FITNESS TRAINING PLAN FOR ADVANCED

More strength, endurance and targeted progress

A 5-day split for targeted muscle development

A structured training plan helps experienced lifters train muscle groups with purpose and make long-term progress. As experience increases, managing training loads, selecting suitable exercises and allowing sufficient recovery become more important.

This advanced 5-day split distributes strength work across muscle groups. It combines compound lifts with supplementary isolation exercises to support further muscle and strength development.

Important: This is a high-volume plan intended for experienced trainees. Adjust sets, loads and training days to your individual recovery capacity.

5-DAY SPLIT – TRAINING OVERVIEW

DAY 1 – CHEST AND TRICEPS

Exercise	Sets	Repetitions
Barbell bench press	5	6–8
Incline dumbbell bench press	4	8–10
Dips	4	8–10
Cable flyes	3	12–15
Cable triceps pushdowns	4	10–12
EZ-bar French press	3	10–12

Training focus: Chest and triceps, combining compound pressing movements with supplementary isolation exercises.

DAY 2 – BACK AND BICEPS

Exercise	Sets	Repetitions
Conventional deadlift	5	5
Pull-ups	4	8–12
Barbell rows	4	8–10
Close neutral-grip lat pulldown	3	10–12
Barbell curls	4	8–10
Dumbbell hammer curls	3	10–12

Training focus: Back width, back thickness and biceps. Maintain a stable position and controlled movements during pulling exercises.

DAY 3 – LEGS AND CALVES

Exercise	Sets	Repetitions
Barbell squats	5	6–8
Leg press	4	10
Romanian deadlift	4	8–10
Lunges	3	12 per leg
Leg curls	3	12
Standing calf raises	5	15

Training focus: Quadriceps, hamstrings, glutes and calves. Technique is especially important for squats and Romanian deadlifts.

DAY 4 – SHOULDERS AND ABDOMINALS

Exercise	Sets	Repetitions
Barbell overhead press	5	6–8
Dumbbell lateral raises	4	12
Bent-over lateral raises	4	12
Cable or dumbbell front raises	3	12
Weighted crunches	4	20
Hanging leg raises	4	15
Plank	3	60–90 seconds

Training focus: Front, side and rear shoulders, as well as core stability.

DAY 5 – ARMS AND INDIVIDUAL WEAK POINTS

Exercise	Sets	Repetitions
Close-grip bench press	4	8–10
EZ-bar curls	4	8–10
Rope triceps pushdowns	3	12
Concentration curls	3	12
Parallel-bar or bench dips	3	12
Cable hammer curls	3	12
Additional exercises for individual weak points	As needed	Individual

Training focus: Targeted arm training and improvement of individual weak points. Plan extra volume carefully, as biceps and triceps are already trained on other days.

IMPORTANT TRAINING GUIDELINES FOR ADVANCED TRAINEES

Rest between sets: For heavy compound lifts, 2–3 minutes or longer may be appropriate. For lighter isolation work, 60–120 seconds may be sufficient.

Progressive overload: Aim to improve performance over time through extra repetitions, increased loads or better movement quality.

Protein intake: For many strength trainees, approximately 1.4–2.0 g of protein per kg of body weight per day is a useful reference range.

Sleep: Aim for approximately 7–9 hours per night. Adequate recovery supports performance and adaptation.

Recovery weeks: If fatigue persists or after a prolonged intensive phase, consider reducing training volume or intensity. A fixed deload schedule is not essential for everyone.

Training schedule: Five training days do not need to be consecutive. Extra rest days between sessions may help with this demanding programme.

TRAINING VOLUME AND MUSCLE GROWTH – WHAT DOES RESEARCH SAY?

The useful number of training sets per muscle group depends on experience, intensity and recovery capacity. More volume does not automatically produce better results. The Drachensang Academy article on training volume explores how the number of sets may affect muscle development and how needs differ between beginners and advanced trainees.

CONCLUSION – MUSCLE DEVELOPMENT WITH A 5-DAY SPLIT

A 5-day split lets experienced trainees distribute work across different muscle groups. Long-term progress depends not simply on training frequency, but on appropriate load management, sound technique and adequate recovery. Train consistently, progress gradually and adapt the plan to your circumstances.

Further reading: Bodybuilding · Muscle building · Recovery

TRAINING LOG – DAY 1 – CHEST AND TRICEPS

Date: _____ Body weight (optional): _____

Record the weight used and repetitions completed for each set. For bodyweight movements, write “BW” where appropriate; for planks, record time.

Exercise	Set	Weight (kg)	Reps / time	Notes
Barbell bench press	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
	5	_____	_____	_____
Incline dumbbell bench press	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Dips	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Cable flyes	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
Cable triceps pushdowns	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
EZ-bar French press	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____

How did the session feel? Progress / next adjustment:

_____

_____

TRAINING LOG – DAY 2 – BACK AND BICEPS

Date: _____ Body weight (optional): _____

Record the weight used and repetitions completed for each set. For bodyweight movements, write “BW” where appropriate; for planks, record time.

Exercise	Set	Weight (kg)	Reps / time	Notes
Conventional deadlift	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
	5	_____	_____	_____
Pull-ups	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Barbell rows	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Close neutral-grip lat pulldown	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
Barbell curls	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Dumbbell hammer curls	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____

How did the session feel? Progress / next adjustment:

_____

_____

TRAINING LOG – DAY 3 – LEGS AND CALVES

Date: _____ Body weight (optional): _____

Record the weight used and repetitions completed for each set. For bodyweight movements, write “BW” where appropriate; for planks, record time.

Exercise	Set	Weight (kg)	Reps / time	Notes
Barbell squats	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
	5	_____	_____	_____
Leg press	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Romanian deadlift	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Lunges	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
Leg curls	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
Standing calf raises	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
	5	_____	_____	_____

How did the session feel? Progress / next adjustment:

_____

_____

TRAINING LOG – DAY 4 – SHOULDERS AND ABDOMINALS

Date: _____ Body weight (optional): _____

Record the weight used and repetitions completed for each set. For bodyweight movements, write “BW” where appropriate; for planks, record time.

Exercise	Set	Weight (kg)	Reps / time	Notes
Barbell overhead press	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
	5	_____	_____	_____
Dumbbell lateral raises	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Bent-over lateral raises	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Cable or dumbbell front raises	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
Weighted crunches	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Hanging leg raises	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Plank	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____

How did the session feel? Progress / next adjustment:

_____

_____

TRAINING LOG – DAY 5 – ARMS AND INDIVIDUAL WEAK POINTS

Date: _____ Body weight (optional): _____

Record the weight used and repetitions completed for each set. For bodyweight movements, write “BW” where appropriate; for planks, record time.

Exercise	Set	Weight (kg)	Reps / time	Notes
Close-grip bench press	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
EZ-bar curls	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
	4	_____	_____	_____
Rope triceps pushdowns	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
Concentration curls	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
Parallel-bar or bench dips	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
Cable hammer curls	1	_____	_____	_____
	2	_____	_____	_____
	3	_____	_____	_____
Additional exercises for individual weak points	–	_____	_____	_____

How did the session feel? Progress / next adjustment:

_____

_____

TRAINING PROGRESS – 8 WEEKS

Record training days, performance and recovery. Adjust the workload as needed.

Week	Training days	Progress / observations
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____

PERSONAL NOTES

_____

_____

_____

_____

_____

_____

_____

_____

_____