The 14-Day Concurrent Training Plan

Combine strength and endurance while protecting your priority and keeping recovery visible.

EVIDENCE NOTE

Concurrent training can improve strength and endurance together. Small interference effects are more relevant to trained athletes, lower-body strength, high total volume, and demanding sessions placed too close together.

BEFORE YOU START

Choose one primary goal. Use loads and paces you already tolerate. Stop for chest pain, faintness, unusual breathlessness, sharp pain, or loss of control. Seek individualized advice when medical conditions or recent injury affect exercise.



Two weeks, eight purposeful sessions

DAY 1 — STRENGTH A

Full-body strength at a repeatable effort. Keep 2–3 repetitions in reserve and record the main loads.

DAY 2 — EASY ENDURANCE

25–35 minutes at conversational effort. The session should finish easier than a hard interval day.

DAY 3 — RECOVER

Rest or easy walking. Note soreness, sleep, and willingness to train without turning them into a score.

DAY 4 — STRENGTH B

Full-body strength. Put the most important lower-body lift first; avoid adding new sets this week.

DAY 5 — EASY OR REST

Choose 20–30 easy minutes only if recovery is normal. Otherwise take a complete rest day.

DAY 6 — QUALITY ENDURANCE

Warm up, then 4 × 3 minutes at controlled hard effort with 3 easy minutes between. Cool down.

DAY 7 — RECOVER

No demanding training. Review loads, pace, effort, soreness, and any repeated decline.

DAY 8 — STRENGTH A

Repeat day 1. Add load only if technique and recovery were stable; otherwise repeat exactly.

DAY 9 — EASY ENDURANCE

Repeat day 2. Keep the easy session easy rather than using fitness as a reason to race it.

DAY 10 — RECOVER

Rest or easy mobility. Persistent fatigue is a signal to reduce the next session, not repay a debt.

DAY 11 — STRENGTH B

Repeat day 4. End sets before form changes and protect the exercise tied to your primary goal.

DAY 12 — EASY OR REST

Use the same decision as day 5. Do not add volume simply because the plan is almost complete.

DAY 13 — QUALITY ENDURANCE

Repeat day 6, or reduce to 3 intervals if strength performance fell or recovery is incomplete.

DAY 14 — REVIEW

Compare both weeks. Keep the structure only if the priority improved and fatigue remained manageable.

Next step

Progress one variable for the next two weeks: a small load increase, one interval, or 5–10 easy minutes. Keep at least one true recovery day.

Sources

Huiberts et al. Sports Med. 2024. Petré et al. Sports Med. 2021. Eddens et al. Sports Med. 2018.

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