UNBREAKABLE FITNESS · 12-Week HYROX Running Program · Advanced

Level: Advanced | Best for: Previous HYROX, 10K runner | A: Intervals / 1K Dev | B: Endurance / Aerobic Durability | Peak: 90 min | Begin Date: _____

Week	Date	Session	Warm-Up	Work Time + RPE	Recovery	Intervals	Total Time	Goal
Week 1		A	10 min	2 min jog @ RPE 6	1:30 easy	8	38 min	Establish Pacing
		B	Ease in	50 min @ RPE 3–4	Continuous/brief walk	–	50 min	Build aerobic base
Week 2		A	10 min	3 min jog @ RPE 6-7	2:00 easy	7	40 min	Build repeatability
		B	Ease in	55 min @ RPE 3–4	Continuous/brief walk	–	55 min	Add easy volume
Week 3		A	10 min	4 min jog @ RPE 7	2:00 easy	5	40 min	Extend jog time
		B	Ease in	60 min @ RPE 3–4	Continuous/brief walk	–	60 min	Improve time on feet
Week 4 DELOAD		A	10 min	2 min jog @ RPE 6	1:30 easy	6	31 min	Deload and absorb
		B	Ease in	50 min @ RPE 3	Continuous/brief walk	–	50 min	Recover and reset
Week 5		A	10 min	5 min jog @ RPE 6-7	2:00 easy	5	41 min	Improve run/walk flow
		B	Ease in	65 min @ RPE 3–4	Continuous/brief walk	–	65 min	Rebuild endurance
Week 6		A	10 min	4 min jog @ RPE 7	1:30 easy	5	37 min	Build longer efforts
		B	Ease in	70 min @ RPE 3–4	Continuous/brief walk	–	70 min	Extend aerobic capacity
Week 7		A	10 min	6 min jog @ RPE 7-8	2 min easy	4	42 min	Build interval confidence
		B	Ease in	75 min @ RPE 3–4	Continuous/brief walk	–	75 min	Build duration
Week 8 DELOAD		A	10 min	3 min jog @ RPE 6-7	1:30 walk	5	32:30 min	Deload and refresh
		B	Ease in	60 min @ RPE 3	Continuous/brief walk	–	60 min	Reduce fatigue
Week 9		A	10 min	5 min jog @ RPE 8	2 min easy	4	36 min	Build 1K durability
		B	Ease in	80 min @ RPE 3–4	Continuous/brief walk	–	80 min	Sustain effort
Week 10		A	10 min	7 min jog @ RPE 7-8	2 min easy	4	42 min	Strengthen repeats
		B	Ease in	85 min @ RPE 3–4	Continuous/brief walk	–	85 min	Build race durability
Week 11 PEAK		A	10 min	3 min jog @ RPE 8	1:15 easy	6	35 min	Peak interval tolerance
		B	Ease in	90 min @ RPE 3–4	Continuous/brief walk	–	90 min	Peak endurance
Week 12 RACE		A	10 min	90 sec jog @ RPE 7	1:30 walk	6	28 min	Race-week sharpening
		B	Ease in	30 min @ RPE 2–3	Continuous/brief walk	–	30 min	Aerobic flush