

12 Week HYROX Advanced Program (For Those Committed to Performance)



Goal: Build peak conditioning and HYROX specific strength.

Repeat each week & increase intensity / Final week reduce intensity.

Progression from 9 Week Plan:

- More sport specific work
- Longer running & sled efforts
- Full length race simulations

Weekly Breakdown:

Day 1 – Strength & Power Focus

- KB Front Squat – 5x8
- Trap Bar Deadlifts – 5x8
- Walking Lunges (KB/DB) – 5x20m
- Farmers Carry – 4x75m
- Sled Push – 4x 25m

Day 2 – Hybrid Session

- 500m Run
- 500m Ski Erg
- 50m Sled Push
- 500m Run
- 50m Sled Pull
- 500m Run
- 60 Burpee Broad Jumps
- 500m Run
- 500m Row

- 250m Farmers Carry
- 100m Weighted Walking Lunges
- 75 Wall Balls

Day 3 – Running & Endurance

- 7km Run (Zone 2)
- 15x200m Sprints
- 5x100m Farmers Carry

Day 4 – Row / Strength

- 1000m Row
- BB Deadlifts – 5x8
- Walking Lunges (KB / DB) – 5x 25m
- Farmers Carry – 4x 50m
- 1000m Run Treadmill

Day 5 – HYROX Full Simulation (Race Style Workout)

- 1000m Run
- 1000m Ski Erg
- 50m Plate Push
- 1000m Run
- 50m Plate Pull
- 1000m Run
- 80m Burpee Broad Jumps
- 1000m Run
- 1000m Row
- 200m Farmers Carry
- 100m Weighted Walking Lunges

- 100 Wall Balls

Scaling Options:

Reduce reps, weights, or distances for beginners.

Increase intensity for experienced individuals.

Gym Equipment Considerations:

Replace Treadmill runs with Elliptical if joints are sore.

Use kettlebells or dumbbells for lunges and carries.

Keep exercises compact to avoid disrupting other members.

This structure should suit a variety of members and progress them towards a HYROX event while staying mindful of space and equipment.