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FITNESS · MMA · MINDSET

| 12 - WEEK PROGRAMME

HYROX RACE-READY

A three-phase training protocol built to forge the endurance, strength and mental edge needed to crush race day — from foundation to finish line.

FROM DOJO TO CAGE · MASTER THE ARTS

VOL. 01

THE MISSION

Twelve weeks. Three phases. One finish line.

Hyrox demands a rare hybrid: the raw strength to move heavy loads, the aerobic engine to run eight kilometres at pace, and the muscular endurance to do both back-to-back without falling apart. This programme is engineered to build all three — methodically, progressively, and with a finish line in mind from week one.

12 WEEKS	3 PHASES	6 SESSIONS / WK	1 RACE DAY
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The Three-Phase Build

<p>PHASE 01 · WK 1-4</p> <h3>Foundation</h3> <p>Lay the engine. Strength volume, aerobic base, and movement quality. The reps that pay rent on race day are built here.</p>	<p>PHASE 02 · WK 5-8</p> <h3>Build</h3> <p>Load up. Heavier strength, tempo running, and Hyrox-specific stations — sled work, sandbags, box jumps under fatigue.</p>	<p>PHASE 03 · WK 9-12</p> <h3>Race Pace</h3> <p>Sharpen the edge. Sprint sets, supersets, full-race simulations. By Week 12 the body knows exactly what's coming.</p>
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HOW TO READ THIS PROGRAMME

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| S Strength — compound lifts, progressive load | R Running — intervals, tempo, long efforts | H Hyrox Simulation — race-specific blocks |
| F Functional — carries, jumps, sled, sandbag | L Long Run — steady aerobic mileage | C Core — integrated daily, never skipped |

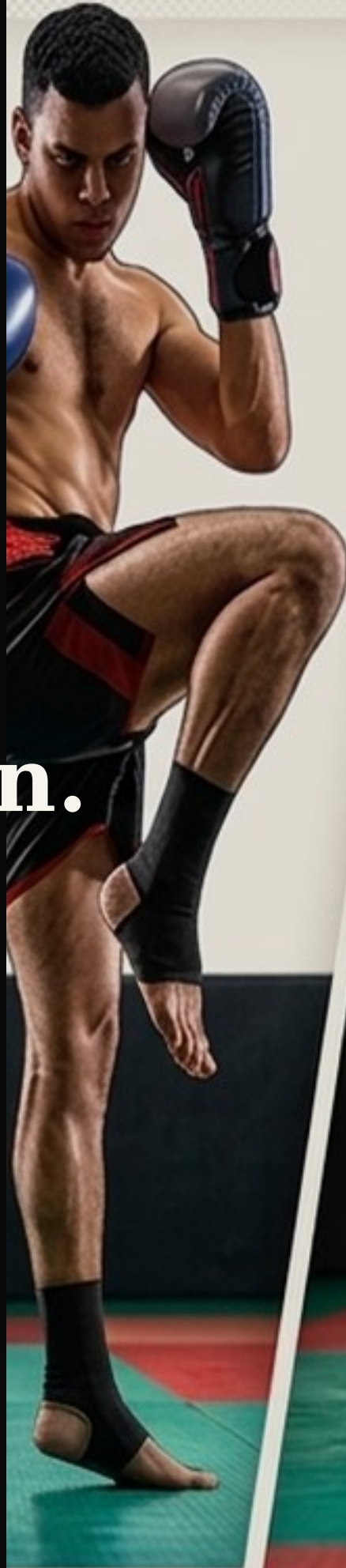
01

PHASE ONE · WEEKS 1-4

Foundation.

Build the engine before you race it.

Four weeks to establish baseline strength, develop your aerobic capacity, and groove the movement patterns that recur throughout a Hyrox race. Volume over intensity. Form over ego. The hard work compounds.



FITN



Weekly schedule / foundation

REPEAT THIS TEMPLATE FOR FOUR WEEKS · PROGRESS WEIGHTS WEEKLY

Monday

STRENGTH

LIFTS — 4 × 8-10

- ▶ Back Squats
- ▶ Deadlifts
- ▶ Push Press
- ▶ Pull-ups

CORE FINISHER

Plank 3×60s · Russian Twists 3×20

Tuesday

INTERVALS

TRACK WORK

8 × 400m @ 80% effort
90 seconds rest between efforts

CORE FINISHER

Hanging Leg Raises 3×12

Wednesday

RECOVERY

ACTIVE RECOVERY

Yoga or full-body stretch session. 30-45 minutes.
Move with intent, breathe deeply.

CORE FINISHER

Side Planks 3×45s each side

Thursday

HYROX SIM

RACE BLOCK

- ▶ **Row** 1km
- ▶ **Wall Balls** ×50
- ▶ **Run** 1km

CORE FINISHER

Cable Woodchoppers 3×15 each side

Friday

FUNCTIONAL

CIRCUIT · 3 ROUNDS

- ▶ Farmer's Carry
- ▶ Burpees
- ▶ Sled Push / Pull

Saturday

LONG RUN

AEROBIC BASE

5-8 km at a moderate, conversational pace. Stay relaxed. This is engine-building.

Sunday

REST

Full rest or easy walk · prioritise sleep, hydration and food. The body adapts when you stop training.

TNES

02

PHASE TWO · WEEKS 5-8

Build.

Heavier loads. Faster tempos. Bigger demands.

The base is set — now we layer intensity. Strength sets drop in reps and climb in load. Runs sharpen at tempo. Hyrox simulations bring in heavier sled and sandbag work. This is where the engine starts to roar.



Weekly schedule / build

HEAVIER, FASTER, SHARPER · PROGRESS LOAD AND TEMPO WEEKLY

Monday

STRENGTH

LIFTS — 3 × 6-8 (HEAVIER)

- ▶ Back Squats
- ▶ Deadlifts
- ▶ Push Press
- ▶ Pull-ups (weighted)

CORE FINISHER

Weighted Plank 3×45s · Ab Rollouts 3×15

Tuesday

TEMPO RUN

SUSTAINED EFFORT

6 km @ 85% effort.

Strong, controlled pace. Race-rehearsal speed.

CORE FINISHER

Bicycle Crunches 3×20

Wednesday

RECOVERY

MOBILITY

Mobility flow, foam rolling, deep stretch. 30 minutes. Open hips, shoulders, thoracic spine.

CORE FINISHER

L-sit Hold 3×30s

Thursday

HYROX SIM

HEAVY RACE BLOCK

- ▶ **Run** 1km
- ▶ **Sled Push** 50m (heavy)
- ▶ **Run** 1km
- ▶ **Sled Pull** 50m

CORE FINISHER

Hanging Windshield Wipers 3×10/side

Friday

FUNCTIONAL

POWER CIRCUIT · 3 ROUNDS

- ▶ Box Jumps
- ▶ Burpee Broad Jumps
- ▶ Sandbag Cleans

Saturday

LONG RUN

STEADY MILEAGE

8-12 km at steady pace. Add distance, don't chase speed.

Sunday

REST

Rest or easy cycle · 30 minutes max, low intensity. Adaptation happens on this day.

M

03

PHASE THREE · WEEKS
9 – 12

Race Pace.

Sharpen. Simulate. Send it.

Final phase. Supersets, sprint intervals, and full-race simulations take centre stage. By Week 12 your body has rehearsed race day so many times that the start gun will feel like Tuesday morning.



Weekly schedule / race pace

SHARPEN THE EDGE · FULL-RACE SIMULATIONS FROM WEEK 10

Monday

STRENGTH

SUPERSETS — 3 × 8

- ▶ Squats + Walking Lunges
- ▶ Deadlifts + Pull-ups
- ▶ Push Press + Dips

CORE FINISHER

V-ups 3×15 · Stability Ball Plank 3×45s

Tuesday

SPRINTS

TOP-END SPEED

10 × 200m @ 90% effort
60 seconds rest between sprints

CORE FINISHER

Decline Sit-ups 3×12

Wednesday

RECOVERY

FOAM & FLOW

Foam rolling, light yoga, breath work. Don't skip.
The week ahead is heavy.

CORE FINISHER

Side Plank with Rotation 3×10/side

Thursday

FULL SIM

FULL-RACE PRACTICE

Full Hyrox simulation @ **75–80% effort**.
Rehearse every transition. Time every station. This
is the dress rehearsal.

CORE FINISHER

Hanging Knee Tucks 3×15

Friday

FUNCTIONAL

RACE-SPECIFIC · 3 ROUNDS

- ▶ Rope Climbs
- ▶ Weighted Step-Ups
- ▶ Sandbag Carries

Saturday

RACE PACE

PACE PRACTICE

10–15 km at race pace. Find the rhythm you'll hold
on race day.

Sunday

REST

Rest or gentle active recovery · final phase is high-stress, prioritise sleep above all else.

Race day is a **rehearsal**, not a reveal.

If you've done the twelve weeks honestly, the start line is just another Thursday. Trust the work.

Programme Notes & Rules of the Road

01 Adjust intensity to your level.

Weights and run paces in this programme are templates, not commandments. If you can't hold form, drop the load. If you can't hit the pace, hit the effort.

02 Honour the rest days.

Adaptation happens when you stop, not when you train. Skipping recovery is the single fastest way to plateau or injure yourself.

03 Scale the Hyrox simulations.

Start with one round in Weeks 1–4. Add a second round in Weeks 5–8. Build to a full race in Phase 3.

04 Track everything.

Weight, reps, run splits, simulation times. You can't improve what you don't measure — and on race day, you'll want the receipts.

05 Fuel like an athlete.

Protein every meal, carbs around sessions, hydration constant. This programme demands a lot. Feed it.

06 Taper the final week.

Week 12 is about sharpening, not building. Cut volume by 30–40%, keep intensity, prioritise sleep. Arrive fresh.

From Dojo to Cage. Foundation to Finish Line.

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