UNBREAKABLE FITNESS · 12-Week HYROX Running Program · Intermediate

Level: Intermediate | Best for: First HYROX, 5k runner | 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	10 min	2 min jog @ RPE 6	2:00 walk	6	34 min	Establish Pacing
		B	Ease in	40 min @ RPE 3–4	Continuous/brief walk	–	40 min	Build aerobic base
Week 2		A	10 min	2 min jog @ RPE 6	2:00 walk	7	38 min	Build repeatability
		B	Ease in	45 min @ RPE 3–4	Continuous/brief walk	–	45 min	Add easy volume
Week 3		A	10 min	3 min jog @ RPE 6	2:00 walk	6	44 min	Extend jog time
		B	Ease in	50 min @ RPE 3–4	Continuous/brief walk	–	50 min	Improve time on feet
Week 4 DELOAD		A	10 min	2 min jog @ RPE 6	2:00 walk	5	33 min	Deload and absorb
		B	Ease in	40 min @ RPE 3	Continuous/brief walk	–	40 min	Recover and reset
Week 5		A	10 min	4 min jog @ RPE 6-7	2:00 walk	5	40 min	Improve run/walk flow
		B	Ease in	55 min @ RPE 3–4	Continuous/brief walk	–	55 min	Rebuild endurance
Week 6		A	10 min	3 min jog @ RPE 7	1:30 walk	6	37 min	Build longer efforts
		B	Ease in	60 min @ RPE 3–4	Continuous/brief walk	–	60 min	Extend aerobic capacity
Week 7		A	10 min	5 min jog @ RPE 6–7	2 min walk/easy jog	5	45 min	Build interval confidence
		B	Ease in	55 min @ RPE 3–4	Continuous/brief walk	–	55 min	Build duration
Week 8 DELOAD		A	10 min	2 min jog @ RPE 5–6	1:30 walk	5	35 min	Deload and refresh
		B	Ease in	50 min @ RPE 3	Continuous/brief walk	–	50 min	Reduce fatigue
Week 9		A	10 min	6 min jog @ RPE 7	2 min walk/easy jog	4	42 min	Build 1K durability
		B	Ease in	70 min @ RPE 3–4	Continuous/brief walk	–	70 min	Sustain effort
Week 10		A	10 min	5 min jog @ RPE 7-8	1:30 walk	5	42 min	Strengthen repeats
		B	Ease in	75 min @ RPE 3–4	Continuous/brief walk	–	75 min	Build race durability
Week 11 PEAK		A	10 min	4 min jog @ RPE 8	1:30 walk	5	40 min	Peak interval tolerance
		B	Ease in	80 min @ RPE 3–4	Continuous/brief walk	–	80 min	Peak endurance
Week 12 RACE		A	10 min	90 sec jog @ RPE 6	1:30 walk	5	25 min	Race-week sharpening
		B	Ease in	30 min @ RPE 2–3	Continuous/brief walk	–	30 min	Aerobic flush