

# Intermediate HYROX Workout Plan

This intermediate HYROX workout plan is designed to improve pacing, strength endurance, and functional performance for athletes with prior experience.

Day	Focus	Duration
Monday	Running intervals (1km repeats)	60 min
Tuesday	Strength (upper body)	75 min
Wednesday	Functional workout stations	75 min
Thursday	Active recovery + mobility	40 min
Friday	Strength (lower body)	75 min
Saturday	Long run + HYROX drills	90 min
Sunday	Light cycling / stretching	30–40 min