

NEILLWILLIAMS.COM

FITNESS

Calendar



NEILL WILLIAMS
PERFORMANCE COACHING

JANUARY



SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
FITNESS ASSESSMENT WEEK						
7	8	9	10	11	12	13
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY	STRENGTH/ HYPERTROPHY	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
14	15	16	17	18	19	20
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY	STRENGTH/ HYPERTROPHY	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
21	22	23	24	25	26	27
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY	STRENGTH/ HYPERTROPHY	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
28	29	30	31	1	2	3
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY			

FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
				STRENGTH/ HYPERTROPHY	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
4	5	6	7	8	9	10
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY	STRENGTH/ HYPERTROPHY	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
11	12	13	14	15	16	17
DELOAD	DELOAD	DELOAD	DELOAD	DELOAD	DELOAD	DELOAD
18	19	20	21	22	23	24
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY	STRENGTH/ HYPERTROPHY	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
25	26	27	28	29	1	2
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY	STRENGTH/ HYPERTROPHY		

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	1	2
					STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
3	4	5	6	7	8	9
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY	STRENGTH/ HYPERTROPHY	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
10	11	12	13	14	15	16
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY	STRENGTH/ HYPERTROPHY	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
17	18	19	20	21	22	23
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY	STRENGTH/ HYPERTROPHY	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ RECOVERY
24	25	26	27	28	29	30
WEEK OFF FOR RECOVERY						
31	1	2	3	4	5	6
STRENGTH/ HYPERTROPHY						

QUARTER 2 FOCUS: FAT LOSS

APRIL



LONG DURATION ENDURANCE/RECOVERY

SUN	MON	TUE	WED	THU	FRI	SAT
31	1 LONG DURATION ENDURANCE/ HIIT OR V02MAX	2 STRENGTH/ HYPERTROPHY	3 LONG DURATION ENDURANCE/ HIIT OR V02MAX	4 STRENGTH/ HYPERTROPHY	5 LONG DURATION ENDURANCE/ HIIT OR V02MAX	6 REST & RECOVERY/ OUTDOOR SPORT
7 STRENGTH/ HYPERTROPHY	8 LONG DURATION ENDURANCE/ HIIT OR V02MAX	9 STRENGTH/ HYPERTROPHY	10 LONG DURATION ENDURANCE/ HIIT OR V02MAX	11 STRENGTH/ HYPERTROPHY	12 LONG DURATION ENDURANCE/ HIIT OR V02MAX	13 REST & RECOVERY/ OUTDOOR SPORT
14 STRENGTH/ HYPERTROPHY	15 LONG DURATION ENDURANCE/ HIIT OR V02MAX	16 STRENGTH/ HYPERTROPHY	17 LONG DURATION ENDURANCE/ HIIT OR V02MAX	18 STRENGTH/ HYPERTROPHY	19 LONG DURATION ENDURANCE/ HIIT OR V02MAX	20 REST & RECOVERY/ OUTDOOR SPORT
21 STRENGTH/ HYPERTROPHY	22 LONG DURATION ENDURANCE/ HIIT OR V02MAX	23 STRENGTH/ HYPERTROPHY	24 LONG DURATION ENDURANCE/ HIIT OR V02MAX	25 STRENGTH/ HYPERTROPHY	26 LONG DURATION ENDURANCE/ HIIT OR V02MAX	27 REST & RECOVERY/ OUTDOOR SPORT
28 STRENGTH/ HYPERTROPHY	29 LONG DURATION ENDURANCE/ HIIT OR V02MAX	30 STRENGTH/ HYPERTROPHY	1 LONG DURATION ENDURANCE/ HIIT OR V02MAX	2 STRENGTH/ HYPERTROPHY	3 LONG DURATION ENDURANCE/ HIIT OR V02MAX	4 REST & RECOVERY/ OUTDOOR SPORT

QUARTER 2 FOCUS: FAT LOSS

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
			LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	REST & RECOVERY/ OUTDOOR SPORT
5	6	7	8	9	10	11
DELOAD	DELOAD	DELOAD	DELOAD	DELOAD	DELOAD	DELOAD
12	13	14	15	16	17	18
STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	REST & RECOVERY/ OUTDOOR SPORT
19	20	21	22	23	24	25
STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	REST & RECOVERY/ OUTDOOR SPORT
26	27	28	29	30	31	1
STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	



JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
						REST & RECOVERY/ OUTDOOR SPORT
2	3	4	5	6	7	8
STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	REST & RECOVERY/ OUTDOOR SPORT
9	10	11	12	13	14	15
STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE/ HIIT OR V02MAX	REST & RECOVERY/ OUTDOOR SPORT
16	17	18	19	20	21	22
WEEK OFF FOR RECOVERY						
23	24	25	26	27	28	29
FITNESS ASSESSMENT WEEK						
30	1	2	3	4	5	6
STRENGTH/ HYPERTROPHY						

JULY



SUN	MON	TUE	WED	THU	FRI	SAT
30	1 HIIT OR VO2 MAX TRAINING	2 STRENGTH/ HYPERTROPHY	3 LONG DURATION ENDURANCE - OUTDOOR SPORT	4 STRENGTH/ HYPERTROPHY	5 HIIT OR VO2 MAX TRAINING	6 LONG DURATION ENDURANCE - OUTDOOR SPORT
7 STRENGTH/ HYPERTROPHY	8 HIIT OR VO2 MAX TRAINING	9 STRENGTH/ HYPERTROPHY	10 LONG DURATION ENDURANCE - OUTDOOR SPORT	11 STRENGTH/ HYPERTROPHY	12 HIIT OR VO2 MAX TRAINING	13 LONG DURATION ENDURANCE - OUTDOOR SPORT
14 STRENGTH/ HYPERTROPHY	15 HIIT OR VO2 MAX TRAINING	16 STRENGTH/ HYPERTROPHY	17 LONG DURATION ENDURANCE - OUTDOOR SPORT	18 STRENGTH/ HYPERTROPHY	19 HIIT OR VO2 MAX TRAINING	20 LONG DURATION ENDURANCE - OUTDOOR SPORT
21 STRENGTH/ HYPERTROPHY	22 HIIT OR VO2 MAX TRAINING	23 STRENGTH/ HYPERTROPHY	24 LONG DURATION ENDURANCE - OUTDOOR SPORT	25 STRENGTH/ HYPERTROPHY	26 HIIT OR VO2 MAX TRAINING	27 LONG DURATION ENDURANCE - OUTDOOR SPORT
28 STRENGTH/ HYPERTROPHY	29 HIIT OR VO2 MAX TRAINING	30 STRENGTH/ HYPERTROPHY	31 LONG DURATION ENDURANCE - OUTDOOR SPORT	1	2	3

AUGUST



SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
				STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	LONG DURATION ENDURANCE - OUTDOOR SPORT
4	5	6	7	8	9	10
DELOAD	DELOAD	DELOAD	DELOAD	DELOAD	DELOAD	DELOAD
11	12	13	14	15	16	17
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE - OUTDOOR SPORT	STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	LONG DURATION ENDURANCE - OUTDOOR SPORT
18	19	20	21	22	23	24
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE - OUTDOOR SPORT	STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	LONG DURATION ENDURANCE - OUTDOOR SPORT
25	26	27	28	29	30	31
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE - OUTDOOR SPORT	STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	LONG DURATION ENDURANCE - OUTDOOR SPORT

SEPTEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
1 STRENGTH/ HYPERTROPHY	2 HIIT OR VO2 MAX TRAINING	3 STRENGTH/ HYPERTROPHY	4 LONG DURATION ENDURANCE - OUTDOOR SPORT	5 STRENGTH/ HYPERTROPHY	6 HIIT OR VO2 MAX TRAINING	7 LONG DURATION ENDURANCE - OUTDOOR SPORT
8 STRENGTH/ HYPERTROPHY	9 HIIT OR VO2 MAX TRAINING	10 STRENGTH/ HYPERTROPHY	11 LONG DURATION ENDURANCE - OUTDOOR SPORT	12 STRENGTH/ HYPERTROPHY	13 HIIT OR VO2 MAX TRAINING	14 LONG DURATION ENDURANCE - OUTDOOR SPORT
15 STRENGTH/ HYPERTROPHY	16 HIIT OR VO2 MAX TRAINING	17 STRENGTH/ HYPERTROPHY	18 LONG DURATION ENDURANCE - OUTDOOR SPORT	19 STRENGTH/ HYPERTROPHY	20 HIIT OR VO2 MAX TRAINING	21 LONG DURATION ENDURANCE - OUTDOOR SPORT
22	23	24	25	26	27	28
WEEK OFF FOR RECOVERY						
29	30	1	2	3	4	5
FITNESS ASSESSMENT WEEK						

OCTOBER



SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
FITNESS ASSESSMENT WEEK						
6	7	8	9	10	11	12
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE	STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	LONG DURATION ENDURANCE
13	14	15	16	17	18	19
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE	STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	LONG DURATION ENDURANCE
20	21	22	23	24	25	26
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE	STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	LONG DURATION ENDURANCE
27	28	29	30	31	1	2
STRENGTH/ HYPERTROPHY	HIIT OR VO2 MAX TRAINING	STRENGTH/ HYPERTROPHY	LONG DURATION ENDURANCE	STRENGTH/ HYPERTROPHY		

NOVEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
27 STRENGTH/ HYPERTROPHY	28 HIIT OR VO2 MAX TRAINING	29 STRENGTH/ HYPERTROPHY	30 LONG DURATION ENDURANCE - OUTDOOR SPORT	31 STRENGTH/ HYPERTROPHY	1 HIIT OR VO2 MAX TRAINING	2 LONG DURATION ENDURANCE - OUTDOOR SPORT
3 STRENGTH/ HYPERTROPHY	4 HIIT OR VO2 MAX TRAINING	5 STRENGTH/ HYPERTROPHY	6 LONG DURATION ENDURANCE - OUTDOOR SPORT	7 STRENGTH/ HYPERTROPHY	8 HIIT OR VO2 MAX TRAINING	9 LONG DURATION ENDURANCE - OUTDOOR SPORT
10 DELOAD	11 DELOAD	12 DELOAD	13 DELOAD	14 DELOAD	15 DELOAD	16 DELOAD
17 STRENGTH/ HYPERTROPHY	18 HIIT OR VO2 MAX TRAINING	19 STRENGTH/ HYPERTROPHY	20 LONG DURATION ENDURANCE - OUTDOOR SPORT	21 STRENGTH/ HYPERTROPHY	22 HIIT OR VO2 MAX TRAINING	23 LONG DURATION ENDURANCE - OUTDOOR SPORT
24 STRENGTH/ HYPERTROPHY	25 HIIT OR VO2 MAX TRAINING	26 STRENGTH/ HYPERTROPHY	27 LONG DURATION ENDURANCE - OUTDOOR SPORT	28 STRENGTH/ HYPERTROPHY	29 HIIT OR VO2 MAX TRAINING	30 LONG DURATION ENDURANCE - OUTDOOR SPORT

DECEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
1 STRENGTH/ HYPERTROPHY	2 HIIT OR VO2 MAX TRAINING	3 STRENGTH/ HYPERTROPHY	4 LONG DURATION ENDURANCE - OUTDOOR SPORT	5 STRENGTH/ HYPERTROPHY	6 HIIT OR VO2 MAX TRAINING	7 LONG DURATION ENDURANCE - OUTDOOR SPORT
8 STRENGTH/ HYPERTROPHY	9 HIIT OR VO2 MAX TRAINING	10 STRENGTH/ HYPERTROPHY	11 LONG DURATION ENDURANCE - OUTDOOR SPORT	12 STRENGTH/ HYPERTROPHY	13 HIIT OR VO2 MAX TRAINING	14 LONG DURATION ENDURANCE - OUTDOOR SPORT
15 STRENGTH/ HYPERTROPHY	16 HIIT OR VO2 MAX TRAINING	17 STRENGTH/ HYPERTROPHY	18 LONG DURATION ENDURANCE - OUTDOOR SPORT	19 STRENGTH/ HYPERTROPHY	20 HIIT OR VO2 MAX TRAINING	21 LONG DURATION ENDURANCE - OUTDOOR SPORT
22	23	24	25	26	27	28
WEEK OFF FOR RECOVERY						
29	30	31	1	2	3	4
FITNESS ASSESSMENT WEEK						