

hyrox 12 week training plan

hyrox 12 week training plan is a structured and progressive workout regimen designed specifically to prepare athletes for the unique demands of the Hyrox competition. This comprehensive training program balances endurance, strength, and functional fitness to help participants perform optimally across all event stations. The Hyrox race combines running with functional workouts such as sled pushes, rowing, and wall balls, requiring a holistic approach to training. A well-designed 12 week plan gradually builds cardiovascular capacity, muscular endurance, and technical skill, ensuring athletes avoid injury and peak on race day. This article explores the key components of an effective hyrox 12 week training plan, including workout structure, nutrition tips, recovery strategies, and progress tracking to maximize performance and results.

- Understanding Hyrox and Its Physical Demands
- Designing Your Hyrox 12 Week Training Plan
- Weekly Training Breakdown and Key Workouts
- Nutrition and Recovery Strategies
- Tracking Progress and Adjusting Your Plan

Understanding Hyrox and Its Physical Demands

Hyrox is a competitive fitness race that combines running with functional workout stations, challenging both aerobic capacity and muscular endurance. Each Hyrox event includes eight functional workout stations interspersed with one-kilometer runs, totaling eight kilometers of running and approximately 60 minutes of high-intensity exercise. The workout stations include sled pushes, sled pulls, rowing, burpee broad jumps, wall balls, farmer's carries, sandbag lunges, and a final broad jump burpee combination. Understanding these components is crucial when preparing a hyrox 12 week training plan that can adequately develop the necessary strength, stamina, and skill.

Physical Challenges of Hyrox

The Hyrox race demands a blend of aerobic endurance, strength, and high-intensity functional movements. Athletes must maintain a steady running pace while performing strenuous strength-based exercises that tax multiple muscle groups. The transitions between running and functional exercises require efficient energy management and muscular recovery. Preparing for these

challenges requires a training plan that integrates cardiovascular conditioning with resistance training and technical skill development.

Importance of Balanced Training

A balanced hyrox 12 week training plan emphasizes both running endurance and functional strength. Neglecting either aspect can lead to suboptimal performance or injury. Strength training should focus on compound movements and functional exercises that mimic race stations, while cardiovascular training should incorporate interval running, steady-state runs, and recovery runs. This balance ensures athletes are well-rounded and race-ready.

Designing Your Hyrox 12 Week Training Plan

Creating an effective hyrox 12 week training plan involves structuring workouts to progressively build fitness, incorporating rest days, and tailoring intensity to individual fitness levels. The plan typically divides into phases: base building, strength and skill development, and race-specific conditioning. Each phase serves distinct purposes to improve different physiological systems and prepare the athlete for race demands.

Phase 1: Base Building (Weeks 1-4)

The initial four weeks focus on establishing aerobic endurance and general strength. Running workouts emphasize steady-state cardio at a moderate pace, improving the body's ability to sustain prolonged effort. Strength sessions target foundational compound lifts and basic functional movements to build muscular resilience without excessive fatigue.

Phase 2: Strength and Skill Development (Weeks 5-8)

During this phase, training intensity increases with the addition of interval running and higher volume strength work. Functional exercises specific to Hyrox stations are incorporated to develop technique and muscular endurance. Athletes begin practicing transitions between running and exercises to simulate race conditions.

Phase 3: Race-Specific Conditioning (Weeks 9-12)

The final phase aims to peak performance through high-intensity workouts and race simulation sessions. Volume tapers toward the end to allow recovery, while intensity remains high to maintain fitness. This phase sharpens speed, power, and endurance, ensuring readiness for race day.

Weekly Training Breakdown and Key Workouts

A typical week in a hyrox 12 week training plan includes a combination of running workouts, strength training, and functional fitness circuits. Proper scheduling balances workload and recovery to optimize progress and prevent overtraining.

Sample Weekly Schedule

- **Monday:** Interval running and mobility work
- **Tuesday:** Strength training focusing on compound lifts and functional movements
- **Wednesday:** Steady-state run and core conditioning
- **Thursday:** Hyrox-specific circuit training incorporating sled pushes, wall balls, and rowing
- **Friday:** Active recovery or rest day
- **Saturday:** Long run or race simulation workout
- **Sunday:** Strength endurance session and flexibility training

Key Workouts Explained

Interval Running: Short bursts of high-intensity running followed by recovery periods improve V02 max and running speed.

Functional Strength Training: Exercises such as sled pushes, lunges with sandbags, and farmer's carries build the specific strength needed for Hyrox stations.

Race Simulation Circuits: Combining running with Hyrox movements in circuit form trains the body to handle transitions and manage fatigue.

Nutrition and Recovery Strategies

Nutrition and recovery are critical components of a successful hyrox 12 week training plan. Proper fueling supports training intensity and promotes muscle repair, while recovery techniques help prevent injury and enhance performance gains.

Nutrition Guidelines

A balanced diet rich in complex carbohydrates, lean proteins, and healthy fats provides the energy necessary for demanding workouts. Hydration is essential before, during, and after training sessions. Timing meals around workouts can optimize performance and recovery. Incorporating nutrient-dense foods and supplements such as electrolytes or protein shakes may further support training demands.

Recovery Techniques

Incorporating rest days and active recovery sessions into the training plan allows the body to repair and adapt. Techniques such as stretching, foam rolling, massage, and adequate sleep improve muscle recovery and flexibility. Monitoring fatigue levels and adjusting training intensity helps prevent overtraining and injury.

Tracking Progress and Adjusting Your Plan

Monitoring progress throughout the hyrox 12 week training plan ensures adaptations align with goals and highlights areas needing improvement. Regular assessment enables data-driven adjustments to optimize training effectiveness.

Performance Metrics to Track

- Running pace and endurance improvements
- Strength gains in key exercises like sled pushes and farmer's carries
- Recovery rates and fatigue levels
- Technique proficiency in functional movements
- Body composition changes and overall fitness indicators

Adjusting the Training Plan

Based on tracked metrics and subjective feedback, training volume and intensity should be modified to address weaknesses or prevent plateauing. Flexibility in the plan allows for rest periods during illness or injury and intensification when progress stalls. Consulting with a coach or fitness professional can provide valuable insights for optimization.

Frequently Asked Questions

What is the Hyrox 12 week training plan?

The Hyrox 12 week training plan is a structured workout program designed to prepare athletes for the Hyrox fitness race by progressively improving strength, endurance, and technique over a 12-week period.

Who is the Hyrox 12 week training plan suitable for?

This training plan is suitable for beginners to intermediate athletes aiming to complete a Hyrox race, as well as advanced athletes looking to improve their performance with a systematic approach.

What types of workouts are included in the Hyrox 12 week training plan?

The plan typically includes a mix of running, functional fitness exercises, strength training, and specific Hyrox event simulations such as sled pushes, rowing, burpees, and wall balls.

How often should I train per week using the Hyrox 12 week plan?

Most Hyrox 12 week training plans recommend training 4 to 5 times per week, balancing endurance runs, strength workouts, and recovery sessions for optimal progress.

Can beginners follow the Hyrox 12 week training plan?

Yes, many 12 week Hyrox plans offer beginner-friendly modifications and gradual progression to help those new to the event build the necessary fitness safely.

What are some key benefits of following the Hyrox 12 week training plan?

Benefits include improved cardiovascular endurance, increased muscular strength, better technique for race-specific movements, injury prevention, and enhanced race-day confidence.

Do I need any special equipment for the Hyrox 12 week training plan?

While some exercises can be done with basic gym equipment like dumbbells,

kettlebells, and rowing machines, access to a gym with sleds, wall balls, and rowing machines is ideal for complete preparation.

How can I track my progress during the Hyrox 12 week training plan?

Tracking progress can be done by recording workout performance metrics such as running times, weights lifted, reps completed, and race simulation times, as well as monitoring overall fitness improvements and recovery.

Additional Resources

1. *Hyrox Training Blueprint: The 12-Week Preparation Guide*

This book offers a detailed 12-week training plan specifically designed for Hyrox athletes. It breaks down each week with targeted workouts, including strength, endurance, and skill drills. Readers will find expert tips on nutrition and recovery to maximize performance and avoid injuries.

2. *Mastering Hyrox: Your Ultimate 12-Week Training Companion*

Focused on building functional fitness for Hyrox competitions, this guide emphasizes progressive overload and balanced conditioning. The 12-week schedule gradually increases intensity while incorporating mobility and flexibility exercises. It is ideal for both beginners and experienced competitors aiming to improve their race times.

3. *Hyrox Ready: A Practical 12-Week Training Plan for Race Day Success*

Designed to get athletes race-ready, this book provides a step-by-step program that integrates running, rowing, and strength training. It includes motivational strategies and mental preparation techniques to help athletes stay committed throughout the 12 weeks. Additionally, it offers advice on gear selection and race-day tactics.

4. *The Hyrox Athlete's 12-Week Guide to Peak Performance*

This comprehensive guide focuses on optimizing every aspect of fitness required for Hyrox events. The training plan targets cardiovascular endurance, muscular strength, and explosive power over 12 weeks. Readers also learn about periodization and how to tailor workouts to individual fitness levels.

5. *Hyrox Training Made Simple: A 12-Week Plan for All Levels*

Ideal for athletes new to Hyrox, this book simplifies the training process with clear instructions and accessible workouts. The 12-week program balances intensity and recovery, ensuring steady progress without burnout. It also includes tips on nutrition, hydration, and injury prevention.

6. *12 Weeks to Hyrox Victory: Strength and Endurance Training Plan*

This book emphasizes the dual focus of strength and endurance necessary for Hyrox competition success. The 12-week regimen incorporates weightlifting, high-intensity interval training, and endurance runs. Readers will find

performance tracking tools and advice on adapting the plan based on their results.

7. Hyrox Conditioning: A 12-Week Plan to Build Speed and Stamina

Centered on improving speed and stamina, this guide provides targeted workouts that enhance cardiovascular capacity and muscular endurance. The plan includes interval training, circuit workouts, and recovery protocols to ensure peak condition by race day. It also discusses mental toughness strategies.

8. From Beginner to Hyrox Pro: A 12-Week Training Journey

This book charts a progressive training journey from novice to advanced athlete over 12 weeks. It combines technical skill development with comprehensive fitness training tailored for Hyrox challenges. Readers will benefit from expert coaching tips and motivational stories to stay inspired.

9. Hyrox Race Prep: The Essential 12-Week Training Manual

Aimed at athletes preparing for their first or subsequent Hyrox races, this manual covers all key components of training. The 12-week schedule integrates endurance work, strength circuits, and skill drills specific to Hyrox stations. Additionally, it offers guidance on nutrition planning and injury management to ensure race readiness.

Hyrox 12 Week Training Plan

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following this exact program. Now I'm hooked! - Jennifer L., Boston Your Journey Starts NOW: Day 1-28: Build your fitness foundation with the beginner-friendly starter program Day 29-84: Ramp up with race-specific training that mimics competition demands Race Day: Cross that finish line with confidence and a huge smile! BONUS MATERIALS INCLUDED: - Printable workout tracking sheets - Pre-race checklist and timeline - Post-race recovery guide - Goal-setting worksheets for your next challenge

hyrox 12 week training plan: PHASE TRAINING WISDOM (12 Week Training Blueprint)

Dennis B. Weis, 2021-12-18 Phase Training (aka-Periodization Training) is the master plan that many of the world's strongest and best developed men and women use to achieve their short -and long-term goals for acquiring superhuman strength or molding a top physique. Phase training is commonly known in the bodybuilding community as cycle training. Cycle training is the periodic alteration of training loads and methods as it applies to stimulating the ultimate in size and strength. Successful phase training requires certain exercises, specific sets and reps, and corresponding poundage percentages be performed periodically a minimum of three weeks in order to begin stimulating a muscle to its maximum.

hyrox 12 week training plan: "Complete" Aaron Huisman, 2021-01-02 *ALL WORKOUTS INCLUDE SCALES FOR EVERY LEVEL OF FITNESS AND HAVE SUGGESTED WEIGHTS FOR BOTH MALE AND FEMALEA.P.O's COMPLETE 12 Week Strength & Conditioning Program runs 3 days a week for 12 weeks. Each Workout of the Day (WOD) contains 3 parts: - Strength- Metcon- ConditioningThis program is designed to increase your strength in these major lifts: - Back Squat (and Front Squat)- Snatch (and Muscle Snatch)- Power Clean (and Hang Clean)- Deadlifts- Bench PressAs well as challenge your conditioning with these cardio exercises: - Air Bike- Run- Rower- Ski Erg- BurpeesScaled options are included for most movements. This program is for intermediate to advanced athletes. Each workout should take you approximately one hour to complete not including warmup.*All weights are suggested - please adjust according to fitness level.

hyrox 12 week training plan: 12 Week Special Forces Cross Training Program Peter North, 2013-11-06 This book explains exactly why you should be using Cross Training. I'm not ex-military but it will show you why you can reach a fantastic level of conditioning. Just make sure you start easy and build up Paul Stewart Why should you buy my Cross Training program now? Cross Training is one of the most effective ways of preparing for many types of events and situations. With this book you will find out how the fittest members of elite military units are using Cross Training to improve their combat readiness. However does that mean you can't use the methods in the book? No but it means you should because elite units only use the most effective methods in their training. Buy now to explode your conditioning to new levels buy working with my 12 Week Special Forces Cross Training Program. Want to take your workouts from boring to killer intensity easily? The buy 12 Weeks Special Forces Cross Training Program now and you could be using any of the following exercises to really beef up your Cross Training WODS and Sessions: -Plyometrics -Olympic Lifts -Body Weight Workouts -and much more Combine all of this with endurance training and my Cross Training program will take you to the peak of elite fitness like it has done for many of my clients. No matter what challenge you face whether it be getting ripped, getting strong or just feeling healthier then Cross Training will give you amazing results. Try it now, follow the Cross Training program in the guide and see what it can do for your conditioning levels. In a fitness rut? Its ok we've all been there but this is one more reason why 12 Week Special forces Cross Training Program is the right one for you. You could be working out and feeling bored or you could be enjoying working out but not seeing what you want. Don't settle for less than the best and don't let bad gym training from poor gym trainers put you off. Learn the benefits that Cross Training has to offer and you will soon be having people bash down the doors to find out what it is you do to get fit. Why does my program works so well for my clients?(or why is it better than the others) My Cross Training is perfect for those looking for a solid program focusing on GPP or General Physical Preparedness. For this reason alone if your aim is maximum conditioning I would suggest following the program outlined in this book which has been chosen based on specific exercises. If you want

waste of time magazine cookie cutter workouts then Cross Training isn't for you. What I can promise is if you use my program in the way outlined you will reach a very high level of GPP to allow you build any foundation you need in the most effective and fastest way. The simple purpose is to give you an already set up program so that all you need to do is work and record results. There will be a basic outline of the theory behind the program but after that I won't provide detail. It's a simple already outlined conditioning program with tips about how to get the most out of your Cross Training without you needing to be a super expert or feeding mind numbing jargon. I've also included some of my most effective workouts as bonus for those buying my Cross Training program. You can't find these workouts in this book anywhere else: -P North Fitness basic and advanced Tabata -P North Fitness High Intensity Circuit Training Workouts Part 1 and Part 2 -P North Fitness MMA Workouts -P North Fitness Power Lifting Plan

hyrox 12 week training plan: Stronger Every Day Peter Ranki, 2024-07-22 Stronger Every Day: A 12-Week Strength Training Program for Functional Fitness Athletes Welcome to the Stronger Every Day: A 12-Week Strength Training Program for Functional Fitness Athletes. Designed for Functional Fitness and CrossFit athletes, this program aims to enhance your strength and muscle endurance, complementing your regular WODs and class training. Program Structure Block 1: Building Strength and Basic Muscle Endurance (Weeks 1-4) In the first block, you'll focus on establishing a solid foundation. Through fundamental movements and higher repetitions, you'll build basic strength and muscle endurance. This phase prepares your muscles, joints, and connective tissues for the increased intensity to come. Block 2: Increasing Intensity and Volume (Weeks 5-8) The second block intensifies your training. With heavier weights and more sets, you'll push your limits and stimulate greater strength gains. This phase focuses on compound movements and increased volume, testing your endurance and resilience. Block 3: Maximizing Strength and Endurance (Weeks 9-12) The final block is designed to maximize your strength and muscle endurance. You'll lift heavier weights with lower repetitions, aiming for peak strength development. This phase ensures you maintain muscle endurance, preparing you for high-level performance in your functional fitness workouts and competitions. Weekly Structure Each week consists of five training days, organized as follows: Day 1: Pull Day 2: Press Day 3: Legs Day 4: Combined Lifts Day 5: Optional - Active recovery, an extra strength session or follow up on exercisers you didn't have time to do earlier in the week. Key Features Flexibility: While the program is designed for five days a week, it can be adapted to fewer days if needed. Completing at least three sessions per week is recommended for best results. Integration with WODs: Each strength session is 30-60 minutes long and can be performed before or after your daily WOD. This ensures the program complements rather than interferes with your regular training. Emphasis on Recovery: Recovery is crucial. The program encourages listening to your body, taking rest days as needed, and avoiding overtraining. Active recovery options are provided to keep you moving without excessive strain. Progressive Overload: The program gradually increases the intensity and volume, ensuring continuous progress. By the end of 12 weeks, you'll have significantly improved your strength and muscle endurance. Who Is This Program For? This program is ideal for CrossFit and Functional Fitness athletes looking to enhance their strength and muscle endurance. Whether you're preparing for competitions or seeking to improve your performance in regular workouts, this program provides a structured approach to achieving your goals. Conclusion Stronger Every Day offers a balanced, structured approach to strength training, designed to fit seamlessly into your existing fitness routine. By following this program, you'll not only become stronger but also more resilient, improving your overall performance and reducing the risk of injury. Start this 12-week journey with dedication and commitment, and watch yourself grow stronger every day. Let's get started!

hyrox 12 week training plan: *12-Week Functional Fitness Training Program* Peter Ranki, 2023-08-07 12-Week Functional Fitness Training Program: Beginner to Intermediate Unlock your true athletic potential and transform your fitness journey with the comprehensive guide, 12-Week Functional Fitness Training Program: Beginner to Intermediate, authored by Peter Ranki, a distinguished CrossFit athlete, coach, and physical trainer. In this expertly crafted program, Peter

Ranki draws upon over a decade of experience in competitive CrossFit, coaching, and athletic training to bring you a dynamic and progressive 12-week journey that caters to both beginners and those looking to advance their functional fitness skills to an intermediate level. Designed to empower individuals of all backgrounds, the program is structured with precision and care, delivering a systematic approach to building strength, endurance, speed, explosiveness, and foundational fitness. Each week is meticulously curated to provide a balanced fusion of conditioning, strength training, skill development, and recovery. Whether you're stepping into the world of functional fitness for the first time or seeking to elevate your performance, this program offers a clear pathway to success.

Inside 12-Week Functional Fitness Training Program: Beginner to Intermediate, you'll find

- Comprehensive Workouts:** Engaging and effective workouts that evolve progressively, challenging your limits and fostering steady growth.
- Benchmark WODs:** A series of benchmark workouts that allow you to gauge your progress and celebrate your achievements as you revisit them throughout the program.
- Olympic Weightlifting and Gymnastics Skills:** Dive into the world of Olympic weightlifting and master fundamental gymnastics movements under the guidance of an experienced coach.
- Expert Guidance:** Benefit from Peter Ranki's wealth of knowledge as he shares insights, tips, and coaching cues to optimize your technique and prevent injury.
- Warm-Up and Cool-Down Routines:** Thoughtfully designed warm-ups to prepare your body for action and cool-downs to aid in recovery and flexibility.
- Additional Blocks:** The option to engage in supplementary strength, skill, or mobility exercises for those who wish to take their training a step further.
- Mindfulness and Reflection:** Embrace moments of mindfulness and reflection to appreciate your journey and set the stage for continuous growth.

Take the leap into the world of functional fitness with 12-Week Functional Fitness Training Program: Beginner to Intermediate. This program is not just a manual; it's a transformative experience that will equip you with the tools, knowledge, and motivation to embrace a healthier, stronger, and more empowered version of yourself. Start your journey today and embark on a path to optimal fitness and well-being.

hyrox 12 week training plan: Your Personal Hypertrophy Workout Plan - The 12 Athletic Weeks of Hercules Achilleas Karakatsanis, 2019-02-10 How To Clean Bulk in 12 Weeks A straightforward guide for bulking with daily workout. No elaboration, no long story tellings. Includes supplements' definitions, dietary suggestions, short training programs and practical advises for those who want to work fast and read less. Your daily personal Hypertrophy plan that demands only commitment to your fitness goal. This personal workout Plan will help you to: Gain weight in 12 weeks Build muscle and strength Learn about nutrition and creating your own nutrition Plan Plus Bonus Chapters: Deload Week Includes small tips that help you: Understand Nutrition basics Basic Compound Movements How to stop your daily bad habits Do's and Dont's while exercising on the Gym Book Contents Introduction to the Labours of Hercules Chapter One - Who we really are Chapter Two - The Content of Training Chapter Three - Macronutrients and Dietary Supplements Chapter Four - Daily Calorie Intake Introduction to the Components of a Balanced Nutrition and Training Chapter Five - Basic Metabolic Rate Introduction to your Daily and Total Calories Chapter Six - Introduction to Stretching, Dynamic and Static Chapter Seven - The Training of Hercules 12 Weeks Workout Plan EXTRA - Deload Week

hyrox 12 week training plan: The Hercules Formula Max Glover, 2021-09-13 Build muscles, power and fitness with this 12 Week Powerbuilding Plan The Hercules Formula is for the intermediate trainee and includes: Advanced bodybuilding techniques to build muscle and attain the classic bodybuilder physique A structured plan designed specifically to make you grow, whilst increasing strength and getting shredded Tried and tested exercises for trainees who want to build their body and stand out from other gym goers Nutritional Information and sample meal plan If you have ever wanted to look the best you possibly can be, whilst being strong, alpha and powerful, now is your chance. Seize the opportunity.

hyrox 12 week training plan: Twelve Weeks Determined R Floyd, Jr, 2024-12-16 Twelve Weeks Determined: My Plan for Building Strength, Cycle 1 Transform your body, enhance your strength, and achieve your fitness goals with this 12-week progressive training program designed

for real results. Written by R. Floyd Jr., who lost over 149 pounds while battling chronic back pain, this book shares the plan, mindset, and faith-driven approach that will fuel his next step. Whether you're a beginner or looking to push past plateaus, Twelve Weeks Determined provides a balanced, easy-to-follow routine combining strength training and functional fitness techniques. With this program, you'll build muscle, improve endurance, and stay injury-free by emphasizing proper warm-ups, cool-downs, and mobility work. What's Inside: A structured 12-week plan for all fitness levels with clear progression guidelines. Detailed workout tracking templates to record weights, reps, and recovery. Tips to stay motivated and avoid burnout with flexible, adaptable routines. A faith-centered perspective inspired by Isaiah 64:8, encouraging growth in both body and spirit. Why This Program Works: This book is more than a workout guide; it's a roadmap to sustainable success. With a focus on progressive overload, core stability, and functional movements like farmer's carries and hanging knee raises, you'll unlock the potential to gain strength while reducing pain and enhancing mobility. Plus, the integration of rest days and recovery practices ensures long-term success. Who This Is For: If you're ready to move beyond monotonous routines and take control of your fitness journey, this program is for you. It's perfect for anyone seeking a goal-oriented, faith-driven approach to fitness and personal growth. Track your progress, build your strength, and become the best version of yourself. With Twelve Weeks Determined, you'll have all the tools and inspiration needed to stay on course, crush your goals, and live a healthier, stronger life. Grab your copy today and start your transformation!

hyrox 12 week training plan: The Ultimate Lean Routine Greg Isaacs, 1996 As creator and director of Warner Bros. Fitness Center, Greg Isaacs has trained and motivated some of Hollywood's biggest stars and the nation's top athletes. Isaacs details his 12-week cross-training and eating program, and explains that only cross-training and proper eating can create a person with low bodyfat, toned muscles, endurance and flexibility. Includes logbook, worksheets and fitness evaluation section. Photos.

hyrox 12 week training plan: Train Like SWAT Alexandru George Radu, 2025-05-11 Train Like SWAT: 12 Weeks to Tactical Strength, Endurance & Grit Are you ready to train like the elite? Train Like SWAT is a no-nonsense, high-intensity 12-week tactical fitness program designed for those who demand more from their bodies-and their mindset. Inspired by real SWAT training principles and forged through years of tactical experience, this book delivers the physical conditioning, mental resilience, and mission-focused drive required to perform under pressure. Inside you'll find: □ A complete 3-phase training plan (Foundation, Challenge, and Operator) □ Workouts tested in real-world tactical environments □ Tips on mindset, discipline, and mental toughness □ Scalable routines for both gym and outdoor settings □ BONUS SECTION! Whether you're a first responder, military personnel, athlete, or civilian looking to build true tactical fitness, this book will push you to your limits-and beyond. It pays to be a winner. Are you ready to step up?

hyrox 12 week training plan: Six Pack in 12 Week Voja Budrovac, 2020-05-30 Designed by the finest in Dubai. A complete Six Pack 12week home training program. First in Dubai 12 week Video + Multiple Diet plans e-book. Compatible device Phone, Laptop, TV.

hyrox 12 week training plan: Colorado Mountain Fitness's Book of WOD's Dr. Underwood, 2015-02-15 Colorado Mountain Fitness's book of WOD's 48 Functional Training Workouts - All Different, no repeats and all designed to create positive gains in your journey to get in shape! A 3 month workout program with 48 different workouts (no two workouts are the same), no repeating, no boring same ole, same ole. Each workout is fresh and different. These workouts (WOD's) are actual daily workouts from Dr. Underwood's fitness studio - Colorado Mountain Fitness in 2014. Each workout has been CMF member tested! This book contains 12 weeks of workouts, 4 workouts per week, designed to give you a full body workout each week. Each workout is on a separate page, ready for you to print or screenshot and take to the gym OR workout at home. Several exercises are explained in the glossary of the book so you will have a good understanding of how to execute each exercise listed. Many of the exercises have modifications for those who do not have workout equipment at home, or limitations due to loss of motion or flexibility. The Perfect companion ebook

to Dr. Underwood's "Lose Weight STAY in Shape" These two books combined give you a 12 week PROVEN, Nutrition and Exercise Program. Designed to Help You Lose Weight, Build Muscle and BURN FAT Right off Your Body!

hyrox 12 week training plan: Eat Clean TRAIN DIRTY at Home Katie Tedder, 2020-05-10 This workbook is designed to help transform your physique in the comfort of your own home by only using dumbbells and an exercise ball.

hyrox 12 week training plan: Lean Body in 12 Week Voja Budrovac, 2020-05-30 Designed by the finest in Dubai. A complete Lean Body 12week home training program. First in Dubai 12 week Video + Diet plan e-book. Compatible device Phone, Laptop, TV.

hyrox 12 week training plan: **The Beast Factory** Kermit Cannon, 2011-12-15 The Beast Factory is targeted at high school student athletes and young adults who want detailed instructions for intense and structured workout workouts at their fingertips. Kermit Cannon, fitness and strength coach at Santa Monica High School and owner of Youth Sports Training, puts together 48 routines that can be performed over 12 weeks. Each day of the week begins with an inspirational quote by an athlete or leader, such as Woody Hayes, Robert F. Kennedy, John Wooden and Muhammad Ali. In The Beast Factory, all of the exercises are illustrated with remarkable airbrush works by famed Chicano artist Tazroc (Brian Garcia). These 85 illustrations use a shadowing technique to show the full movement of each exercise. The illustrations also include descriptions that make the exercises easy to understand, even for beginners. It's written in an easy, flowing tone, with metaphors and examples that anyone can relate to. The book also offers tips and information on diet and health; the dangers of steroids, drugs and alcohol; training techniques; and more The concepts from this book really helped me take my abs to another level - Morris Chestnut, Actor Great Book! - Keyshawn Johnson, Super Bowl Champion, 3X Pro-bowler This is a very needed tool in the proper and healthy development of youth athletes. Daniel Graham #86 Tennessee Titans, 2X Super Bowl Champion

hyrox 12 week training plan: **HIIT** Sarah Ivory, Danny Bird, Mary Comber, 2015

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hyrox 12 week training plan: *Bodyweight Evolution* Metin Dabak, Daniel Vadnal, 2022-04-07 Venturing into the unknown can be a daunting task, especially using exercises and training methods which are unfamiliar. In this section basic principles will be discussed explaining why bodyweight exercises work and how you can develop significant muscle mass using this style of training. The explanations are concise and will allow you to establish a basic understanding of key concepts. At the end of the day results obtained will be proportional to effort. Given a continual increase in intensity coupled with adequate sleep and nutrition, progress will be optimised. A problem which plagues the present generation is a concept called Paralysis by Analysis. This is a phenomenon where decisions are overanalysed, often resulting in underachievement. Due to training information being abundantly available online, it is very common for trainees to seek out the 'optimal' program and become so fearful of choosing an incorrect protocol that they simply never train with the

consistency and intensity required to continually progress. By adhering to the principles discussed below and progressively increasing the difficulty of ones training, the body will in turn respond kindly. Types of muscle contractions, Manipulating leverage, Time under tension. Tempo, Progressive overload, Examples of progressive overload, Muscle soreness. Muscle soreness, Mind muscle connection, Why bodyweight training is effective, Leg training. Training program explained, Table headings, Example layouts 4 days training. Example layouts 5 days training, Letter headings explained. DOWN!, Accumulation, Modify exercise if too easy, Warm up protocol. Wrist Flexion, Wrist Extension. Shoulder Dislocate. Chinups, Tuck-L Chinups. Archer Chinups, Elevated Shoulder Pushups. Bodyweight Rows 90°, Bodyweight Rows Legs Extended. Diamond Pushups, Elevated Diamond Pushups. L-Sit Low, L-Sit. Hollow Body Hold, Jumping Squats. Single Leg Box Squats, Assisted Single Leg Squats. Single Leg Squats, Weighted Single Leg Squats. Calf Raises, Single Leg Calf Raises. Glute Ham Raise Hinge. Glute Ham Raise Eccentric, Lunges. Plank 1 Leg Hip Extension, Bulgarian Split Squats. Alternate Lunge Jump, Dips, Straight Bar Dips. Shoulder Width Pullups, Close Grip Pullups. Explosive Switch Grip Chinups, Pushups. Plyometric Pushups, Archer Pushups. Tricep Extensions, Hanging Knee Raises. Hanging Leg Raises, Handstand Shoulder Taps. PB L-Sit to V-Sit raises, Archer Bodyweight Rows. Chest to wall Handstand, Chest to wall Handstand Pushups. Korean Dips, Handstand Wall Walks. Chinup Hanging Leg Raises, Side to Side L-Sit. Assisted Sissy Squat, Full Sissy Squat. Lunge Isometric, Single Leg Balance

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