to 2 times weekly</i>	1week
Resistance 1	2 to 3 times weekly	2 to 3 weeks

Sheet1

Resistance 2	2 to 3 times weekly	2 to 3 weeks
Resistance 3	2 to 3 times weekly	2 to 3 weeks
	resistance strength	6 to-9weeks total
	<i>transition week</i>	
<i>Endurance 1</i>	<i>1 time weekly</i>	
<i>Resistance strength 3</i>	<i>1 to 2 times weekly</i>	1week
Endurance 1	2 to 3 times weekly	4 to 6 weeks
Endurance 1	1 time weekly	
Endurance 2	1 to 2 times weekly	2 to 3 weeks
Endurance 2	1 to 2 times weekly	4 to 6 weeks
	Endurance	10 to 15 weeks total