



PAT IVEY PERFORMANCE

FREE PROGRAM PACK

THE **GO** PROGRAM PACK

FILL-IN TRAINING TEMPLATES

Every split and engine plan from the GO method — as blank, fillable frames you own for life. Patterns, not exercises. Build your own week.

DR. PAT IVEY • PhD • FORMER NFL

READ THIS FIRST

HOW TO USE THE PACK

These are **frames, not prescriptions**. The GO method is built on five movement patterns — **Lower · Push · Pull · Core · Total-body** — and you fill each frame with a movement you can do and will actually do (your starter kit from the lift library). Same frame, your movements.

THE TWO DIALS

Start

SUBMAXIMAL

— leave 2–3 reps in the tank. Then

PROGRESS

: add a rep, then a set, then a little load, week over week. That progression is the whole engine of getting stronger (Law 2: overload & adaptation).

SETS×REPS a working-set target (skip warm-ups) · **RIR** reps in reserve (how many you left in the tank) · **LOAD/NOTE** the weight you used + how it felt. Fill the white cells; reuse the page weekly.

PICK YOUR SPLIT HONESTLY

Choose the number of days you'll *actually* hit on a normal week. Two quality days build and keep real strength — the minimum effective dose is good news, not a consolation prize.

WHERE ARE YOU? **RIGHT HERE, RIGHT NOW.** SO GO.

Strength · Split A

THE 4-DAY WEEK

Upper / Lower, twice — the most room to progress. For a strong base and 4 honest days.

4-DAY · UPPER / LOWER

DAY	PATTERN	YOUR MOVEMENT	SETS×REPS	RIR	LOAD / NOTE
DAY 1 LOWER	LOWER	_____			
	LOWER	_____			
	CORE	_____			
DAY 2 UPPER	PUSH	_____			
	PULL	_____			
	PUSH	_____			
	PULL	_____			
DAY 3 LOWER	LOWER	_____			
	LOWER	_____			
	CORE	_____			
DAY 4 UPPER	PUSH	_____			
	PULL	_____			
	TOTAL	_____			

ENGINE

Wrap this in 2-3 Zone-2 sessions on off/after days. Hard intervals only once the base is solid.

Strength · Split B

THE 3-DAY WEEK

Full-body, three times — the most efficient, well-rounded option. The default for most comebacks.

3-DAY · FULL BODY

DAY	PATTERN	YOUR MOVEMENT	SETS×REPS	RIR	LOAD / NOTE
DAY 1	LOWER	_____			
	PUSH	_____			
	PULL	_____			
	CORE	_____			
DAY 2	LOWER	_____			
	PUSH	_____			
	PULL	_____			
	CORE	_____			
DAY 3	LOWER	_____			
	PUSH	_____			
	PULL	_____			
	TOTAL	_____			

VARY IT

Use a different movement per pattern each day (e.g. squat / hinge / lunge for Lower) so the week covers everything. Same patterns, three flavors.

Strength · Split C

THE 2-DAY WEEK

The minimum effective dose — two full-body sessions that build and keep real strength when life is full.

2-DAY · FULL BODY

DAY	PATTERN	YOUR MOVEMENT	SETS×REPS	RIR	LOAD / NOTE
DAY 1	LOWER	_____			
	PUSH	_____			
	PULL	_____			
	CORE	_____			
DAY 2	LOWER	_____			
	PUSH	_____			
	PULL	_____			
	TOTAL	_____			

THIS IS ENOUGH

Two quality sessions a week is not a compromise — it's a proven dose. Bring full focus to 30 good minutes and progress them, and you'll get strong and stay strong.

The Engine ENDURANCE & ESD

Build the aerobic base first. Mostly easy and steady; earn the hard.

WEEKLY ENGINE PLAN

Z1 easy, full conversation · **Z2** steady, short sentences (the workhorse) · **Z3** hard, a word or two

DAY	MODE (WALK/JOG/BIKE/ROW...)	ZONE	TIME / DISTANCE	FELT LIKE...	✓
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

THE TRAP

“Old intensity on day one.” Hold the easy days easy on purpose — that discipline is the work. The base earns the top end.

More Frames

CYCLING · BODYBUILDING · COMPLEXES

Same principles, different flavors. Drop any of these into a frame above.

BODYBUILDING FLAVOR

- Same five patterns, more sets per muscle
- Rep range ~8-15, a little closer to failure
- Add a second movement per pattern
- Progress reps before load

CYCLING / ENDURANCE SPORT

- Most volume in Z2 (the base)
- 1 harder interval day once base is built
- Keep 2 short full-body strength sessions
- Strength protects the joints you load most

COMPLEXES / CONDITIONING

A complex = several movements, same implement, back-to-back, no rest.
One barbell or pair of dumbbells, 4-6 moves, 3-5 rounds. Builds the engine
AND strength when time is short.

MOVE (IN ORDER)	REPS

Rounds: ____ · Rest between rounds: ____

Build Your Own

THE BLANK TEMPLATE

The five-step blueprint, empty. Days → patterns → movements → dials → engine. This is the one you'll use forever.

MY WEEK

Honest training days this week: · Big-picture goal:

DAY	PATTERN	YOUR MOVEMENT	SETS×REPS	RIR	LOAD / NOTE
DAY					
DAY					
DAY					
DAY					

THREE DAILY PROCESS GOALS (THE SMALL WINS I CONTROL)

1. 2. 3.

A PROGRAM YOU WROTE AND CAN ADJUST BEATS A PERFECT ONE YOU CAN'T. WHERE ARE YOU? **RIGHT HERE, RIGHT NOW.** SO GO.