

Four-Week Training Starter

A practical long-game companion for men working out after 40

THE AIM

Build a week you can repeat.

This is a planning sheet for simple strength work, aerobic movement, recovery, and reflection. It is not a test of toughness. Choose movements and effort that fit your current ability, equipment, and schedule.

BEFORE YOU START

Use judgment, not ego.

This guide is general education, not personal medical advice. If you have health concerns, movement limitations, or are returning after time away, speak with a qualified health professional. Stop activity that causes pain or feels wrong.

YOUR FOUR-WEEK COMMITMENT

MY START DATE

MY PRIMARY REASON

NOTES

What would make this plan feel realistic in my current season?

THE SIMPLE RHYTHM

01 / STRENGTH

Two full-body sessions

Choose a squat or step, hinge, push, pull, carry, and trunk exercise. Keep the form clean and the finish calm.

02 / AEROBIC

Two movement sessions

Walk, cycle, swim, or use another option you enjoy. Let the pace support conversation unless you are intentionally adding intensity.

03 / RECOVER

One daily reset

Take a few minutes to walk, breathe, stretch, or prepare for sleep. Recovery is part of showing up again.

KEEP THIS NEARBY

For a longer explanation of progressive training, recovery, and safety, read the companion Journal article: midjourneymen.com/blog/working-out-after-40.

Four calm weeks can be the beginning of a much stronger year.

1 Week 1: Show Up

THE GOAL Keep the work comfortable enough to return to. Use this week to learn the movements, notice your energy, and make the schedule real.

SESSION A

Strength practice

Choose 4 to 6 simple movements. Leave a few clean repetitions in reserve.

SESSION B

Aerobic base

Choose two easy-to-moderate movement windows that fit the day you actually have.

SESSION C

Restore

Set one small recovery action: a walk after dinner, an earlier bedtime, or a few quiet mobility minutes.

MY WEEK AT A GLANCE

☐	DAY 1 Plan your training windows	What I noticed _____
☐	DAY 2 Strength or easy aerobic work	What I noticed _____
☐	DAY 3 Walk, mobility, or rest	What I noticed _____
☐	DAY 4 Strength or easy aerobic work	What I noticed _____
☐	DAY 5 Short movement and recovery check	What I noticed _____
☐	DAY 6 Optional outdoor movement	What I noticed _____
☐	DAY 7 Review, reset, and prepare	What I noticed _____

WEEK 1 WIN

What did I do that made showing up easier?

WEEK 1 NOTES

What felt useful, uncomfortable, or worth adjusting next week?

NOTES

Use this space for exercise choices, training times, or anything that will make next week easier to start.

2 Week 2: Build the Rhythm

THE GOAL Repeat what worked. The win this week is consistency, not a dramatic change. Keep the routine recognizable enough that it starts to feel normal.

SESSION A

Repeat your basics

Revisit the movements from Week 1.

Keep the range of motion and pace you can control.

SESSION B

Add easy minutes

If Week 1 felt steady, add a small amount of time to one aerobic session or walk.

SESSION C

Protect recovery

Choose one recovery action before the week gets busy. Make it specific and visible.

MY WEEK AT A GLANCE

☐ DAY 8	Name the two sessions that matter most	What I noticed
☐ DAY 9	Strength or easy aerobic work	What I noticed
☐ DAY 10	Walk, mobility, or rest	What I noticed
☐ DAY 11	Strength or easy aerobic work	What I noticed
☐ DAY 12	Short movement and recovery check	What I noticed
☐ DAY 13	Optional outdoor movement	What I noticed
☐ DAY 14	Review, reset, and prepare	What I noticed

WEEK 2 WIN

Where did the plan fit more naturally into my real life?

WEEK 2 NOTES

What would help me repeat this without adding pressure?

NOTES

What did I learn about the schedule, recovery, or environment that helps me keep moving?

3 Week 3: Add with Intention

THE GOAL If the first two weeks felt technically solid and recoverable, make one modest adjustment. Add a repetition, a little time, or a touch more control. If not, repeat Week 2. Both choices count.

SESSION A

Choose one small progression

Only change one variable: repetitions, time, range, or a small amount of load. Keep your technique first.

SESSION B

Stay conversational

Keep most aerobic work at a pace that still lets you speak in short sentences.

SESSION C

Check your signals

Notice sleep, soreness, stress, and mood. Adjust the plan rather than trying to push through every signal.

MY WEEK AT A GLANCE

☐	DAY 15 Choose one small progression or repeat	What I noticed _____
☐	DAY 16 Strength or easy aerobic work	What I noticed _____
☐	DAY 17 Walk, mobility, or rest	What I noticed _____
☐	DAY 18 Strength or easy aerobic work	What I noticed _____
☐	DAY 19 Short movement and recovery check	What I noticed _____
☐	DAY 20 Optional outdoor movement	What I noticed _____
☐	DAY 21 Review, reset, and prepare	What I noticed _____

WEEK 3 WIN

What is beginning to feel stronger, steadier, or more familiar?

WEEK 3 NOTES

What is my body or schedule asking me to adjust?

NOTES

Keep a simple record of any adjustment that made the work feel stronger, safer, or easier to repeat.

4 Week 4: Keep What Works

THE GOAL Finish by noticing what is worth carrying forward. You are not graduating from training. You are building a repeatable next month.

SESSION A

Use your best mix

Choose the strength and aerobic sessions that have felt most useful, not most punishing.

SESSION B

Make next month visible

Put your likely training windows on the calendar before this week ends.

SESSION C

Celebrate evidence

Write down the changes you can feel: energy, confidence, steadier movement, or a routine you kept.

MY WEEK AT A GLANCE

☐	DAY 22 Choose the sessions you will keep	What I noticed _____
☐	DAY 23 Strength or easy aerobic work	What I noticed _____
☐	DAY 24 Walk, mobility, or rest	What I noticed _____
☐	DAY 25 Strength or easy aerobic work	What I noticed _____
☐	DAY 26 Short movement and recovery check	What I noticed _____
☐	DAY 27 Optional outdoor movement	What I noticed _____
☐	DAY 28 Review and plan the next four weeks	What I noticed _____

MY NEXT FOUR WEEKS

Which two movement windows will I protect first?

NOTES

What would make the next month realistic, useful, and worth returning to?

NOTES

My next four-week promise: the one thing I will protect, repeat, or simplify.

STRENGTH FOR THE LIFE YOU WANT TO KEEP LIVING