

## Adults (26-35) | Intermediate | 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	Plyos/Agility möglich, Focus auf Zeiteffizienz
Back Squat or Hack Squat/Leg Press	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
Bench press (LH/DB) or Chest Press	Hauptlift nach Phase	-
Row (Langhantel/cable)	Hauptlift nach Phase	-
Pull-up/Lat Pulldown	3-4x6-10	-
Overhead press (DB) or Landmine Press	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 Romanian Deadlift	3-4x4-8	-
Loaded Carry (Farmer/Suitcase)	4-6 x 20-40 m	-
Agility/Footwork: Leiter, Richtungswechsel, schnelle Schritte	8-12 min	Plyos/Agility möglich, Focus auf Zeiteffizienz
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"> <li>Power-Exerciseen stets frisch: lange Pausen (60-120 s), kein Muskelversagen.</li> <li>Kraftlifts: Laststeigerung 2,5-5% sobald obere reps-Zielzone sauber erreicht wird.</li> <li>Conditioning: 1 Variable pro Woche steigern (Zeit ODER Intensity), nicht beides.</li> </ul>	<ul style="list-style-type: none"> <li>High-Impact (Sprünge) only wenn schmerzfrei und Landetechnik stabil; otherwise Low-Impact Alternativen.</li> <li>Bei Müdigkeit: zuerst Conditioning reduzieren, nicht Krafttechnik.</li> </ul>