

9 Week HYROX Intermediate Program (For Those Who Want More Volume)



Goal: Increase endurance & strength, refine movement efficiency.

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

Progression from 6-Week Plan:

- More volume per session
- Longer running efforts
- More complex strength patterns

Weekly Breakdown:

Day 1 – Strength & Power Focus

- Front Squat with KB – 4x10
- Trap Bar Romanian Deadlift – 4x10
- Weighted Walking Lunges – 4x25m
- Sled Push – 3x25m
- Farmers Carry – 3x75m
- Hanging Leg Raises – 3x10

Day 2 – HYROX Simulation Session

- 1000m Run
- 750m Ski Erg
- 50m Sled Push
- 1000m Run
- 50m Sled Pull
- 1000m Run
- 25m Burpee Broad Jumps

- 1000m Run
- 750m Row
- 100m Farmers Carry
- 50m Weighted Walking Lunges
- 50 Wall Balls

Day 3 – Running & Endurance

- 5km Run (Zone 2)
- 10x200m Intervals (Fast)
- 5x100m Farmers Carry

Day 4 – Recovery or Optional Strength Session

- 1000m Row
- KB/DB Walking Lunges – 3x100m
- 25m Burpee Broad Jumps
- 50x Wallballs
- 800m Run Treadmill

Day 5 – HYROX Simulation (Increased Volume)

- 1000m Run
- 1000m Ski Erg
- 50m Sled Push
- 800m Run
- 50m Sled Pull
- 600m Run
- 50m Burpee Broad Jumps
- 400m Run
- 1000m Row

- 200m Farmers Carry
- 100m KB/DB Walking Lunges
- 100x Wall Balls (Light)

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.