

12-Week Hyrox Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-4	Strength Training: Squats, Deadlifts, Push Press, Pull-ups (4x8-10 reps).	Interval Running: 8x400m at 80% effort (90 sec rest).	Active Recovery: Yoga/Stretching.	Hyrox Simulation: Row 1km, 50 Wall Balls, Run 1km.	Functional Training: Farmer's Carry, Burpees, Sled Push/Pull.	Long Run: 5-8km at moderate pace.	Rest or Easy Walk.
	Core: Plank (3x60s), Russian Twists (3x20).	Core: Hanging Leg Raises (3x12).		Core: Side Planks (3x45s each side).	Core: Cable Woodchoppers (3x15 each side).		
5-8	Strength Training: Increase weight (3x6-8 reps).	Tempo Run: 6km at 85% effort.	Active Recovery: Mobility work and stretching.	Hyrox Simulation: 1km Run, 50m Sled Push (heavy), 1km Run, 50m Sled Pull.	Functional Training: Box Jumps, Burpee Broad Jumps, Sandbag Cleans.	Long Run: 8-12km at a steady pace.	Rest or Easy Cycle.
	Core: Weighted Plank (3x45s), Ab Rollouts (3x15).	Core: Bicycle Crunches (3x20).		Core: L-sit Hold (3x30s).	Core: Hanging Windshield Wipers (3x10 each side).		

9-12	Strength Training: Supersets (e.g., Squats + Lunges) for 3x8 reps.	Interval Running: 10x200m sprints at 90% effort (60 sec rest).	Active Recovery: Foam Rolling and Light Yoga.	Hyrox Simulation: Full Race Practice at 75-80% effort.	Functional Training: Rope Climbs, Weighted Step-Ups, Sandbag Carries.	Long Run: 10-15km at a race pace.	Rest or Active Recovery.
	Core: V-ups (3x15), Stability Ball Plank (3x45s).	Core: Decline Sit-ups (3x12).		Core: Side Plank with Rotation (3x10 each side).	Core: Hanging Knee Tucks (3x15).		

Notes:

- **Adjust Intensity:** Modify weights and running speeds based on your fitness level.
- **Rest Days:** Incorporate more rest or active recovery if needed.
- **Hyrox Simulation Workouts:** Gradually increase the number of rounds or intensity as you progress.