

TRAINING GUIDE

The Training Split Guide

How to structure your week for real results without overcomplicating it.

Most dads either wing their training week with no structure or copy a bodybuilder's 6-day split that was never designed for someone with a job and kids. This guide covers how to structure your week around real life.

8 Split Options

Choosing Yours

Key Principles

Do's & Don'ts

BILLY BUTLER

PT · Dad of 2

WHY YOUR SPLIT ACTUALLY MATTERS

The best training split is worthless if you can't stick to it. Most program-hopping and inconsistency comes from picking a split that doesn't match the days you can realistically commit to, not from the split itself being wrong.

THE NUMBERS

- **MINIMUM EFFECTIVE FREQUENCY**

Each muscle group needs training roughly 2x per week for optimal growth, this should drive your split choice.

- **SESSION LENGTH**

45-60 minutes is enough for a properly structured session, longer isn't automatically better.

- **CONSISTENCY THRESHOLD**

A simple split followed 90% of the time beats a complex one followed 60% of the time, every time.

THE FOUNDATION RULE

Choose your split based on the days you can realistically commit to for the next 3-6 months, not the days you wish you had, or what a bigger athlete's Instagram post recommends.

8 SPLIT OPTIONS BY DAYS AVAILABLE

Full Body (2 days)

2 DAYS

Beginner

Every muscle group trained twice weekly, maximum efficiency for minimal time.

Full Body (3 days)

3 DAYS

Most dads

The best option for most busy dads, excellent frequency with manageable time commitment.

Upper/Lower (4 days)

4 DAYS

Intermediate

More volume per muscle group while still very manageable around work and family.

Push/Pull/Legs (3 days)

3 DAYS

Once/week
freq.

Works if you're comfortable with lower frequency per muscle group.

Push/Pull/Legs (6 days)

6 DAYS

Advanced

Higher volume approach, only for those with genuinely consistent time available.

Full Body + Weak Point

3 DAYS

Hybrid

Two full body days plus one day focused on a specific lagging muscle group.

Upper/Lower/Full (5 days)

5 DAYS

High volume

A hybrid split offering high frequency with built-in variety across the week.

Bro Split (5-6 days)

5-6 DAYS

Not
recommended

One muscle per day, popular but generally suboptimal for natural lifters with busy lives.

HOW TO CHOOSE THE RIGHT SPLIT FOR YOU

Answer these three questions honestly before picking a split, not aspirationally.

How many days can you realistically commit to?

Not this week, for the next 3-6 months, accounting for busy work periods, illness, and family life. Be conservative.

How much time per session do you have?

If you've got 45 minutes, a split needing 75-minute sessions will fail regardless of how good it looks on paper.

What's your training experience?

Beginners see fantastic results from simple full body training. Complex splits are a later-stage tool, not a starting point.

RECOMMENDED STARTING POINT FOR MOST DADS

3-day Full Body split

Monday / Wednesday / Friday

45-60 minutes per session

KEY PRINCIPLES FOR STICKING TO YOUR SPLIT

The split you choose matters less than these principles applied consistently over months.

- 1 Under-commit, then add**
Start with fewer days than you think you can manage. It's easier to add a session than to recover from missing several.
- 2 Revisit every few months**
Your ideal split changes as your schedule, goals and experience change, reassess regularly.
- 3 Protect your main lifts**
Whatever split you choose, make sure your key compound lifts get trained when you're freshest, not last.
- 4 Plan for bad weeks in advance**
Know your fallback, a shorter, simpler version of your split for weeks when life gets in the way.
- 5 Track adherence, not just performance**
If you're hitting less than 80% of planned sessions, the split is the problem, not your discipline.

WHICH SPLIT FITS YOUR WEEK?

Days Available	Recommended Split
2-3 days	Full Body
4 days	Upper/Lower
5-6 days	Push/Pull/Legs

DO

- ✓ Choose a split based on the days you can realistically commit to, not the days you wish you had.
- ✓ Prioritise consistency with a simpler split over sporadic attempts at a complex one.
- ✓ Revisit your split every few months as your schedule or goals change.

DON'T

- ✗ Don't copy a 6-day bodybuilder split if you can only realistically train 3 days. It'll fall apart within weeks.
- ✗ Don't switch your split every few weeks chasing the 'optimal' structure. Consistency beats perfection here.
- ✗ Don't neglect a muscle group because it doesn't fit neatly into your chosen split. Adjust the split, not your priorities.

THE BOTTOM LINE

The best split is the one you'll follow for the next six months. An imperfect split done consistently beats a perfect split abandoned after three weeks.

WANT THE FULL SYSTEM, NOT JUST ONE PIECE?

This guide is one piece of the puzzle. The Fit Dad Challenge brings training, nutrition and mindset together into one 6-week programme built around a dad's actual life.

[Join the Fit Dad Challenge — £99](#)