

Vince McConnell

Training at 50 (or 20) and Beyond: *Sample Workout*

Mobility/ Activation

What I call *Integrated Athletic Mobility Prep* (IAMP)

Monday-Sunday

- Start with 60-90 seconds of jumping rope (or similar activity like marching in place,) preferably barefoot.
 - Roll the bottom of each foot with a golf ball for 45-60 seconds. Don't worry about why . . . this one thing seems to open up the entire posterior chain (including upper body) and awaken the nervous system. I refer you to [Chad Waterbury's](#) work for the science here.
 - Ankle mobility and foot health drills
 - Foam Rolling/ Lacrosse Ball (or similar) hitting targeted areas like Quads, Adductors, Hamstrings, Calves, Tibialis Anterior, External Rotators of hips, Thoracic Spine Extensions, Rhomboids, Lats, Pecs, to name but a few.
- No rules here, but don't let this session take so long that you know you will not be compliant. A little is better than none.

It's probably not a good idea to apply significant pressure to any area with acute inflammation so if in doubt, first seek a qualified soft-tissue specialist. And, again, beware letting this turn into a dreaded part of your day by overextending the duration. I suggest giving yourself an 8-minute window after the golf ball roll, which I view as mandatory. The troubled spots can change in location and degree as frequently as day to day.

(Note: Being unbiased, I highly recommend any of Smitty's work at [dieselcrew.com](#) for this, and for a more expanded education on taking command of your own soft tissue you cannot do better than [Kelly Starrett's work in his book *Becoming A Supple Leopard*](#)).

- Static Stretching of Hip Flexors, Pectorals, and Lats (again, beyond scope of this article, and there's science to search out as to why these specific muscles respond well to static stretch while others do better in dynamic application) followed by dynamic (not bouncing) of hip Abductors, Adductors, Extensors (i.e. hamstrings), Calves, and maybe a few others.
- Core activation drills for gluteal muscles (Supine single-leg Glute Bridge a favorite along with mini-band lateral walks, and a few others), plank variations for anterior and sides of torso, and scapular muscles (Floor Slides, Y's & T's) all for about 30 seconds each.
- Dynamic Mobility follows with drills such as Thoracic Bridges, Lunge variations, Yoga Plex, Dynamic Pigeon, Cossack Squat, and a few others. For more great, and practical, info on this topic, check out [Nick Tumminello's *Practical Program Design*](#).

Strength/ Hypertrophy Training

(Monday/Tuesday/Thursday/Friday)

Note: Most days I will split my total workload into two **brief**, separate (AM/PM) sessions. I find my body and mind respond better to this and my daily schedule usually necessitates it, as it's many times impractical to dedicate anything more than 35-40 minutes at-a-time for my own training. That said, it might be just as impractical for you to train more than once a day so simply combine the strength work into one longer session. Go with what works for you.

MONDAY

Early AM

>*Spin Bike: 20 minutes

In moderate-intensity interval fashion

(i.e. 60 sec steady/30 sec sprint)

>Brief Static Stretching after every "cardio" session (Hip Flexors, Hip Rotators, Hamstrings, Calves)

Later AM

> Brief (Integrated Athletic Mobility Prep) IAMP including CNS "igniters" Plyo Push-ups (4-6reps) and Band Broad Jumps (5reps) x2 cycles

Note: Unless I'm pyramiding the sets and reps, most exercises, I'll perform 1-3 'Prep Sets' before 'Work Sets' that are listed below.

1a) Flat DB Press **5 sets/8-10 reps(*DS)**

*Final set is DropSet (2 "drops")

1b) Rack Deadlift **5 sets/5 reps**

(rack set below the knees)

2a) Parallel-grip Pull-Ups **5 sets/5+ reps***

(2 sec at top of every rep)

(w/external loading up 70lbs; Final set up to 7reps)

2b) *Pendulum* Hip Press **5 sets/10-12 reps (4-1 tempo)**

(This is Horizontal Leg Press that I have in my facility that is more hip-dominant than typical variations and agrees with my knees and lower back. I also add chains/bands for 'accommodating resistance' to even-out the strength curve. I prefer this here instead of a Sumo DL (or similar) to take demand off grip due to pairing with pull-ups).

PM

3a) Decline DB Triceps Extension **4 sets/16-20 reps**

3b) Single-Arm Pulley Rows **4 sets/8-10 reps each arm** (Pronated-Grip, Elbow 45°)

3c) *Suspension Trainer (ST) T-Flyes **4 sets/12-8 reps**

(I prefer these here to bent-over DB Flyes considering I've fatigued lower back to some degree by this stage)

*my personal preference for suspension trainer is the *Lifeline Jungle Gym XT*

TUESDAY

AM

1a) ST Push-ups **10-12 reps**

(Feet-Elevated, and with 2 sec Isometric hold at top & bottom)

1b) *RFESS **8 reps each leg**

*Rear-Foot-Elevated Split Squat

*I personally use the *Frank Zane Leg Blaster*, but can also hold 2 dumbbells or kettlebells)

1c) ST Rows **6,5,4 reps Isometric Countdown**

*Feet-Elevated; w/ Isometric Countdown: 6 sec hold+6 reps/10 sec rest/5 sec+5 reps/10 sec rest/ 4 sec+4 reps)

1d) *Single-leg Hip Thrust **10 reps each side**

*w/external loading from sandbag

*w/ 2 second isometric hold at top every rep

(**6 cycles** with just enough rest between to regulate fatigue. Total duration is approximately 35 minutes)

PM

2a) Alternate DB Hammer Curls **4 sets/6-8 reps**

2b) Pulley 'Rope-Grip' Triceps Pushdowns **4 sets/12-8 reps(*DS)**

*Final set DropSet with 2 "drops"

Quad-Blast

>Semi-Recumbent Bike: **12 minutes**

in "Ascending-Intensity Cycles":

Level 6 30sec/Level 14 30sec

Level 6 30sec/ Level 15 30sec

Level 6 30sec/ Level 16 30sec

Level 6 30sec/ Level 17 30sec

(3 cycles; Sustain 50-65 RPM's)

>Static Stretching (Hip Flexors, Hip Rotators, Hamstrings, Calves)

WEDNESDAY

AM

"Core Circuit"

a) Stability Ball Stir-the-Pot

b) Side Plank variation

c) KB Windmill

d) Standing Pulley Anti-Rotation (speed)

e) KB TGU (bottom ½)

d) Suitcase Carry

(**3 cycles of 30 seconds** work each side, **10 seconds** transition)

PM

Dynamic Activation/Mobility Circuit (30 minutes)

30 sec drill: 10 sec transition

THURSDAY

AM

1a) Low-Incline DB Press **5 sets/ 20-16 reps**

1b) Staggered-Stance DL **5 sets/5 reps each side** (using Trap Bar)

2a) 1-H KB Bent Rows **5 sets/6 reps** (or 1-H Meadows Rows using Landmine)

2b) Heavy KB Swings **5 sets/10-12 reps** (48-70kgs)

compound set with

* Band Hip Thrusts **5 sets/5 sec ISO +15 reps**

(Heavy bands anchored in power rack, midback on bench)

PM

3a) Lying DB Triceps Extension **4 sets/8-10 reps**

*attention to control on eccentric (3-4seconds) to maximize intramuscular tension/
minimize joint stress

3b) *Ring Pull-Ups (Bodyweight) **4 sets/8-10 reps**

*w/ isometric hold 3 seconds at top

*w/ varied grip to minimize over-use stress

4a) Judo Push-up **4 sets/8-10 reps**

(narrow-grip; with 2 sec isometric hold at bottom)

Note: If you can easily do more than 4 sets/10 reps here you're doing different exercise than I'm talking about

4b) ST Y-Raises **4 sets/10-12 reps**

FRIDAY

AM

a) ST Push-ups (w/resistance band) **8-12 reps**

(Feet-Elevated, and with 2sec Isometric hold at top & bottom)

b) Rope Pull-Throughs **16 reps**

c) ½ Kneeling Pulley High Rows **8-10 reps each side**

d) Alternate Reverse Lunges **8 reps each leg**

(with *Zane Leg Blaster* or 24-32kg KBs in rack position)

(**4 cycles** with just enough rest between to regulate fatigue. Total duration is approximately 24 minutes)

PM

1a) ST Rows **3 sets/6,5,4 reps Isometric Countdown**

*Feet-Elevated; w/ Isometric Countdown: 6 sec hold+6 reps/10 sec rest/5 sec+5 reps/10 sec rest/ 4 sec+4 reps)

1b) Cable Posterior Flyes **3 sets/10-12 reps** (hold peak contraction 2-3 seconds each rep)

1c) DB Pullovers **3 sets/10-12 reps**

2) BFR Triceps Pushdowns **1/35, 3/20 (30 sec rests)**

3) BFR DB Curls **1/25, 3/15 (30 sec rests)**

BFR= Blood-Flow-Restriction

>Sprints

(Practice optimal sprint mechanics)

40 yards **12reps** * 30 sec recovery between reps

SATURDAY

AM

Mobility Session as usual

PM

Active Recovery Circuit (“Grease the Groove” type work in circuit for total body and avoiding fatigue hitting 5-6 of 10 on ‘perceived intensity scale’)

a) Push-up variation/ Band Pushdown

b) KB Single-leg GHDL (aka RDL) R/L

c) ST Rows (regressed angle)/ Band Pull-aparts

d) KB Reverse Lunge R/L

*Set timer for **30 seconds work: 10 seconds rest** for **4 cycles**, which equates to **21m:20s** total duration

*Using only 1 KB (16-24kg), Lifeline Jungle Gym XT, and quality resistance bands I make this a “travel-friendly” session which can also be done outdoors

SUNDAY

AM

Mobility Session as usual

PM

a) KB Swings (32-36kg)

b) Jump Rope **30 sec Work: 30 sec Rest x16 minutes**