

# A 60-day look at what WODPilot actually programs.

Sixty days of real engine output for an intermediate functional fitness athlete with a full home gym. Annotated by a coach, so you can see what the system is doing and why.

**52**

Training  
sessions

**13**

Heavy days,  
4-family rotation

**15**

Distinct workout  
formats

**27+**

Distinct movements  
programmed

Generated from a real 60-day simulation of the WODPilot engine. No workouts were edited.

## HOW TO READ THIS

# What you are about to see

Sixty days of programming from a 12-week macrocycle. The programme is structured in three four-week phases: Hypertrophy, then Strength, then Peaking. Each phase has a distinct training emphasis, and the engine adjusts rep schemes, loads, and conditioning volume automatically as the phases progress.

Workouts are shown one per card. Heavy strength days have a coloured accent bar indicating which family is being trained: Squat (red), Hinge (amber), Press (blue), Olympic (purple). Rest days are shown in blue. Where the engine is doing something worth pointing out, a coach annotation follows the workout.

## The 12-week arc

HYPERTROPHY

STRENGTH

PEAKING

Each phase consists of three building weeks and one deload week. The deload weeks (weeks 4, 8, 12) reduce total training stress by 30-40% to consolidate adaptations from the preceding weeks.

## A quick key

<b>HEAVY · SQUAT</b>	Heavy day, Squat family. Back Squat, Front Squat, Overhead Squat.
<b>HEAVY · HINGE</b>	Heavy day, Hinge family. Deadlift, Sumo Deadlift, Romanian Deadlift.
<b>HEAVY · PRESS</b>	Heavy day, Press family. Strict Press, Push Press, Push Jerk, Bench Press.
<b>HEAVY · OLYMPIC</b>	Olympic Foundations day. DB Clean, DB Snatch, Med-Ball Clean.
<b>SPRINT</b>	Short, high-intensity workout under 7 minutes.
<b>METCON</b>	Mixed-modal conditioning piece between 8 and 20 minutes.
<b>ENDURANCE</b>	Longer aerobic-dominant work over 20 minutes.
<b>REST</b>	Forced rest day. Engine prevents seven consecutive training days.

WEEKS 1-4

# Hypertrophy Phase — Weeks 1-4

Volume comes first. Strength is built on it.

The first four weeks emphasise volume over intensity. Working weights sit at 60-70% of one-rep-max with rep ranges of 8-12, designed to drive muscle growth and tissue tolerance for the heavier work that follows. Conditioning workouts in this phase run longer in duration at moderate intensity. Week 4 is a deload, with total stress dropping 30-40% so adaptations can consolidate.

Day 1



Day 1 Sun **HEAVY · HINGE**

## Strength & Conditioning: Sumo Deadlift

Sumo Deadlift

5 Intervals, each for time:

8 Sumo Deadlift (225/155 lbs or 60-65% of 1RM)

15 Burpees

\*Rest 2-3 minutes between intervals

### COACH NOTE

Day 1 of a 12-week macrocycle. The engine selected a Strength & Conditioning format to ease into the block, pairing heavy hinge work with conditioning bursts rather than going straight to a pure heavy day. Loads sit at 60-65% of 1RM because the goal in Hypertrophy phase is volume accumulation, not maximal effort.

Day 2 Mon **METCON**

## Engine: 5 x 30 Bike Sprints

5 Rounds, each for time:

30/21 Calories, Air Bike

\*Rest 3 minutes between each round

Treat each round as an all-out effort.

Record your slowest round.

Day 3 Tue **METCON**

## EMOM

EMOM 14 Minutes:

Odd Minutes: 5 Push Press (115/75 lbs)

Even Minutes: 6 Chest-to-Bar (BW)

\*Finish the minute's work with time to spare. That's your rest.

**Day 4** Wed METCON

### Interval

6 Rounds:  
3 Minutes On:  
6 Back Squat (185/135 lbs)  
10 Ring Row (BW)  
Max Calories, Bike / Row in remaining time  
1 Minute Rest  
Score: total calories accumulated.

**Day 5** Thu **HEAVY · SQUAT**

### Heavy Day: Back Squat

Back Squat  
4 × 8 @ 60–65% of 1RM  
Tempo: 3-0-1-0 (Ecc–Pause–Con–Reset)  
Rx reference: 185/135 lbs  
Rest: 90 sec between sets

Hypertrophy focus. Use a controlled eccentric. Feel the muscle working, not just the bar moving.

#### COACH NOTE

Second heavy day this week, drawn from a different family. The engine cycles through Hinge, Squat, Press and Olympic across the macrocycle so no single movement pattern accumulates fatigue. Day 1 was Sumo Deadlift (Hinge). Today's Back Squat covers the Squat family.

**Day 6** Fri METCON

### Grind Chipper

For Time:  
200m Shuttle Run  
30 Floor Press (135/95 lbs)  
20 Russian Twist (BW)  
10 Double-Under (BW)

**Day 7** Sat · **REST DAY**

Active recovery. No prescribed workout.

#### COACH NOTE

Forced rest day. WODPilot tracks a rolling training load. Six consecutive training sessions triggers an automatic rest day regardless of how the user feels that morning. The engine errs on the side of recovery, not on the side of letting you grind.

**Day 8** Sun METCON

### Engine: 3 x 1000m Row

3 x 1000m Row

\*Rest as needed between efforts (3-5 minutes recommended)

Settle into your pace. This is an aerobic test.

**Day 9** Mon HEAVY · PRESS

### Heavy Day: Strict Press

Strict Press

4 x 8 @ 63–67% of 1RM

Tempo: 3-0-1-0 (Ecc–Pause–Con–Reset)

Rx reference: 95/65 lbs

Rest: 90 sec between sets

Hypertrophy focus. Use a controlled eccentric. Feel the muscle working, not just the bar moving.

#### COACH NOTE

Press family takes its turn in the rotation. The engine has selected Strict Press rather than Push Press, which is a deliberate choice for Hypertrophy phase. Strict Press carries less neural cost than its explosive cousin and fits a phase that prioritises muscle growth over peak power output.

**Day 10** Tue METCON

### EMOM

EMOM 14 Minutes:

Odd Minutes: 4 Power Clean (135/95 lbs)

Even Minutes: 5 Chest-to-Bar (BW)

\*Finish the minute's work with time to spare. That's your rest.

**Day 11** Wed SPRINT

### Descending Ladder

21-15-9 Reps for Time:

Bench Press (135/95 lbs)

Inverted Row (BW)

**Day 12** Thu ENDURANCE

### The Double Round

2 Rounds for Time:

200 Double-Unders

50 Overhead Squats (135/95 lbs)

50 Pull-ups

1 Mile Run

**Day 13** Fri      **HEAVY** · **OLYMPIC**

## Olympic Foundations: DB Clean

DB Clean

5 × 3 — Build positions, not load

\*Rest 2 minutes between sets\*

Focus points each set:

Set 1-2: Triple extension (hips, knees, ankles) before the pull under

Set 3-4: Fast elbows on the catch — get under the bar quickly

Set 5: Put it all together at smooth speed

Use lighter dumbbells than you think you need. The point is bar speed and positional precision, not load.

### COACH NOTE

Olympic family appears for the first time as DB Clean. This is a Foundations variation rather than full Squat Clean & Jerk. The engine won't prescribe full Olympic lifts in metcons until the athlete has logged enough Olympic-pattern sessions to demonstrate proficiency. The skill gate is deliberate.

**Day 14** Sat · **REST DAY**

Active recovery. No prescribed workout.

**Day 15** Sun      **ENDURANCE**

## Engine: 5k Run

5k Run

Continuous effort, no rest breaks.

Maintain a steady, aerobic pace throughout. Record your time.

**Day 16** Mon      **METCON**

## Interval

5 Rounds:

3 Minutes On:

8 Single-Arm DB Row (50/35 lbs)

12 Bar Muscle-Up (BW)

Max Calories, Bike / Row in remaining time

1 Minute Rest

Score: total calories accumulated.

**Day 17** Tue **HEAVY · HINGE**

## Heavy Day: Romanian Deadlift

Romanian Deadlift

3 × 12 @ 55–60% of 1RM

Tempo: 3-0-1-0 (Ecc–Pause–Con–Reset)

Rx reference: 135/95 lbs

Rest: 60 sec between sets

Endurance-strength. Short rest, moderate load. Keep moving.

### COACH NOTE

Romanian Deadlift today rather than conventional Deadlift. The engine alternates between Deadlift variations across the macrocycle so the same exact lift doesn't appear back-to-back in the Hinge slot. Sumo Deadlift on Day 1. RDL today. Conventional Deadlift will appear on Day 37 and Day 57. Same family, but the stimulus shifts each time.

**Day 18** Wed **METCON**

## Ascending Ladder

3-6-9-12-15 Reps for Time:

Bench Press (135/95 lbs)

Bar-Facing Burpee (BW)

\*The reps climb each round. Go out a bit harder than you think you should.

**Day 19** Thu **METCON**

## Ascending Ladder

3-6-9-12-15 Reps for Time:

Push Press (115/75 lbs)

Russian Twist (BW)

\*The reps climb each round. Go out a bit harder than you think you should.

**Day 20** Fri **ENDURANCE**

## Engine: Bike Intervals

10 Rounds, each for time:

12/8 Calories, Air Bike

\*Rest 3 minutes between each round.

Push hard on each effort. The rest is built in.

**Day 21** Sat · **REST DAY**

Active recovery. No prescribed workout.

**Day 22** Sun      SPRINT

### Descending Ladder

21-15-9 Reps for Time:

Floor Press (135/95 lbs)

Bar Muscle-Up (BW)

#### COACH NOTE

Deload week begins. The engine drops heavy-day frequency, suppresses high-skill movements, and shifts conditioning to lower-volume formats. Total training stress is intentionally cut by 30-40% this week so the previous three weeks of work can consolidate.

**Day 23** Mon      SPRINT

### Sprint Couplet

10-9-8-7-6-5-4-3-2-1 Reps for Time:

Single-Arm DB Row (50/35 lbs)

Toes-to-Bar (BW)

**Day 24** Tue      **HEAVY · SQUAT**

### Heavy Day: Back Squat

Back Squat

3 × 5 @ 70% (Deload Week)

Rx reference: 185/135 lbs

Deload week. Keep the bar moving but leave something in the tank. Intensity is low on purpose.

#### COACH NOTE

Heavy day during deload week, but observe the rep scheme. Day 5's Back Squat used hypertrophy rep ranges at moderate load. Today's Back Squat uses a lighter percentage and fewer working sets. Same lift on paper, very different intent.

**Day 25** Wed      ENDURANCE

### Engine: 5000m Row

5000m Row

Continuous effort, no rest breaks.

Maintain a steady, aerobic pace throughout. Record your time.

**Day 26** Thu      ENDURANCE

**Engine: Bike Intervals**

10 Rounds, each for time:

12/8 Calories, Air Bike

\*Rest 3 minutes between each round.

Push hard on each effort. The rest is built in.

**Day 27** Fri      SPRINT

**Descending Ladder**

21-15-9 Reps for Time:

Bench Press (135/95 lbs)

Knees-to-Elbow (BW)

**Day 28** Sat    · **REST DAY**

Active recovery. No prescribed workout.

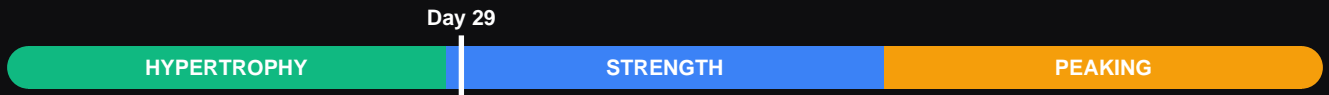
WEEKS 5-8

# Strength Phase — Weeks 5-8

Now convert that volume into raw force.

Working weights climb to 75-85% of one-rep-max. Rep ranges drop to 3-5 per set. Conditioning shifts toward shorter, sharper efforts that don't compete with strength development for recovery resources.

Week 8 is the second deload before peaking begins.



**Day 29** Sun **HEAVY** · **PRESS**

## Heavy Day: Floor Press

Floor Press

6 x 3 @ 78–84% of 1RM

Tempo: 2-1-X-0 (Ecc–Pause–Con–Reset)

Rx reference: 135/95 lbs

Rest: 2.5 min between sets

Heavy triples. Focus on position and intent, not just completion.

### COACH NOTE

Strength phase begins (week 5 of 12). Rep schemes shift from 8-12 reps down to 3-5 reps. Loads climb from 60-65% of 1RM up into the 75-85% zone. The engine handles this transition automatically so the user just trains.

**Day 30** Mon **METCON**

## Ascending Ladder

3-6-9-12-15 Reps for Time:

Single-Arm DB Row (50/35 lbs)

Wall Walk (BW)

\*The reps climb each round. Go out a bit harder than you think you should.

**Day 31** Tue **METCON**

## Engine: 3 x 800m Run

3 x 800m Run

\*Rest as needed between efforts (3-5 minutes recommended)

Push each interval. This is not a tempo run.

**Day 32** Wed      SPRINT

### Sprint Couplet

15-12-9 Reps for Time:

Clean & Jerk (135/95 lbs)

Chest-to-Bar (BW)

**Day 33** Thu      HEAVY · OLYMPIC

### Olympic Foundations: DB Snatch

DB Snatch

5 × 3 — Build positions, not load

\*Rest 2 minutes between sets\*

Focus points each set:

Set 1-2: Triple extension (hips, knees, ankles) before the pull under

Set 3-4: Fast elbows on the catch — get under the bar quickly

Set 5: Put it all together at smooth speed

Use lighter dumbbells than you think you need. The point is bar speed and positional precision, not load.

#### COACH NOTE

Olympic Foundations again, but now DB Snatch rather than DB Clean. The engine remembers what's been programmed and rotates variations to build well-rounded Olympic capacity across the block.

**Day 34** Fri      ENDURANCE

### AMRAP 30: Bike & Pull-Up

Complete as many rounds as possible in 30 minutes of:

1,000-m bike

3 weighted pull-ups, ■ 35 lb/■ 45 lb

5 strict pull-ups

7 kipping pull-ups

**Day 35** Sat · REST DAY

Active recovery. No prescribed workout.

#### COACH NOTE

Consider the rolling 7-day window: Heavy day on Day 33, then Engine work, then EMOM, then AMRAP, then Sprint Couplet. Five distinct stimulus types in seven days. The variety isn't accidental. It's the engine actively rotating format families to keep adaptation broad.

**Day 36** Sun METCON

### Engine: 3 x 1000m Row

3 x 1000m Row

\*Rest as needed between efforts (3-5 minutes recommended)

Settle into your pace. This is an aerobic test.

**Day 37** Mon HEAVY · HINGE

### Heavy Day: Deadlift

Deadlift

4 x 4 @ 83–87% of 1RM

Tempo: 2-1-X-0 (Ecc–Pause–Con–Reset)

Rx reference: 225/155 lbs

Rest: 3 min between sets

Heavy strength work. Move the bar fast on every rep, regardless of the load.

**Day 38** Tue METCON

### EMOM

EMOM 16 Minutes:

Odd Minutes: 5 Back Squat (185/135 lbs)

Even Minutes: 6 HSPU (BW)

\*Finish the minute's work with time to spare. That's your rest.

**Day 39** Wed SPRINT

### Sprint Couplet

7 Rounds for Time:

Bench Press (135/95 lbs)

Double-Under (BW)

7 Reps M1, 7 Reps M2

**Day 40** Thu SPRINT

### Sprint Couplet

AMRAP 6 Minutes:

Single-Arm DB Row (50/35 lbs)

Bar Muscle-Up (BW)

Max rounds. Sprint every set. This is not a pacing workout.

**Day 41** Fri      **HEAVY · SQUAT**

## Heavy Day: Back Squat

Back Squat

10-8-6-4 @ 68–84% of 1RM

Tempo: 2-0-1-0 (Ecc–Pause–Con–Reset)

Rx reference: 185/135 lbs

Rest: 2 min between sets

Descending reps, ascending load. Find your limit by the set of 4.

### COACH NOTE

Back Squat returns. Day 5 was hypertrophy rep ranges at 60-65%. Day 24 was a deload session. Day 41 sits in strength rep ranges at 75-85%. The macrocycle waves both load and volume even when the movement repeats.

**Day 42** Sat      **REST DAY**

Active recovery. No prescribed workout.

**Day 43** Sun      **METCON**

## Death By Double-Under

Death By Double-Under

EMOM format. Complete 1 rep in minute 1, 2 reps in minute 2, and so on.

Continue until you can no longer finish the required reps within the minute.

Score: last completed round.

**Day 44** Mon      **ENDURANCE**

## Engine: Bike Intervals

10 Rounds, each for time:

12/8 Calories, Air Bike

\*Rest 3 minutes between each round.

Push hard on each effort. The rest is built in.

**Day 45** Tue **HEAVY** · **PRESS**

## Heavy Day: Push Press

Push Press

10-8-6-4 @ 70-84% of 1RM

Tempo: 2-0-1-0 (Ecc-Pause-Con-Reset)

Rx reference: 115/75 lbs

Rest: 2 min between sets

Descending reps, ascending load. Find your limit by the set of 4.

### COACH NOTE

Push Press today, not Strict Press. The engine alternates within the Press family across the cycle: Strict Press in hypertrophy phase, Push Press in strength phase, ramping toward Push Jerk in peaking. Progressive intent overload sits alongside progressive load.

**Day 46** Wed **METCON**

## Interval

6 Rounds:

3 Minutes On:

5 Single-Arm DB Row (50/35 lbs)

15 Burpee (BW)

Max Calories, Bike / Row in remaining time

1 Minute Rest

Score: total calories accumulated.

**Day 47** Thu **SPRINT**

## Descending Ladder

21-15-9 Reps for Time:

Back Squat (185/135 lbs)

Bar Muscle-Up (BW)

**Day 48** Fri **METCON**

## Ascending Ladder

3-6-9-12-15 Reps for Time:

Deadlift (225/155 lbs)

Toes-to-Bar (BW)

\*The reps climb each round. Go out a bit harder than you think you should.

**Day 49** Sat · **REST DAY**

Active recovery. No prescribed workout.

**Day 50** Sun      SPRINT

### Engine: 10 x 100m Sprints

10 x 100m Sprints

\*Rest fully between efforts. Full recovery each rep.

Focus on maximum output, not pacing.

#### COACH NOTE

Second deload week. The engine places a deload at the end of each 4-week sub-block. By the third deload, the athlete should be primed to express the work they've accumulated.

**Day 51** Mon      SPRINT

### Sprint Couplet

15-12-9 Reps for Time:

Bench Press (135/95 lbs)

Single-Leg Glute Bridge (BW)

(Heavier loading intended)

**Day 52** Tue      **HEAVY** · **OLYMPIC**

### Olympic Foundations: DB Clean

DB Clean

5 x 3 — Build positions, not load

\*Rest 2 minutes between sets\*

Focus points each set:

Set 1-2: Triple extension (hips, knees, ankles) before the pull under

Set 3-4: Fast elbows on the catch — get under the bar quickly

Set 5: Put it all together at smooth speed

Use lighter dumbbells than you think you need. The point is bar speed and positional precision, not load.

**Day 53** Wed      METCON

### EMOM

EMOM 14 Minutes:

Odd Minutes: 6 Front Squat (155/105 lbs)

Even Minutes: 6 Muscle-Up (BW)

\*Finish the minute's work with time to spare. That's your rest.

**Day 54** Thu      SPRINT

### **Descending Ladder**

21-15-9 Reps for Time:

Bench Press (135/95 lbs)

Inverted Row (BW)

**Day 55** Fri      ENDURANCE

### **Engine: 5000m Row**

5000m Row

Continuous effort, no rest breaks.

Maintain a steady, aerobic pace throughout. Record your time.

**Day 56** Sat      **REST DAY**

Active recovery. No prescribed workout.

#### **COACH NOTE**

Last rest day before peaking phase begins. The engine times rest days around phase transitions so the athlete enters each new phase with full recovery in place rather than residual fatigue.

# Peaking Phase — Weeks 9-12

Show what the previous eight weeks built.

Working weights peak at 85-95% of one-rep-max. Rep ranges drop to 1-3 per set. The lifts the athlete tested at the start of the cycle should feel noticeably easier now. At the end of the cycle, WODPilot uses peak-week performance to suggest 1RM updates the athlete can accept or skip individually.

Day 57

HYPERTROPHY

STRENGTH

PEAKING

**Day 57** Sun **HEAVY · HINGE**

## Heavy Day: Deadlift

Deadlift

E2MOM x 8: 2 Reps @ 83–90% of 1RM

Tempo: X-0-X-0 (Ecc–Pause–Con–Reset)

Rx reference: 225/155 lbs

Rest: Built-in between sets

Every 2 minutes, 2 reps. Clock keeps you honest. Bar speed over everything.

### COACH NOTE

Peaking phase opens (week 9 of 12). Rep schemes drop to 1-3 reps. Loads climb to 85-95% of 1RM. The previous 8 weeks of work pays out now as tested strength. The engine will also start surfacing auto-progression suggestions at the end of this phase, based on what the athlete actually lifted during peaking.

**Day 58** Mon **SPRINT**

## 3 Rounds: Burpee & Double-Under

3 rounds for time of:

40 burpees

200 double-unders

**Day 59** Tue **METCON**

## Grind Chipper

For Time:

100 Single-Unders

30 Push Press (115/75 lbs)

20 Pull-up (BW)

10 V-Up (BW)

**Day 60** Wed      ENDURANCE

### **Engine: 45-Minute Bike**

In a 45-minute window:

Max Calories, Air Bike

Settle into a sustainable, aerobic pace throughout.

Record total calories at the end.

#### **COACH NOTE**

Day 60. The athlete has trained 52 sessions across 60 days, hit 13 heavy days that rotated across four families, completed two full deload weeks, never trained more than six days in a row, and seen 15 distinct workout formats. That's what structured programming actually looks like.

## WHAT THIS DEMONSTRATES

# Programming that adapts

Across 60 days, the engine made roughly 150 individual decisions: which family to train heavy on which day, when to insert a rest day, which conditioning format to use, which rep scheme matches the current phase, and which movements to bias toward or place on cooldown. Every one of those decisions is automatic. The athlete just trains.

Compare this to most apps in the category: random workout generators that produce the same handful of benchmark WODs on rotation, or daily-drop programmes where you have no idea what's coming tomorrow. WODPilot is structured strength and conditioning programming of the kind a coach would write, delivered on demand and personalised to your equipment and recovery state.

## What the 60 days delivered

<b>13 heavy days</b>	Across four lift families, rotating evenly. No single pattern accumulates fatigue.
<b>8 forced rest days</b>	Calendar-aware. Triggered automatically, not by user discretion.
<b>15 workout formats</b>	EMOM, AMRAP, Chipper, Sprint Couplet, Death By, Ladder, Engine, Heavy Day, Strength & Conditioning, and more.
<b>Three macrocycle phases</b>	Hypertrophy → Strength → Peaking, with full automatic load and rep wave.
<b>Two complete deload weeks</b>	Built into the macrocycle so the athlete does not accumulate junk fatigue.
<b>Auto-progression at cycle end</b>	Engine proposes 1RM updates based on actual peaking-week performance. User confirms each.

*This is a simulated 60-day programme generated from the WODPilot engine. Your own programme will adapt to your equipment, your training history, any injury constraints, and your recovery state as you log sessions. The framework stays the same; the workouts will be your own.*

**[pilotperformance.app](https://pilotperformance.app)**