12-Week HYROX Running Program

Quick-View Member Guide

Start 12 weeks before your competition. Race week = Week 12.

PROGRAM SNAPSHOT	
Who it's for	Unbreakable Fitness members training for HYROX
Weekly Runs	2 outside-of-class running sessions
Session A	Interval Running / 1K Development
Session B	Endurance / Aerobic Durability
Intensity	Time + RPE, not pace
Goal	Build stronger, repeatable running for HYROX

CHOOSE YOUR LEVEL		
Level	**Choose this if…**	**Peak Endurance**
Beginner	First HYROX, newer runner, needs run/walk	**70 min**
Intermediate	Can run 5K without stopping	**80 min**
Advanced	Can run 10K or previous HYROX athlete looking to PR	**90 min**
When in doubt, start lower.		

HOW TO READ THE WORKOUTS	
Week	Training week
Date	Fill in when completed
Session	A = Interval Running, B = Endurance
Warm-Up	Easy movement before the workout
Work Time + RPE	Main work and target effort
Recovery Time	Walk/easy movement between reps
Goal	Purpose of the session

RPE QUICK GUIDE	
RPE	**Feel**
3–4	Easy, sustainable, conversational
5–6	Moderate, controlled
7	Hard, repeatable
8	Very hard, but controlled
Key rule: Match time + RPE, not pace.	

RECOMMENDED WEEKLY TRAINING STRUCTURE

- 1 HYBRID60 or HYBRID90 class
- 1–3 additional Unbreakable Fitness classes
- 1 Interval Running session outside of class — Session A
- 1 Endurance run outside of class — Session B
- 1 recovery day

IMPORTANT NOTES

- Session A is not sprinting
- Session B should feel easy
- Avoid Session A right after heavy lower-body work when possible
- Do not cram missed workouts
- Keep at least 1 recovery day each week

LOW-IMPACT / BAD WEATHER OPTIONS

Treadmill | Manual treadmill | BikeErg | SkiErg | RowErg | Elliptical | Incline walk

For bad weather, ask about using the manual treadmill at Unbreakable Fitness.

RACE WEEK REMINDER

Week 12 = sharpening, not testing.
Keep efforts smooth. Prioritize sleep and recovery. Trust the work.

CONSISTENCY BEATS INTENSITY. ASK FOR HELP. TRAIN SMART. BE UNBREAKABLE.