Seven-Day Training Volume Planner

Distribute the same useful weekly work across sessions, protect set quality, and test frequency without quietly changing volume.

Frequency is a distribution tool

When weekly volume is matched, research does not show a reliable hypertrophy advantage for one common frequency over another. Use frequency to make sets higher quality, practise lifts, manage soreness, and fit a repeatable schedule.

STEP	DECISION	CALM RULE
1	Choose days you can repeat	Build around the real calendar
2	Set conservative weekly work	Do not chase an arbitrary maximum
3	Spread sets across sessions	Avoid a large late-session quality drop
4	Hold volume stable for the test	Change one variable at a time

Before the week

List the movements or muscle groups you want to train and the weekly working sets already tolerated. Beginners can start lower. Keep approximate effort, exercise selection, and total sets stable while comparing schedules.

Safety boundary

Stop for sharp pain, chest pain, faintness, or symptoms that feel unsafe. Return after illness or injury gradually and seek qualified guidance when needed. This planner is not rehabilitation or individualized medical advice.

One-week distribution log

Record completed work once after each session. Blank days are part of a plan, not a failure.

Day	Session / rest	Planned sets	Completed sets	Quality / recovery
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly review

Were final sets much weaker or less controlled than early sets? Did soreness interfere with the next planned session? Which days were easiest to complete? If quality fell late in long sessions, move the same sets to another day before adding more work.

Next-week decision

Keep the structure if progress and recovery are acceptable. Split a long session if quality drops. Consolidate sessions if extra training days create friction. Add volume only after the distribution itself is stable and well tolerated.

Evidence note

Volume-equated trials do not show a meaningful independent hypertrophy advantage for a specific common frequency. Frequency may still influence strength practice, session quality, fatigue, and adherence. Sources: Schoenfeld et al. (2019); Currier et al. (2023); Ralston et al. (2018).