HYROX
TRAINING PLAN

12 WEEKS

Running. Strength. Stations.

An adaptable training example. Read the entry conditions and scaling rules before starting.

4	DAYS / WEEK
48	SESSIONS

YOUR TRAINING FRAMEWORK

Four scheduled days per week. The race replaces the fourth session in race week.

YOUR STARTING POINT

This example is for adults already comfortable with four training days and about 30 minutes of easy running or run-walking. It is not a complete-beginner plan or a promise of a finish time. Start below the listed work if it exceeds your current training. Repeat a manageable week rather than forcing progression.

YOUR WEEK

Schedule Monday, Tuesday, Thursday and Saturday, leaving Wednesday, Friday and Sunday for rest or gentle everyday movement. Race week assumes a Saturday event. Move the entire race-week sequence to match your event, preserving the final rest day. The race replaces the fourth training session; do not add another workout.

YOUR EFFORT

Easy means full-sentence conversation. Controlled means a repeatable effort with stable technique, never all-out. For strength, choose familiar loads leaving about three good repetitions in reserve. Sled load depends on floor and equipment; the listed distances do not prescribe race weight. Station doses below are training examples, not competition requirements.

YOUR 12 WEEKS

01	02	03	04	05	06
07	08	09	10	11	12

BEFORE YOU START

YOUR EQUIPMENT

Equipment: running route, SkiErg, rower, sled push/pull lane, kettlebells, sandbag and wall ball with a suitable target. Without access, arrange supervised practice with race equipment before racing; substitutions do not establish race readiness. Each strength session starts with its listed warm-up, then the exercises in order, then the station work. Rest 90 seconds between strength sets and 60 seconds between station sets, unless a session states otherwise. Finish every training session with five easy minutes. Stop a set when technique deteriorates. For the race, follow the organizer's instructions and your own established preparation.

SCALE THE WORK

Lower-volume option for every session: take the stated adjustment, reduce load as needed, and keep the warm-up and easy finish. Do not compensate by working faster. If pain, unusual breathlessness or persistent fatigue develops, stop and seek appropriate advice. Do not compress missed sessions into rest days.

EVIDENCE & SCOPE

The exact exercise doses and week sequence are editorial programming choices, not a validated HYROX intervention. ACSM 2026 covers progressive resistance training in healthy adults. Bosquet et al. (2007) reviews tapering in competitive athletes. Neither validates this schedule.

Source context

ACSM / 2026 https://pubmed.ncbi.nlm.nih.gov/41843416/

Bosquet et al. / 2007 https://pubmed.ncbi.nlm.nih.gov/17762369/

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WEEK 01

BASE

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 20 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 10 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then SkiErg 2 × 250 m; wall balls 2 × 8.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 01

BASE

THURSDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 20 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 10 min.

SATURDAY — STRENGTH B + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: reverse lunge 6/side; kettlebell deadlift 8; incline push-up 8; cable row 10. Then Row 2 × 250 m; farmer carry 2 × 30 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 02

BASE

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 25 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 15 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then Sled push 2 × 10 m; sled pull 2 × 10 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 02

BASE

THURSDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 20 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 10 min.

SATURDAY — STRENGTH B + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: reverse lunge 6/side; kettlebell deadlift 8; incline push-up 8; cable row 10. Then Sandbag walking lunge 2 × 10 m; burpee broad jump 2 × 5 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 03

BASE

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 25 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 15 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then SkiErg 3 × 250 m; wall balls 3 × 8.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

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WEEK 03

BASE

THURSDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 25 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 15 min.

SATURDAY — STRENGTH B + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: reverse lunge 6/side; kettlebell deadlift 8; incline push-up 8; cable row 10. Then Row 3 × 250 m; farmer carry 3 × 30 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 04

BUILD

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 30 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 20 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then Sled push 3 × 10 m; sled pull 3 × 10 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 04

BUILD

THURSDAY — CONTROLLED RUN

WARM-UP: 5 min brisk walk, 5 min easy jog.

MAIN WORK: 3 × 3 min controlled running.

RECOVERY: 2 min easy walk/jog between repetitions. Keep effort similar across repetitions.

LOWER-VOLUME OPTION: Do 2 repetitions, or replace with 20 min easy run-walk.

SATURDAY — STRENGTH B + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: reverse lunge 6/side; kettlebell deadlift 8; incline push-up 8; cable row 10. Then Sandbag walking lunge 3 × 10 m; burpee broad jump 3 × 5 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 05

BUILD

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 30 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 20 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 3 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then SkiErg 3 × 250 m; wall balls 3 × 8.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 2 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 05

BUILD

THURSDAY — CONTROLLED RUN

WARM-UP: 5 min brisk walk, 5 min easy jog.

MAIN WORK: 3 × 3 min controlled running.

RECOVERY: 2 min easy walk/jog between repetitions. Keep effort similar across repetitions.

LOWER-VOLUME OPTION: Do 2 repetitions, or replace with 20 min easy run-walk.

SATURDAY — RUN-TO-STATION PRACTICE

WARM-UP: 5 min brisk walk, 5 min easy jog, then a light practice set of the selected stations.

MAIN WORK: 3 rounds: 400 m easy run, 250 m row, 30 m farmer carry. Keep transitions deliberate.

RECOVERY: 2 min easy movement between rounds; pause longer if technique or breathing is not controlled.

LOWER-VOLUME OPTION: 2 rounds; reduce carry to 20 m.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

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WEEK 06

LIGHTER WEEK

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 20 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 10 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 1 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then Sled push 2 × 10 m; sled pull 2 × 10 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 06

LIGHTER WEEK

THURSDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 20 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 10 min.

SATURDAY — STRENGTH B + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 1 sets each: reverse lunge 6/side; kettlebell deadlift 8; incline push-up 8; cable row 10. Then Sandbag walking lunge 2 × 10 m; burpee broad jump 2 × 5 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 07

BUILD

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 30 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 20 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then SkiErg 3 × 250 m; wall balls 3 × 8.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 07

BUILD

THURSDAY — CONTROLLED RUN

WARM-UP: 5 min brisk walk, 5 min easy jog.

MAIN WORK: 3 × 3 min controlled running.

RECOVERY: 2 min easy walk/jog between repetitions. Keep effort similar across repetitions.

LOWER-VOLUME OPTION: Do 2 repetitions, or replace with 20 min easy run-walk.

SATURDAY — RUN-TO-STATION PRACTICE

WARM-UP: 5 min brisk walk, 5 min easy jog, then a light practice set of the selected stations.

MAIN WORK: 3 rounds: 400 m easy run, 250 m row, 30 m farmer carry. Return to week 5 work only if recovered.

RECOVERY: 2 min easy movement between rounds; pause longer if technique or breathing is not controlled.

LOWER-VOLUME OPTION: 2 rounds; reduce carry to 20 m.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 08

RACE PRACTICE

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 30 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 20 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then Sled push 3 × 10 m; sled pull 3 × 10 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 08

RACE PRACTICE

THURSDAY — CONTROLLED RUN

WARM-UP: 5 min brisk walk, 5 min easy jog.

MAIN WORK: 4 × 3 min controlled running.

RECOVERY: 2 min easy walk/jog between repetitions. Keep effort similar across repetitions.

LOWER-VOLUME OPTION: Do 3 repetitions, or replace with 20 min easy run-walk.

SATURDAY — RUN-TO-STATION PRACTICE

WARM-UP: 5 min brisk walk, 5 min easy jog, then a light practice set of the selected stations.

MAIN WORK: 3 rounds: 400 m easy run, 10 m sandbag walking lunge, 5 m burpee broad jump.

RECOVERY: 2 min easy movement between rounds; pause longer if technique or breathing is not controlled.

LOWER-VOLUME OPTION: 2 rounds; use bodyweight lunges if necessary.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 09

RACE PRACTICE

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 35 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 25 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then Row 3 × 250 m; farmer carry 3 × 30 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 09

RACE PRACTICE

THURSDAY — CONTROLLED RUN

WARM-UP: 5 min brisk walk, 5 min easy jog.

MAIN WORK: 4 × 3 min controlled running.

RECOVERY: 2 min easy walk/jog between repetitions. Keep effort similar across repetitions.

LOWER-VOLUME OPTION: Do 3 repetitions, or replace with 20 min easy run-walk.

SATURDAY — RUN-TO-STATION PRACTICE

WARM-UP: 5 min brisk walk, 5 min easy jog, then a light practice set of the selected stations.

MAIN WORK: 3 rounds: 500 m easy run, 250 m SkiErg, 8 wall balls.

RECOVERY: 2 min easy movement between rounds; pause longer if technique or breathing is not controlled.

LOWER-VOLUME OPTION: 2 rounds with 400 m runs and 6 wall balls.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 10

RACE PRACTICE

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 30 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 20 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 2 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then Sled push 2 × 10 m; sled pull 2 × 10 m; sandbag walking lunge 2 × 10 m; burpee broad jump 2 × 5 m.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 10

RACE PRACTICE

THURSDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 25 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 15 min.

SATURDAY — RUN-TO-STATION PRACTICE

WARM-UP: 5 min brisk walk, 5 min easy jog, then a light practice set of the selected stations.

MAIN WORK: Controlled partial rehearsal: 500 m easy run + 500 m ski; rest 2 min; 500 m easy run + 500 m row; rest 2 min; 500 m easy run + 60 m carry; rest 2 min; 500 m easy run + 16 wall balls. This is not a full race simulation.

RECOVERY: 2 min easy movement between rounds; pause longer if technique or breathing is not controlled.

LOWER-VOLUME OPTION: Use 250 m runs, 250 m erg distances, 30 m carry and 8 wall balls.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 11

TAPER

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 20 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 10 min.

TUESDAY — STRENGTH A + STATIONS

WARM-UP: 5 min easy row or cycle, then 1 light set of each strength movement.

MAIN WORK: 1 sets each: goblet squat 8; dumbbell Romanian deadlift 8; incline push-up 8; dumbbell row 8/side. Then Sled push 1 × 10 m; sled pull 1 × 10 m; wall balls 1 × 8.

RECOVERY: 90 sec between strength sets; 60 sec between station sets. No racing between exercises.

LOWER-VOLUME OPTION: Use 1 strength sets and half the station volume, rounding sets down to a minimum of one.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 11

TAPER

THURSDAY — SHORT FAMILIAR RUN

WARM-UP: 5 min walk and 5 min easy jog.

MAIN WORK: 15 min easy running, then 3 × 20 sec at a familiar controlled effort.

RECOVERY: 100 sec walk/jog between brief efforts.

LOWER-VOLUME OPTION: Omit the brief efforts; keep only 10-15 min easy running.

SATURDAY — RUN-TO-STATION PRACTICE

WARM-UP: 5 min brisk walk, 5 min easy jog, then a light practice set of the selected stations.

MAIN WORK: 2 rounds: 300 m easy run, 150 m ski, 150 m row, 20 m farmer carry.

RECOVERY: 2 min easy movement between rounds; pause longer if technique or breathing is not controlled.

LOWER-VOLUME OPTION: 1 round; stop while feeling fresh.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 12

RACE WEEK

MONDAY — EASY RUN

WARM-UP: 5 min brisk walk, then 3 min easy jog.

MAIN WORK: 15 min easy running or run-walking. Keep the same conversational effort throughout.

RECOVERY: No fast finish. Walk as needed.

LOWER-VOLUME OPTION: Reduce the main run to 10 min.

TUESDAY — FAMILIAR TECHNIQUE ONLY

WARM-UP: 5 min easy cycle or walk.

MAIN WORK: 1 easy set each: 5 goblet squats, 100 m ski, 5 wall balls. Use familiar light loads.

RECOVERY: 90 sec between activities. No strength progression.

LOWER-VOLUME OPTION: Skip loaded work; take a 10 min easy walk instead.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW

WEEK 12

RACE WEEK

THURSDAY — OPTIONAL PRE-RACE SHAKEOUT

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WARM-UP: 5 min easy walk.

MAIN WORK: 10 min easy jog or walk. Choose rest if that is your established routine.

RECOVERY: Friday is a rest day before a Saturday race.

LOWER-VOLUME OPTION: Rest instead.

SATURDAY — RACE OR EASY ALTERNATIVE

- [ ]

WARM-UP: Use your familiar event warm-up; allow time for check-in.

MAIN WORK: Saturday race replaces training. If not racing, choose a 20 min easy run or walk; do not create a solo all-out test.

RECOVERY: Recover afterwards; resume training based on how you feel, not missed-work debt.

LOWER-VOLUME OPTION: Skip the race or easy session if unwell or not ready.

Finish every training session with five easy minutes. Rest on the unscheduled days. Use your familiar race-day preparation.

OVERVIEW