UNBREAKABLE FITNESS · 12-Week HYROX Running Program · Beginner

Level: Beginner | Best for: First HYROX, newer runner, or run/walk intervals | A: Intervals / 1K Dev | B: Endurance / Aerobic Durability | Peak: 70 min | Begin Date: _____

Week	Date	Session	Warm-Up	Work Time + RPE	Recovery	Intervals	Total Time	Goal
Week 1		A	8 min	1 min jog @ RPE 6	2:00 walk	6	26 min	Learn interval rhythm
		B	Ease in	30 min @ RPE 3–4	Run/walk as needed	–	30 min	Build aerobic base
Week 2		A	8 min	1 min jog @ RPE 6	2:00 walk	7	29 min	Build repeatability
		B	Ease in	35 min @ RPE 3–4	Run/walk as needed	–	35 min	Add easy volume
Week 3		A	8 min	90 sec jog @ RPE 6	1:45 walk	8	34 min	Extend jog time
		B	Ease in	40 min @ RPE 3–4	Run/walk as needed	–	40 min	Improve time on feet
Week 4 DELOAD		A	8 min	1 min jog @ RPE 5–6	2:00 walk	5	23 min	Deload and absorb
		B	Ease in	30 min @ RPE 3	Run/walk as needed	–	30 min	Recover and reset
Week 5		A	8 min	90 sec jog @ RPE 6	1:30 walk	8	32 min	Improve run/walk flow
		B	Ease in	45 min @ RPE 3–4	Run/walk as needed	–	45 min	Rebuild endurance
Week 6		A	8 min	2 min jog @ RPE 6	1:30 walk	7	32 min 30 sec	Build longer efforts
		B	Ease in	50 min @ RPE 3–4	Run/walk as needed	–	50 min	Extend aerobic capacity
Week 7		A	8 min	2 min jog @ RPE 6–7	1:30 walk	8	36 min	Build interval confidence
		B	Ease in	55 min @ RPE 3–4	Run/walk as needed	–	55 min	Build duration
Week 8 DELOAD		A	8 min	1 min jog @ RPE 5–6	1:30 walk	6	23 min	Deload and refresh
		B	Ease in	40 min @ RPE 3	Run/walk as needed	–	40 min	Reduce fatigue
Week 9		A	8 min	3 min jog @ RPE 6–7	1:30 walk	6	35 min	Build 1K durability
		B	Ease in	60 min @ RPE 3–4	Run/walk as needed	–	60 min	Sustain effort
Week 10		A	8 min	3 min jog @ RPE 6–7	1:30 walk	7	39 min 30 sec	Strengthen repeats
		B	Ease in	65 min @ RPE 3–4	Run/walk as needed	–	65 min	Build race durability
Week 11 PEAK		A	8 min	3 min jog @ RPE 6–7	1:30 walk	8	44 min	Peak interval tolerance
		B	Ease in	70 min @ RPE 3–4	Run/walk as needed	–	70 min	Peak endurance
Week 12 RACE		A	8 min	1 min jog @ RPE 6	1:30 walk	5	20 min 30 sec	Race-week sharpening
		B	Ease in	25–30 min @ RPE 2–3	Run/walk as needed	–	25–30 min	Aerobic flush