

Complete 12-Week HYROX Training Program

A Comprehensive Blueprint for Strength, Compromised Running & Station Mastery

Designed by **The Fitness Phantom** • Visit thefitnessphantom.com for complete workout guides, calculators, and fitness resources.

Program Overview & Structure

This comprehensive 12-week HYROX training plan integrates strength, running, compromised running, all 8 official HYROX stations, conditioning, mobility, recovery, and tactical progression. The program is divided into 3 strategic phases designed to peak your physical capacity on race day.

PHASE 1: Foundation & Technique (Weeks 1–4)

Build aerobic base • Establish strength & endurance foundation • Learn efficient station technique • Moderate running volume • Deload on Week 4.

PHASE 2: Build & Race-Specific Conditioning (Weeks 5–8)

Increase running intensity • Introduce harder compromised running • Longer HYROX simulations • Increase sled, wall-ball, lunge & carry volume • Deload on Week 8.

PHASE 3: Peak & Race Simulation (Weeks 9–11) + Taper (Week 12)

Race-specific intensity • Full/partial HYROX simulations • Practice pacing, transitions & fueling • Reduce hypertrophy work • Week 12 Taper for maximum race-day recovery.

Recommended Weekly Blueprint:

- **Monday:** Lower-body strength & short easy run
- **Tuesday:** Running intervals & HYROX stations
- **Wednesday:** Upper-body strength & Zone 2 Cardio
- **Thursday:** HYROX compromised running
- **Friday:** Full-body Workout (Optional, off during some weeks)
- **Saturday:** Long HYROX-specific session
- **Sunday:** REST & Recovery

HYROX Race Format & Sequence

Every official HYROX event follows this exact order (8 x 1 km Run interspersed with 8 Workout Stations):

Seq #	Event / Station	Open Men Target	Open Women Target	Key Focus Area
1	1 km Run	—	—	Pacing & Aerobic Efficiency
2	Station 1: SkiErg	1,000 m	1,000 m	Lat & Core Power, Cadence
3	1 km Run	—	—	Settling into rhythm
4	Station 2: Sled Push	50 m (152 kg)	50 m (102 kg)	Quad drive, Short power steps

Seq #	Event / Station	Open Men Target	Open Women Target	Key Focus Area
5	1 km Run	—	—	Compromised Leg Recovery
6	Station 3: Sled Pull	50 m (103 kg)	50 m (78 kg)	Grip, Back & Footwork
7	1 km Run	—	—	Breathing control
8	Station 4: Burpee Broad Jump	80 m	80 m	Rhythmic Pacing, Bounding
9	1 km Run	—	—	Aerobic Flush
10	Station 5: Rowing	1,000 m	1,000 m	Consistent Stroke Rate
11	1 km Run	—	—	Grip Recovery
12	Station 6: Farmers Carry	200 m (2x24 kg)	200 m (2x16 kg)	Grip Endurance, Posture
13	1 km Run	—	—	Hamstring/Glute Flush
14	Station 7: Sandbag Lunges	100 m (20 kg)	100 m (10 kg)	Unilateral Endurance
15	1 km Run	—	—	Final Run Buffer
16	Station 8: Wall Balls	100 reps (6 kg)	75–100 reps (4 kg)	Target Accuracy, Mental Toughness

How to Use the Program & Guidelines

RPE Scale Reference

RPE	Meaning & Effort Level
5	Easy / Recovery
6	Moderate / Conversational
7	Hard but controlled
8	Very hard
9	Near maximum effort
10	Maximum capacity

Running Pace Reference (30-min 5K baseline)

Training Type	Approx. Pace	Feel
Easy / Zone 2	7:00–8:00 /km	Conversational
Steady Run	6:30–6:50 /km	Moderate
HYROX Race Pace	6:00–6:20 /km	Controlled/Hard
Threshold	5:40–5:50 /km	Hard (~20-40 min)
1-km Intervals	5:30–5:50 /km	Hard (RPE 8-9)

*Most training should live between RPE 6–8. Do not turn every session into a race.

Warm-Up Protocols (By Session Type):

- **Strength Warm-Up:** 5-min easy bike + dynamic activation (10 bodyweight squats, 10 walking lunges, 10 glute bridges, 10 calf raises, 10 hip airplanes, 2x20m skips). Upper body days add shoulder pass-throughs & external rotations.
- **Running Warm-Up:** 5-min easy jog + pre-run dynamic drills + 20-30 calf raises + 3-4 x 60-80m acceleration strides.
- **HYROX Session Warm-Up:** 5-8 min easy cardio + dynamic hip/shoulder stretches + 2-3 progressive sled pushes + 1-2 short wall-ball sets + 1 short acceleration.

PHASE 1: Foundation & Technique (Weeks 1–4)

WEEK 1 — Aerobic & Technique Base

PHASE 1 • WEEK 1

Monday: Lower Body Strength + Easy Run

Exercise	Sets × Reps	RPE	Target Muscle Groups
Back Squat	3-4 × 5-6	7-8	Quadriceps, Glutes
Romanian Deadlift	3-4 × 6-8	7-8	Hamstrings, Glutes, Lower Back
Bulgarian Split Squat	2-3 × 8/leg	7-8	Quadriceps, Glutes
Walking Lunge	2-3 × 10-12/leg	7	Glutes, Quadriceps, Hamstrings
Step-Up	2-3 × 8-10/leg	7	Glutes, Quadriceps
Standing Calf Raise	3-4 × 12-15	7-8	Gastrocnemius, Soleus
Plank	3-4 × 45-60 sec	7	Abdominals, Core
Easy Jog	3 km	5-6	Aerobic Flush

Tuesday: Running Intervals + SkiErg & Wall Balls

- **Run:** 1.5 km WU, then 5 × 800 m @ RPE 8 (2-min walk rest), end with 1 km cool-down.
- **SkiErg:** 5 × 500 m @ RPE 7 (90-sec rest/round).
- **Wall Balls:** 5 × 15 reps (45-sec rest).

Wednesday: Upper Body Strength + Zone 2

Exercise	Sets × Reps	RPE	Target Muscle Groups
Bench Press	3-4 × 5-6	7-8	Chest, Triceps, Front Delts
Lat Pulldown	3-4 × 6-10	7-8	Lats, Biceps, Upper Back
Overhead Military Press	3-4 × 6-8	7-8	Shoulders, Triceps
Seated Cable Row	3-4 × 8-10	7-8	Upper Back, Lats, Biceps
Farmer's Carry	3-4 × 40-80 m	7-8	Forearms, Traps, Core
Face Pull	2-3 × 12-15	7	Rear Delts, Upper Back
Pallof Press	2-3 × 10-12/side	7	Obliques, Deep Core
Zone 2 Cardio	25 min	5-6	Bike, Row, or Easy Jog

Thursday: HYROX Introduction (4 Rounds, 2 min rest)

800 m run → 500 m SkiErg → 20 m Sled Push @ 60-70% load → 20 m Sled Pull @ 60-70% → 15 Wall Balls.
Intensity: RPE 6-7.

Friday: Full Body Workout

Deadlift (2-3 × 4-5, RPE 7-8), Zercher Squat (2-3 × 8-10, RPE 6-7), Pull-ups (2-3 × 8-10, RPE 7-8), One-Arm DB Row (2-3 × 8-10/side, RPE 7-8), Burpee Broad Jump (2-3 × 10-20 m, RPE 7-8).

Saturday: Aerobic HYROX Session (3 Rounds, 3 min rest)

1 km run → 750 m row → 30 m farmer carry → 20 m sandbag lunges → 15 wall balls.

WEEK 2 — Building Capacity

PHASE 1 • WEEK 2

Monday (Legs & Run): Back Squat (4-5×5-6), Single Leg RDL (2-3×6-8), Reverse Lunge (2-3×8/leg), Step-Up (2-3×8-10/leg), Standing Calf Raise (3-4×12-15), Plank (3-4×45-60s) + 4km Easy Run.

Tuesday (Intervals & Stations): Run 1.5km WU, 6 × 800m @ RPE 8 (90s rest), 1km CD. SkiErg 4 × 750m (2m rest). Wall Balls 4 × 20 (60s rest).

Wednesday (Upper & Zone 2): Bench Press (3-4×5-6), Lat Pulldown (3-4×6-10), OHP (3-4×6-8), Seated Row (3-4×8-10), Hanging Knee Raise (3-4×12-15), Pallof Press (2-3×10-12/side) + 30-min Zone 2.

Thursday (HYROX Circuit - 5 Rounds, 1.5-2.5m rest): 800m run → 20m sled push → 20m sled pull → 10 burpee broad jumps → 15 wall balls.

Friday (Full Body): Deadlift (2-3×4-5), Zercher Squat (2-3×8-10), Pull-ups (2-3×8-10), DB Row (2-3×8-10/side), Farmer Carry (2-3×50-100m), Burpee Broad Jump (2-3×10-20m).

Saturday (Aerobic HYROX - 4 Rounds, 2-3m rest): 1km run → 500m row → 20m farmer carry → 20m sandbag lunge → 20 wall balls.

WEEK 3 — Load Progression (+5–7% Load)

PHASE 1 • WEEK 3

Day	Workout Overview	Sets × Reps / Dist	RPE
Mon	Legs + Easy Run	Back Squat 4×5-6, Bulgarian Split Squat 3×5-6/leg, Step-Up 3×10/leg, Lunge 2×10/leg, Leg Curls 3×15-20, Calf Raise 4×12 + 4km Run	7–8
Tue	Run Intervals & Stations	1.5km WU + 5 × 1 km (RPE 8) + 1km CD SkiErg 3 × 1,000 m Wall Balls 3 × 25	7–8
Wed	Upper Strength + Zone 2	Bench 4×5, Pull-Ups 4×6, OHP 3×6, Cable Row 4×8, Farmer Carry 4×60m + 30-35 min Zone 2	7–8
Thu	Run + Sled & BBJ	4 × (1 km Run + 25m Sled Push + 25m Sled Pull) BBJ 4 × 15m Wall Balls 4 × 20	7–8
Fri	Full Body Strength	Trap-Bar Deadlift 4×5, DB Bench 3×8, DB Row 3×10/side, Farmer Carry 3×70m	7–8
Sat	HYROX Mini Simulation	4 Rounds: 1 km Run + Ski 1,000m + Sled Push/Pull 25m + BBJ 30m	7–8

WEEK 4 — Deload Week (Volume Reduced 35–40%)

PHASE 1 • WEEK 4 (DELOAD)

Day	Workout Overview	Sets × Reps / Dist	RPE
Mon	Light Lower + Easy Run	Back Squat 3×5, Split Squat 2×8/leg, Back Ext 3×8-10, Calf Raise 2×15 + 3km Run	5–6
Tue	Light Run & SkiErg	1.5km WU + 4 × 600m + 1km CD SkiErg 2 × 750m Wall Balls 3 × 15	6–7
Wed	Light Upper + Zone 2	Bench 3×6, Cable Row 3×8, OHP 2×8, Farmer Carry 3×40m + 25 min Zone 2	5–6
Thu	Light HYROX Primer	3 × (800m Run + 20m Sled Push/Pull) BBJ 3 × 10m Wall Balls 3 × 15	6–7
Fri	Light Full Body	Trap-Bar Deadlift 3×5, Pull-ups 3×6-12, Bar Dips 3×10-20, Farmer Carry 2×50m	6
Sat	Zone 2 Flush	45–50 min Easy Zone 2 Cardio (Bike/Row/Jog)	5–6

PHASE 2: Build & Race-Specific Conditioning (Weeks 5–8)

WEEK 5 — Build Phase Entry			PHASE 2 • WEEK 5
Day	Workout Structure	Volume / Dist	RPE
Mon	Lower Strength + Easy Run	Back Squat 4×5, RDL 4×6, Split Squat 3×8/leg, Lunge 3×12/leg, Calf 4×12 + 4km Run	7–8
Tue	Threshold Run & Stations	1.5km WU + 6 × 1 km (RPE 8) + 1km CD SkiErg 4 × 500m Wall Balls 5 × 20	7–8
Wed	Upper Strength + Zone 2	Bench 4×5, Pull-Ups 4×6, OHP 3×6, Cable Row 4×8, Farmer Carry 4×60m + 35 min Zone 2	7–8
Thu	Compromised Running	5 × (1 km Run + 20m Sled Push + 20m Sled Pull)	7–8
Fri	Upper / Core Power	Lat Pulldowns 4×4, DB Bench 3×8, Farmer Carry 3×80m, Burpee Broad Jump 4×15m	7–8
Sat	Long HYROX Simulation	5 Rounds: 1 km Run + Ski 1,000m + Sled Push/Pull 50m + BBJ 40m + Row 1,000m	7–8

WEEK 6 — Station & Volume Overload			PHASE 2 • WEEK 6
Day	Workout Structure	Volume / Dist	RPE
Mon	Legs + Easy Run	Back Squat 4×5, Reverse Lunge 3×10/leg, 1-leg Glute Bridge 3×8/side, Calf 4×12 + 5km Run	7–8
Tue	High-Volume Run & Ski	1.5km WU + 8 × 800m (RPE 8) + 1km CD SkiErg 3 × 1,000m Wall Balls 4 × 25	7–8
Wed	Upper Body + Zone 2	Bench 4×5, Pull-Ups 4×6, OHP 3×6, Row 4×8 Farmer Carry 4×60m 40 min Zone 2	7–8
Thu	Compromised Run & Stations	6 × 800m Run + Sled Push/Pull 15m each BBJ 6 × 10m Wall Balls 6 × 15	7–8
Fri	Strength & Core	Deadlift 4×4, Weighted Dips 3×10, Weighted Chin-ups 3×10, Hanging Leg Raise 4×25m	7–8
Sat	HYROX Conditioning Block	4 Rounds: [1 km Run + 500m Ski + 500m Row + 25m Sled Push/Pull + 20 Wall Balls]	7–8

WEEK 7 — Peak Phase 2 Conditioning & Half Simulation			PHASE 2 • WEEK 7
Day	Workout Structure	Volume / Dist	RPE
Mon	Lower Power + Easy Run	Back Squat 5×4, RDL 4×6, Split Squat 3×8/leg, Lunge 3×15/leg, Calf 4×12 + 5km Run	7–8
Tue	Long Run Intervals & Ski	2km WU + 4 × 1.2 km (RPE 8) + 1km CD SkiErg 2×1,000m + 3×500m Wall Balls 2×50	8
Wed	Upper Strength + Zone 2	Bench 4×5, Pull-Ups 4×6, OHP 3×6, Row 4×8 Farmer Carry 4×75m 35 min Zone 2	7–8
Thu	Compromised Running Circuit	5 Rounds: [1 km Run + 20m Sled Push + 20m Sled Pull + 10 BBJ + 20 Wall Balls]	8
Fri	REST DAY	No Workout — Complete Rest & Recovery	—
Sat	HALF HYROX SIMULATION	6 × 1 km Run + all stations through Farmer Carry at race standards	8

WEEK 8 — Deload Week (Volume Reduced 30–40%)

PHASE 2 • WEEK 8 (DELOAD)

Mon: Back Squat 3×5, RDL 3×6, Split Squat 2×8/leg + 4km Easy Run (RPE 5-6).

Tue: Run 1.5km WU + 5 × 800m + 1km CD | SkiErg 2 × 750m | Wall Balls 3 × 20 (RPE 6-7).

Wed: Bench 3×6, Row 3×8, OHP 2×8, Farmer Carry 3×40m + 30 min Zone 2 (RPE 5-6).

Thu: Run + Sled 4 × 800m + 20m Push/Pull | BBJ 4 × 10m | Wall Balls 3 × 15 (RPE 6-7).

Fri: Barbell Clean & Press 3×10, Renegade Rows 3×10/side, Lateral Raises 3×12-15 (RPE 6).

Sat: 45–60 min Zone 2 Aerobic Flush (RPE 5-6).

PHASE 3: Peak & Race Simulation (Weeks 9–11) + Taper (Week 12)

WEEK 9 — Peak Block & FULL HYROX SIMULATION #1

PHASE 3 • WEEK 9

Day	Workout Structure	Volume / Details	RPE
Mon	Lower Strength + Run	Back Squat 4×4, RDL 3×6, Split Squat 3×8/leg, Lunge 2×15/leg + 4km Easy Run	7–8
Tue	Race Pace Intervals	1.5km WU + 6 × 1 km @ HYROX pace + 1km CD Ski 3×500m Wall Balls 4×20-25	7–8
Wed	Upper Body + Zone 2	Bench 4×5, Pull-Ups 4×6, OHP 3×6, Row 4×8 Farmer Carry 4×80m 35 min Zone 2	7–8
Thu	Compromised Race Circuit	4 Rounds: [1 km Run + 25m Sled Push/Pull + 15m BBJ + 20 Wall Balls]	8
Fri	REST DAY	Complete Recovery prior to Full Simulation	—
Sat	FULL SIMULATION #1	8 km Run + All 8 Stations in exact sequence. Record all split times!	8

Simulation Rules: No unnecessary rest • Practice immediate transitions (Run immediately after station) • Record every station time, 1-km split, wall-ball breaks, and total time • Do NOT sprint the 1st km!

WEEK 10 — Race-Specific Peak & FULL HYROX SIMULATION #2

PHASE 3 • WEEK 10

Mon: 30–40 min Zone 2 Active Recovery & Mobility (RPE 5).

Tue: Run 2km WU/CD + 5 × 1 km @ race pace | SkiErg 3 × 750m | Wall Balls 4 × 25 (RPE 7-8).

Wed: Squat 3×4, Bench 3×5, Pull-Ups 3×6, RDL 3×5, Farmer Carry 3×80m (RPE 7).

Thu: Compromised Run 5 × [1 km Run + 20m Sled Push/Pull + 10 BBJ + 20 Wall Balls] (RPE 8).

Fri: Rest & Nutrition Preparation.

Sat: FULL HYROX SIMULATION #2 — Full race at exact race-standard loads (RPE 8-9).

WEEK 11 — Final Peak Week

PHASE 3 • WEEK 11

Day	Workout Overview	Volume / Details	RPE
Mon	Zone 2 & Mobility	30 min Easy Aerobic Flush + Full Body Mobility Routine	5
Tue	Race Pace Maintenance	1.5km WU + 4 × 1 km @ race pace + 1km CD SkiErg 2×1,000m Wall Balls 3×25	7–8
Wed	Maintenance Strength	Back Squat 3×3, Bench 3×5, Pull-Ups 3×5, RDL 2×5, Farmer Carry 2×80m	7
Thu	HYROX Conditioning	3 × [1 km Run + 25m Sled Push/Pull + 20m BBJ + 25 Wall Balls] + Row/Ski 500m each	8
Fri	REST DAY	Complete Rest	—
Sat	Mini HYROX Session	8 km Run + 50% Station Volume (Sharp execution & transitions)	7–8

WEEK 12 — Race Taper & Race Day

PHASE 3 • WEEK 12 (TAPER)

Goal: Remove fatigue without losing fitness. Volume drops 50–70%.

Day	Workout Overview	Prescription	RPE
Mon	Easy Shakeout	4 km Easy Run + Wall Balls 3×10 + Farmer Carry 2×20m	5
Tue	Race Pace Primer	1km WU + 3 × 1 km @ race pace Ski 1×500m Wall Balls 2×10	5–7
Wed	Light Neural Touch	Squat 2×4, Bench 2×5, RDL 2×5, Pull-Ups 2×5 (Light weight, explosive)	6
Thu	HYROX Primer	2 × [500m Run + 250m Ski + 12.5m Sled Push/Pull + 5 BBJ + 10 Wall Balls]	5–6
Fri	Rest & Mobility	Light walking, stretching, carb-loading, outfit check	—
Sat	Race Activation	10–15 min jog + 3 × 20-sec acceleration strides + light mobility	5
Sun	RACE DAY!	FULL HYROX RACE — EXECUTE YOUR PACING PLAN!	8–10

HYROX 12-Week Volume Progression Matrix

Track your weekly cumulative station and running volume across the entire 12-week macrocycle:

Wk	Run Vol	SkiErg	Sled Push	Sled Pull	Burpee BJ	Rowing	Farmer Carry	Sandbag Lunge	Wall Balls
1	15–18 km	5 × 500m	4 × 20m	4 × 20m	4 × 10m	3 × 500m	4 × 40m	3 × 20m	5 × 15
2	18–21 km	4 × 750m	5 × 20m	5 × 20m	5 × 10m	4 × 500m	4 × 50m	3 × 25m	4 × 20
3	20–23 km	3 × 1,000m	4 × 25m	4 × 25m	4 × 15m	3 × 500m	4 × 60m	3 × 30m	3 × 25
4 (D)	14–17 km	2 × 750m	3 × 20m	3 × 20m	3 × 10m	2 × 500m	3 × 40m	2 × 20m	3 × 15
5	22–25 km	4 × 500m	5 × 20m	5 × 20m	4 × 15m	1 × 1,000m	3 × 80m	3 × 30m	5 × 20
6	23–27 km	3 × 1,000m	6 × 15m	6 × 15m	6 × 10m	4 × 500m	4 × 60m	4 × 25m	4 × 25
7	25–29 km	2×1k+3×500	5 × 20m	5 × 20m	5 × 10m	1 × 1,000m	3 × 100m	3 × 40m	2 × 50
8 (D)	17–21 km	2 × 750m	4 × 20m	4 × 20m	4 × 10m	2 × 500m	3 × 40m	2 × 25m	3 × 20
9	25–30 km	3 × 500m	4 × 25m	4 × 25m	4 × 15m	1 × 1,000m	3 × 100m	3 × 40m	4 × 20–25
10	22–27 km	3 × 750m	5 × 20m	5 × 20m	5 × 10m	3 × 500m	3 × 80m	3 × 30m	4 × 25
11	20–24 km	2 × 1,000m	3 × 25m	3 × 25m	3 × 20m	2 × 500m	2 × 80m	2 × 30m	3 × 25
12 (T)	10–15 km	1 × 500m	2 × 12.5m	2 × 12.5m	2 × 5m	1 × 250m	2 × 20m	2 × 10m	2 × 10

*Abbreviations: D = Deload Week, T = Taper Week. Volumes are estimates including warm-ups and simulations.

Simple Progression Rules & Tactics

Domain	Simple Progression Rule
Strength	When completing all sets/reps at RPE 7 or below, increase weight by 2.5–5% next session.
Easy Running	Add 0.5–1 km when previous week feels easy. Keep pace strictly conversational.
Running Intervals	First increase interval count, then gradually increase pace. Never increase both aggressively.
SkiErg & Row	Increase total volume first, then increase stroke power and target pace.
Sled Push / Pull	Master distance & posture first, then increase weight by 5–10%. Don't train to failure.
Farmer Carry	Increase total distance first. When target distance is achieved without breaks, increase load.
Sandbag Lunges	Increase distance gradually, then weight. Maintain upright torso and smooth steps.
Wall Balls	Increase reps per set before speed (e.g. 15 → 20 → 25 → 30 → 40+).
Compromised Running	Gradually increase pace of running immediately following a heavy station.
Transitions	Minimize standing around post-station. Practice running within 3–5 seconds of finishing a station.

Race Strategy, Pacing & Recovery Rules

HYROX Strategic Pacing Model:

- **Stations 1 & 2 (SkiErg & Sled Push):** RPE 6 to 7 — Start controlled! The biggest beginner mistake is over-egging the first 2 km.
- **Stations 3 & 4 (Sled Pull & BBJ):** RPE 7 to 8 — Settle into steady, rhythmic power output.
- **Stations 5 & 6 (Row & Farmers Carry):** RPE 8 — Solid work capacity, control grip fatigue.
- **Stations 7 & 8 (Lunges & Wall Balls):** RPE 8 to 9+ — Empty the tank progressively!

Weekly Recovery Mandates

- **Sleep:** 7–9 hours per night for muscle repair and neural recovery.
- **Rest Days:** Mandatory 1-2 full rest days per week.
- **Fatigue Management:** If performance drops or RPE is spike unusually high, drop volume by 30% rather than forcing the session.

Fueling & Nutrition

- **Pre-Workout:** Eat a carbohydrate-rich meal 2–3 hours before long sessions.
- **Hydration & Electrolytes:** Essential during high-sweat compromised sessions.
- **Intra-Race Fueling:** Target 30–60g carbs/hour for sessions over 60 mins. Test during Weeks 9–10!

Weekly Metric Performance Tracker

Track your key performance indicators every week to ensure progress across all modalities:

Metric	Target / Notes	Wk 1	Wk 3	Wk 6	Wk 9 (Sim 1)	Wk 10 (Sim 2)
1 km Run Time	Fresh Pace Target					
5 km Run Time	Aerobic Base Test					
1,000m SkiErg Time	Station 1 Split					
Sled Push Time (50m)	Station 2 Split					
Sled Pull Time (50m)	Station 3 Split					
1,000m Row Time	Station 5 Split					
Farmer Carry Time	200m (Breaks count)					

Metric	Target / Notes	Wk 1	Wk 3	Wk 6	Wk 9 (Sim 1)	Wk 10 (Sim 2)
Sandbag Lunge Time	100m (Breaks count)					
Wall Balls Split	Unbroken set counts					
Total Simulation Time	Full Race Execution	—	—	—		

Frequently Asked Questions (FAQs)

Q: Who is this 12-week HYROX program for?

This program is designed by **The Fitness Phantom** for intermediate athletes who already possess a baseline fitness foundation and wish to optimize their HYROX performance.

Q: How many days per week should I train?

The program is structured around 5 active training days per week, reserving Friday (or midweek) and Sunday for essential recovery.

Q: Can beginners follow this program?

Yes, but beginners should scale down running volume, station distances, and weight loads by 20–30% during Phase 1.

Q: Do I need access to all official HYROX equipment?

Ideally yes — especially SkiErg, Sled, Rower, Sandbag, and Wall Balls. If sleds are unavailable, heavy plate pushes or treadmill pushes can serve as temporary substitutes.

Q: Should I use race-standard weights right from Week 1?

No. Use lighter loads (60–70% of race standard) during Weeks 1–4 to master technique, introducing full race-standard loads during Phase 2 (Weeks 5–8).

Q: What is the single most important goal of this training program?

The primary objective is building *compromised running capacity* — the ability to maintain efficient running form and pace immediately after completing high-intensity strength stations.

The Fitness Phantom • Unlock Your Full Athletic Potential

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