

06

THE MASTER WEEKLY ARCHITECTURE

The Schedule & KPI Dashboard

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
WORKOUT A Upper Body	ZONE 2 CARDIO	ACTIVE RECOVERY	WORKOUT B Posterior/ Lower	ZONE 2 CARDIO	FLEXIBLE RECOVERY	FLEXIBLE RECOVERY
						
✓	✓	✓	✓	✓	✓	✓

Consistency > Discipline > Results



PLAN YOUR WEEK

Structure creates consistency.



TRACK WHAT MATTERS

Measure the right KPIs. Improve every week.



OPTIMIZE & ADAPT

Use data. Make small adjustments.



RECOVER & GROW

Rest smart. Come back stronger.

KPI DASHBOARD

① PROGRESSION (MUSCLE)  Are you lifting 1 kg more or doing 1 more rep than last week?	② TALK TEST (CARDIO)  Need more resistance to reach the same level of heavy breathing?
③ ADHERENCE (DIET)  Is daily hunger manageable? Adjust fiber or take a maintenance break if needed.	④ RECOVERY (CNS)  Is your resting heart rate normal? If weights feel too heavy, take an extra rest day.

★ Small Wins. Tracked Consistently. Compound Into Massive Results.

✓ Plan
✓ Track
✓ Adapt
✓ Repeat



SMART TRAINING
Mechanical Tension



SMART CARDIO
Zone 2 for Longevity



SMART RECOVERY
Sleep & Stress Management



SMART NUTRITION
High Protein, High Volume



SMART TRACKING
Measure. Analyze. Improve.



You are the Architect of Your Health.

Design the plan. Execute the process. Own the results.



DATA DRIVEN.
RESULTS PROVEN.

06 The Master Weekly Architecture

The Schedule & KPI Dashboard

DISCLAIMER I am an engineer and a data-enthusiast, not a doctor or a certified professional. This toolkit represents my personal research and journey. Always consult your GP before changing your diet, exercise, or medication routine.

Intro

A system is only as good as its execution. This weekly architecture combines **mechanical tension**, **Zone 2 cardio**, and **CNS recovery** into a sustainable routine that protects your joints and fits into a busy lifestyle.

The Core Concept: The Weekly Blueprint

DAY	FOCUS	SESSION	SUPPLEMENTS
MONDAY	Workout A - Upper Body	Cable Chest Press, Cable Rows, Overhead Press.	Pre-workout Caffeine. 5g Creatine.
TUESDAY	Zone 2 Cardio	30-45 minutes Treadmill (Walking) or Bike. Talk-test pace.	5g Creatine.
WEDNESDAY	Active Recovery	No gym. Focus on NEAT (walking, standing desk).	5g Creatine.
THURSDAY	Workout B - Posterior/Lower	Cable RDLs, Leg Curls, Glute Pull-Throughs. (Hip-safe, no deep compression).	Pre-workout Caffeine. 5g Creatine.
FRIDAY	Zone 2 Cardio	30-45 minutes Treadmill or Bike.	5g Creatine.
SATURDAY & SUNDAY	Flexible Recovery	Active recovery and life.	—

The KPI Dashboard

Track these Key Performance Indicators to ensure the system is working:

1 PROGRESSION (MUSCLE)

Are you lifting 1 kg more or doing 1 more rep than last week?

2 TALK TEST (CARDIO)

Do you need more resistance on the bike to reach the same level of heavy breathing? (Your heart is getting stronger).

3 ADHERENCE (DIET)

Is your daily hunger manageable? If you are starving, increase your High-Volume fiber foods or take a 2-week maintenance diet break.

4 RECOVERY (CNS)

Is your resting heart rate normal? If weights suddenly feel incredibly heavy, take an extra rest day.

Outro

You are the architect of your own health. Trust the data, trust the thermodynamics, and let consistency do the work.

At a Glance

1 KEY TAKEAWAYS

- Space your weightlifting days out to allow the **Supercompensation Curve** to peak.
- Take **5g of Creatine** daily, regardless of whether it is a rest day or a gym day.
- **Calorie Cycling** allows you to eat slightly less during the week so you can enjoy higher-calorie weekends without breaking your weekly deficit.

3 WHAT IS STILL DEBATED IN SCIENCE

- Optimal Split Frequency: Experts debate whether "Full Body" workouts 3x a week are superior to "Upper/Lower" splits 4x a week. The consensus is that total weekly volume matters most; pick the schedule you can actually stick to.

2 COMMON MYTHS

- Myth: "You need to train a muscle every single day for it to grow."
- Reality: Training a muscle 2 times a week is optimal for 90% of people. More than that often leads to overtraining and injury.

4 PRACTICAL ACTIONS

- **Digital App Strategy:** Log your daily inputs (Calories, Protein) and your weekly outputs (Weight lifted). Review the data every 14 days and adjust your calorie target if you hit a true biological plateau.