

DC workout schedules for various people

I probably should of written this a while back but I see alot of people asking about it now. Schedules. Most of the people I personally train I have them on the monday wenesday friday monday scheme with bodyparts split like this

a)

Chest

Shoulders

Triceps

Back width

BAck thickness

b)

biceps

forearms

calves

hams

quads

What is important about that is there is always a day between workouts and that lends itself to all important recovery/rest. Another variation of this above that some of the really heavy trainers I train like is Tues (full workout) Thurs (full workout) Sat (half workout) Sun (other half workout)

But some people have hectic haphazard schedules and they either have to do extremely short workouts or they skip lifting altogether. Obviously I would rather not have them skip workouts. What I do with those people works right along the same lines as the M W F M scheme I always use--almost the same frequency with extremely short workouts. And if anyone I personally train likes this schedule better I have no problem with them going over to it. It is Mon Tues Thurs Fri (with weekends off) or something to that effect according to their schedule and the body is split up like this:

A)

biceps

forearms

back width

back thickness

B)

Chest

Shoulders

Triceps

C)

Calves

Hams

Quads

So you see that on Friday biceps and back is hit again and then the next week workout b will be hit twice and during week 3 workout c will be hit twice. The frequency of bodyparts hit is almost like the original M W F M plan. The downsides to this way are the obvious non day off between workouts and you have to be very very careful with order of exercises on this plan. For example I would never have you doing full range deadlifts the day after a squat day--you would be destroyed. You have to look over the whole scheme and make sure your back thickness exercise is not going to be effected by your hamstring or quad exercise. I would probably skip stiff legged deadlifts for hamstrings totally during this routine because of the heavy back thickness exercises. I would probably rotate seated standing and lying leg curls for someone doing this. Your workouts though would be 25-45 minutes tops and thats tops and your out of there. The bad points of setting it up this way is that you lose that whole day of rest between workouts and Ive seen over time that most people seem to gain a slight bit better with that full day of rest. The other bad point is although the frequency of bodyparts trained is similiar, its a bit less over time (bodyparts trained 80 times a year in the M W F scheme and 69 times a year in the second scheme above)So you guys with busy busy schedules who need to get in there and out fairly quickly could feasibly use the latter schedule. TPC uses the second schedule and loves it and reluctantly, Im going to have to go to this new schedule soon even though my best gains are off of the original MWF--my daily schedule is getting overwhelming with work and my time is getting very very limited.

PS: I put back/bis before chest/shoulder/tri in the rotation because alot of people get really sore in the shoulder/chest area the day after chest. This can make it very hard sometimes on back width and back thickness exercises (especially back width) and Im trying to keep injuries to a minimum. The downside to this is when leg day falls directly after chest day, you are going to have to stretch out thoroughly in the delt/chest area to get your shoulders/arms on the bar for squatting

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