




Phase	Week	 Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Phase 1: Base Building	Week 1	Monday	Running Base	Easy Run	30 min	Zone 2 (conversational)
				Dynamic Stretching	10 min	Light
		Tuesday	Strength Foundation	Goblet Squats	3 x 12	16kg KB
				Push-ups	3 x 10	Bodyweight
				Bent Over Rows	3 x 12	15kg DBs
				Lunges	3 x 10 each leg	Bodyweight
				Plank Hold	3 x 30 sec	Bodyweight
		Wednesday	Intervals + Stations	Run warm-up	1km (5-6 min)	Easy
				400m intervals	6 x 400m (90s rest)	80% effort
				SkiErg	3 x 250m	Moderate
				Sled Push (empty)	3 x 25m	Moderate
		Thursday	Active Recovery	Light Jog or Walk	20 min	Very Easy
				Mobility Work	15 min	Light
		Friday	Strength + Cond.	Back Squats	4 x 8	60% 1RM
				Bench Press	4 x 8	60% 1RM
				Deadlifts	3 x 8	60% 1RM
				Burpees	3 x 8	Bodyweight
				Rowing Machine	3 x 250m	Moderate
		Saturday	Long Run	Steady State Run	45 min	Zone 2
		Sunday	Rest	Rest	N/A	Full Rest
Phase 1: Base Building	Week 2	Monday	Running Base	Easy Run	35 min	Zone 2
				Strides	4 x 100m	80% effort

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Phase 1: Base Building	Week 3	Tuesday	Strength Foundation	Goblet Squats	3 x 12	20kg KB
				Push-ups	3 x 12	Bodyweight
				Bent Over Rows	3 x 12	17.5kg DBs
				Walking Lunges	3 x 12 each leg	10kg DBs
				Plank Hold	3 x 40 sec	Bodyweight
		Wednesday	Intervals + Stations	Run warm-up	1km	Easy
				600m intervals	5 x 600m (2m rest)	80% effort
				SkiErg	4 x 250m	Moderate
				Sled Push	4 x 25m	Moderate
		Thursday	Active Recovery	Bike or Swim	25 min	Easy
				Yoga/Stretching	20 min	Light
		Friday	Strength + Cond.	Back Squats	4 x 8	65% 1RM
				Bench Press	4 x 8	65% 1RM
				Deadlifts	3 x 8	65% 1RM
				Burpee Broad Jumps	3 x 10	Bodyweight
				Rowing Machine	3 x 500m	Moderate
		Saturday	Long Run	Steady State Run	50 min	Zone 2
		Sunday	Rest	Rest	N/A	Full Rest
		Monday	Running Base	Easy Run	40 min	Zone 2
				Hill Sprints	6 x 30 sec	85% effort
				Front Squats	4 x 10	40kg
		Tuesday	Strength Foundation	Dips or Push-ups	3 x 15	Bodyweight

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Phase 1: Deload	Week 4	Wednesday	Intervals + Stations	Pull-ups	3 x 8	Bodyweight
				Bulgarian Split Squats	3 x 10 each	12kg DBs
				Farmer's Carry	3 x 40m	24kg KBs
				Run warm-up	1km	Easy
				800m intervals	4 x 800m (2.5m rest)	85% effort
				SkiErg	4 x 500m	Hard
				Sled Push (+25kg)	4 x 25m	Moderate-Hard
				Burpees	3 x 10	Fast pace
		Thursday	Active Recovery	Light Run or Bike	30 min	Very Easy
		Friday	Strength + Cond.	Foam Rolling	15 min	Light
				Back Squats	4 x 6	70% 1RM
				Bench Press	4 x 6	70% 1RM
				Deadlifts	4 x 6	70% 1RM
				Wall Balls	3 x 15	9kg ball
				Rowing Machine	2 x 1000m	Hard
		Saturday	Long Run	Steady State Run	55 min	Zone 2
		Sunday	Rest	Rest	N/A	Full Rest
		Monday	Easy Run	Easy Run	25 min	Zone 2
		Tuesday	Light Strength	Goblet Squats	2 x 10	16kg
		Wednesday	Active Recovery	Push-ups	2 x 10	Bodyweight
				Rows	2 x 10	12kg DBs
				Walk or Light Bike	30 min	Very Easy

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Phase 2: Capacity	Week 5	Thursday	Rest	Rest	N/A	Full Rest
		Friday	Light Session	Easy Run	20 min	Zone 2
				SkiErg	2 x 250m	Easy
		Saturday	Easy Run	Steady Run	30 min	Zone 2
		Sunday	Rest	Rest	N/A	Full Rest
		Monday	Tempo Run	Tempo Run	20 min	Zone 3 (Hard)
		Tuesday	Strength + Power	Back Squats	4 x 5	75% 1RM
				Push Press	4 x 8	40kg
				Romanian Deadlifts	3 x 10	60kg
				Weighted Pull-ups	3 x 6	+5kg
				Box Jumps	3 x 8	Bodyweight
		Wednesday	HYROX Sim	Run	1km	Race pace
				SkiErg	1000m	Hard
				Sled Push	50m	50kg added
				Burpee Broad Jumps	80m	Fast
		Thursday	Recovery	Easy Swim or Bike	30 min	Zone 1
		Friday	Strength Endurance	Front Squats	4 x 10	50kg
				Sandbag Lunges	3 x 20m	30kg
				Farmer's Carry	4 x 50m	32kg KBs
				Wall Balls	4 x 20	9kg
				Rowing Machine	4 x 500m (1:30 rest)	Moderate
		Saturday	Long Run + Stations	Run	60 min	Zone 2

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Phase 2: Capacity	Week 6			SkiErg + Sled	500m / 3x50m	Moderate
		Sunday	Rest	Rest	N/A	Full Rest
		Monday	Intervals	1km intervals	4 x 1km (2m rest)	90% effort
		Tuesday	Max Strength	Back Squats	5 x 5	80% 1RM
				Bench Press	5 x 5	80% 1RM
				Deadlifts	4 x 5	80% 1RM
				Strict Pull-ups	4 x 8	Bodyweight
		Wednesday	HYROX Stations	SkiErg / Sled Push	1000m / 2x50m	Race pace
				Sled Pull / BBJ	2x50m / 5m AMRAP	Race pace
				Rowing	1000m	Complete
		Thursday	Active Recovery	Easy Run	25 min	Very Easy
		Friday	Hybrid Workout	Run + Thrusters	4 rounds: 400m/15 reps	Hard (20kg)
				Run + Wall Balls	4 rounds: 400m/20 reps	Hard (9kg)
		Saturday	Long Aerobic Run	Steady State Run	70 min	Zone 2
		Sunday	Rest	Rest	N/A	Full Rest
Phase 2: Capacity	Week 7	Monday	Tempo + Strides	Tempo Run	25 min	Zone 3
		Tuesday	Power Dev.	Power Cleans	5 x 3	50kg
				Front Squats	4 x 6	60kg
				Push Press	4 x 6	45kg
				Sandbag Carry	4 x 100m	40kg
		Wednesday	Race Simulation	Run / Ski / Sled	1km intervals + stations	Race pace/effort
		Thursday	Recovery	Swim or Bike	35 min	Easy

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Phase 1: Build	Week 7	Friday	Muscular End.	Goblet Squats	4 x 15	24kg KB
				Farmer's Carry	4 x 60m	40kg KBs
				Wall Balls	4 x 25	9kg
				Rowing	3 x 750m	Hard
		Saturday	Progression Run	Progressive Run	75 min	Zone 2-3
		Sunday	Rest	Rest	N/A	Full Rest
	Phase 2: Deload	Monday	Easy Run	Easy Run	30 min	Zone 2
		Tuesday	Light Strength	Squats / Pushups / R	3 x 8-10 reps	Light/Moderate
		Wednesday	Active Recovery	Bike or Swim	30 min	Very Easy
		Thursday	Rest	Rest	N/A	Full Rest
		Friday	Light Circuit	Run / Ski / Wall Balls	20m / 500m / 2x10	Easy
		Saturday	Easy Run	Easy Run	35 min	Zone 2
		Sunday	Rest	Rest	N/A	Full Rest
Phase 3: Peak	Week 9	Monday	Speed Endurance	1.5km intervals	3 x 1.5km (3m rest)	90% effort
		Tuesday	Heavy Strength	Back Squats	5 x 3	85% 1RM
				Deadlifts	4 x 3	85% 1RM
				Weighted Pull-ups	4 x 5	+10kg
		Wednesday	Full Sim	1km Run + Station	5 x (1km + Station)	Race Pace
		Thursday	Rest	Rest	N/A	Full Rest