

Advanced HYROX Workout Plan

This advanced HYROX workout plan is structured for peak competition readiness, combining VO₂ max training, heavy strength work, and full HYROX simulations.

Day	Focus	Duration
Monday	VO ₂ max intervals + core	90 min
Tuesday	Heavy lifting (squats, deadlifts, presses)	90 min
Wednesday	HYROX simulation workout	120 min
Thursday	Active recovery	45 min
Friday	Sprint work + plyometrics	75 min
Saturday	Long run + functional circuits	120 min
Sunday	Rest	—