

Mid-life Adults (36-45) | Beginner | Goal: Athletics

Performance-oriented training: strength, power, speed/coordination (age-appropriate), and conditioning.

Parameters

Framework	
Frequency	3 sessions/week (A-B-C)
Duration	12 weeks
Duration per session	60-75 minutes
Intensity	RPE 6-8 (Intermediate Bodybuilding up to RPE 9 on isolations)

Periodization (12 weeks)

Phase (weeks)	Focus	Volume/ reps	Intensity
1-4	Kraftbasis + Power-Mechanik (submax.), saubere technique	Power 3-5x3-5; Main lifts 3-4x6-8; Accessories 2-3x8-12	RPE 6-7
5-8	Kraft & Power progressiv, Energie-Systeme	Power 4-6x2-4; Main lifts 4x4-6; Accessories 3x8-12	RPE 7-8
9-12	Leistungsfähigkeit konsolidieren, Ermüdung steuern	Power 3-5x2-3; Main lifts 3-4x3-5; Accessories 2-3x6-10	RPE 7-8

Weekly plan (3 Einheiten)

Session A: Lower body Kraft + Power

Exercise	Sets/ reps	Notes
Power: Med-Ball Slam or Box Step Jump	3-6x3-5	Low-Impact Power; Sprünge only niedrig/optional
Hack Squat/Leg Press or Front Squat	Hauptlift nach Phase	-
Split Squat (Bulgarian/Reverse)	3-4x6-12	-
Posterior Chain: Hamstring Curl or Hip Thrust	3-4x8-12	-
Core: Anti-Rotation (Pallof)	2-3x8-12/side	-
Finisher/Option	-	Optional: 6-10 min kurze Intervalle (z.B. Bike 30/30) - only wenn erholt.

Session B: Upper body Kraft + Power

Exercise	Sets/ reps	Notes
Power: Med-Ball Chest Pass	3-6x3-5	Explosiv, light
DB-Bench press or Chest Press	Hauptlift nach Phase	-
Row (Langhantel/cable)	Hauptlift nach Phase	-
Lat Pulldown or Pull-up (assistiert)	3-4x6-10	-
Landmine Press or Maschine	2-4x6-12	Neutral/landmine bei Schulterthema
Accessories/Optional: Schultergesundheit: Face Pull	2-3 sets as needed	Only if time/recovery allows
Finisher/Option	-	Optional: Sled Push or AirBike 6-8 min (morat).

Session C: Full-body + Conditioning/Agility

Exercise	Sets/ reps	Notes
Power: KB Swing or Sled Push	4-6x10-20 s	technique priorisieren
Trap-Bar Deadlift or Hip Hinge Maschine	3-4x4-8	-
Loaded Carry (Farmer/Suitcase)	4-6 x 20-40 m	-
Agility/Footwork: Leiter, Richtungswechsel, schnelle Schritte	8-12 min	Low-Impact Power; Sprünge only niedrig/optional
Conditioning: Intervall or Tempo	10-15 min	Goal: Leistung ohne 'Ausbrennen'
Accessories/Optional: Cooldown/Mobility	2-3 sets as needed	Only if time/recovery allows

Progression & Safety

Progression	Safety/coaching
<ul style="list-style-type: none"> Power-Exercises stets frisch: lange Pausen (60-120 s), kein Muskelversagen. Kraftlifts: Laststeigerung 2,5-5% sobald obere reps-Zielzone sauber erreicht wird. Conditioning: 1 Variable pro Woche steigern (Zeit ODER Intensity), nicht beides. 	<ul style="list-style-type: none"> High-Impact (Sprünge) only wenn schmerzfrei und Landetechnik stabil; otherwise Low-Impact Alternativen. Bei Müdigkeit: zuerst Conditioning reduzieren, nicht Krafttechnik.