

LIVE BETTER FOR LONGER ROUTINES

MEN AGED 50+

LONGEVITY
PERFORMANCE
COACHING



Perform, feel and look better as you age

This Routine is for you if :

Your male in your 50s and 60s

You want to live well for decades longer

Your body is changing and not in the way you want

You still want to participate in the things you love doing

You want to be strong and independent

You have a health condition and want to improve your quality of life

You know you must invest in your health to live better for longer

This Routine's Goals

Stay strong, independent and in control

Feel energised, reduce health risks, and invest in a longer, healthier life

Reconnect with your strength, confidence, and sense of self

Build sustainable habits that keep you independent and living well for decades.

Adaptions for 50+ Men

Prioritise protein to fight muscle loss.

Age reduces amino acid absorption and accelerates muscle loss via sarcopenia, so protein matters more than ever.

Learn to prioritise yourself.

Your priorities have been dictated by work and family responsibilities. To maintain your health you will need to learn to prioritise nutrition, exercise, sleep and recovery. This may need a lot of adaption and negotiation.

Train smart: intensity and variety over volume.

Lower injury risk by reducing total workload, lifting with progressive overload, increasing the range of exercises and plan recovery.

Plan to periodise your year.

Plan your year in 3 month blocks, with goals and activities that inspire you. Each block aligns with your work, family and seasonal commitments so you can stay consistent, while making progress.

Fight the decline.

You will notice how you age in your 50s. Focus on what you can still do today and fight to maintain that, rather than recreating past glories.



The plan

Choose from Novice, Committed and Elite routines that reflect your start point of where you are today. Take the habit survey to pick the right routine for you. [Click here](#)

Novice

The start point if you don't do much today

Choose if your habit score is less than 40

Committed

You have some healthy habits and want to lock in a consistent routine that's part of your lifestyle

Choose if your habit score is 41-80

Elite

You already do a lot and want to be the best

Choose if your habit score is 80+



The Novice Routine

3 GOALS

- Lose weight
- Start better eating and exercise habits
- Rebuild confidence and reduce stress

1 WEEKLY ROUTINE

	Activity	Mon	Tue	Wed	Thu	Fri	Sa	Sun
Wake up	Set wake up time	X	X	X	X	X	X	X
	Drink electrolytes	X	X	X	X	X	X	X
	40g protein meal	X	X	X	X	X	X	X
	Multivitamin	X	X	X	X	X	X	X
	Omega 3	X	X	X	X	X	X	X
	Vitamin D	X	X	X	X	X	X	X
	Glucosamine	X	X	X	X	X	X	X
	Turmeric	X	X	X	X	X	X	X
	AM	Walk	X	X	X	X	X	X
PM	40g protein meal	X	X	X	X	X	X	X
	Stretch	X	X	X	X	X		
	Drink 2.25 litres of water	X	X	X	X	X	X	X
Evening	40g protein meal before 7pm	X	X	X	X	X	X	X
	Social/joy activity	X	X	X	X	X	X	X
	Set bedtime to optimise sleep	X	X	X	X	X	X	X

8 WEEKLY TARGETS

Daily Protein target - 1.6g per kg body weight
Daily calorie deficit - 500 kcal
Eat with purpose 80% of meals
Daily step goal - 8,000

2 resistance sessions
3 endurance sessions totalling 150 minutes
5 social or joyful activities
Stretch 4 times a week

10 BENCHMARK OUTCOMES

How you look

30 or less Body Fat %
Waist to Hip ratio <1.2
50-65% lean muscle mass

How you feel

Stress score less than 100
Resting heart rate <60
Heart Rate Variability > 20

How you perform

Habit score > 60
VO2 Max 35-37
Max squats in 1 minute > 25
Max push ups in 1 minute 10

The Committed Routine

3 GOALS

- Be physically and emotionally fit to fully participate in life
- Feel great, confident and proud of how you look
- Your routine is locked into your life style

1 WEEKLY ROUTINE

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get wake up time	☑	☑	☑	☑	☑	☑	☑
Drink electrolytes	☑	☑	☑	☑	☑	☑	☑
High protein meal	☑	☑	☑	☑	☑	☑	☑
Hydration	☑	☑	☑	☑	☑	☑	☑
Strength	☑	☑	☑	☑	☑	☑	☑
Endorphins	☑	☑	☑	☑	☑	☑	☑
Resistance (cardio with heavy weights)	☑	☑	☑	☑	☑	☑	☑
Stretch	☑	☑	☑	☑	☑	☑	☑
Endurance (cardio/hyper trophy focused)	☑	☑	☑	☑	☑	☑	☑
HIIT session	☑	☑	☑	☑	☑	☑	☑
Endorphins session	☑	☑	☑	☑	☑	☑	☑
Stretch (20-30 min) of water	☑	☑	☑	☑	☑	☑	☑
High protein meal before sleep	☑	☑	☑	☑	☑	☑	☑
Go to sleep on time	☑	☑	☑	☑	☑	☑	☑
Get bedtime (7-10:30) on time	☑	☑	☑	☑	☑	☑	☑

10 WEEKLY TARGETS

Daily Protein target - 1.6g per kg body weight

Daily calorie goal - build muscle

Eat with purpose 90% of meals

Take supplements every day

Daily step goal - 10,000

2 strength and hypertrophy resistance sessions

3 endurance sessions totalling 70-150 minutes

7 social or joyful activities

Sleep well > 5 nights a week

Stretch 4 times a week

18 BENCHMARK OUTCOMES

How you look

20% Bodyfat %

Waist to Hip ratio <1

65-70% lean muscle mass

Fat free muscle mass 17-19

How you feel

Stress score 65-80

Resting heart rate <60

Heart Rate Variability > 35

Cholesterol and blood pressure function in normal ranges

How you perform

Habit score > 80

VO2 Max 38-42

Max squats in 1 minute > 35

Max push ups in 1 minute 20

Squat 1.5 x body weight

Deadlift 1.5-1.75x body weight

Bench press 1.1 x body weight

Plank > 2 minutes

Dead hang > 1 minute



The Elite Routine

3 GOALS

- Confident you can perform highly in all aspects of your life
- Be top 5% in all fitness markers
- Your preventative health routine is your identity

1 WEEKLY ROUTINE

	Activity	Mon	Tue	Wed	Thu	Fri	Sa	Sun
	Get work options	X	X	X	X	X	X	X
	Drink electrolytes	X	X	X	X	X	X	X
	High protein meal	X	X	X	X	X	X	X
	Hydration	X	X	X	X	X	X	X
	Stretch	X	X	X	X	X	X	X
	Vitamin D	X	X	X	X	X	X	X
Wife w/	Glucosamine	X	X	X	X	X	X	X
	Turmeric	X	X	X	X	X	X	X
	Collagen Type 1	X	X	X	X	X	X	X
	Magnesium Glycinate	X	X	X	X	X	X	X
	Coenzyme Q10/Ubiquinol	X	X	X	X	X	X	X
Lift	COQ10	X	X	X	X	X	X	X
	Wink	X	X	X	X	X	X	X
	High protein meal	X	X	X	X	X	X	X
PM	Stretch	X	X	X	X	X	X	X
	Resistance training with heavy weights	X	X	X	X	X	X	X
	Resistance training hypertrophy for abs	X	X	X	X	X	X	X
	HIJ session						X	X
	Endurance session			X			X	X
Evening	Drink 1.2L BCAA water	X	X	X	X	X	X	X
	High protein meal before 7pm	X	X	X	X	X	X	X
	Protein/amino acids/creatine to milk	X	X	X	X	X	X	X
	Recovery in bed	X	X	X	X	X	X	X
	Hot soaks/foam roller/obese	X	X	X	X	X	X	X

10 WEEKLY TARGETS

Daily Protein target - 1.6 g per kg body weight
 Daily calorie goal - Sustain high performance
 Eat with purpose 95% of meals
 Take supplements every day
 Daily step goal - 12,000+

3 strength and hypertrophy resistance sessions
 3 endurance & 1 high intensity cardio sessions
 7 social or joyful activities
 Sleep well at least 6 days a week
 Stretch 4 times a week

21 BENCHMARK OUTCOMES

How you look
 15-20% body fat
 Waist to Hip ratio <1
 70% lean muscle mass
 Fat free muscle mass 22+

How you feel
 Stress score 65-80
 Resting heart rate <60
 Heart Rate Variability > 40
 Function of liver, kidneys, cholesterol and blood pressure in ideal ranges

How you perform
 Habit score > 95
 VO2 Max 43-49
 Max squats in 1 minute >40
 Max push ups in 1 minute > 35
 Squat 1.75 x body weight
 Deadlift 1.75-2. x body weight
 Bench press 1.2 x body weight
 Plank > 3 minutes
 Dead hang > 15 minutes
 Pull ups > 18
 Carry 100% body weight for 1 min

3 Essential Pro Tips

Prioritise

Treat each Routine activity with the same importance as your job

Commit

Agree your routine with your family and friends

Consistency

Plan ahead - food preparation, your schedule, your workouts, your social time



LONGEVITY PERFORMANCE COACHING



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Contact us



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