

HYBRIDSTRENGTHLAB.COM

12-WEEK HYBRID ATHLETETRAINING PROGRAM TEMPLATE

Build strength and endurance at the same time — without burning out.

Element	Details
Duration	12 weeks — 3 phases of 4 weeks each
Level	Intermediate (1-3 years of consistent training)
Training Days	5 days per week (Mon-Fri-Sat, Sunday rest)
Strength Sessions	3 per week — Lower Body, Upper Body, Full Body
Cardio Sessions	2-3 per week — Zone 2, Tempo, Long Run
Session Length	45-75 min strength / 30-75 min cardio
Deload Weeks	Week 4, 8, 12 — reduce volume by 40%
Equipment	Barbell, rack, dumbbells, running surface, rowing machine (optional)

HOW TO USE THIS DOCUMENT

This template is a structure, not a rigid prescription. Fill in your actual loads, distances, and times in the tracking tables at the end. The program works at any strength level — the key is progressive overload across all 12 weeks.

01. WEEKLY TRAINING STRUCTURE

The weekly structure is the same across all 12 weeks. What changes across phases is the load, volume, and cardio intensity. Follow this template every week and fill in the specific details in the tracking tables.

MON	Lower Body Strength	Squat focus — 4 compound movements, 45-60 min
TUE	Zone 2 Cardio	Easy run or bike, conversational pace, 40-50 min
WED	Upper Body Strength	Press + Pull focus — 4-5 movements, 45-60 min
THU	Tempo Run or Intervals	Comfortably hard effort, 30-40 min
FRI	Full Body Strength	Compound + 1-2 accessories, 50-65 min
SAT	Long Easy Run	Zone 2, building distance across phases, 60-90 min
SUN	Full Rest	Walk, mobility, recovery — no structured training

ZONE 2 RULE

Zone 2 cardio should feel like you can hold a full conversation. If you cannot speak in sentences, slow down. Zone 2 makes up 70-80% of your total cardio volume across this program.

Cardio Types by Intensity

Type	Intensity	Feel	Recovery Cost
Zone 2	Low	Full conversation possible	Very Low
Tempo	Moderate	Comfortably hard, short sentences	Moderate
Intervals / HIIT	High	Cannot speak, near max effort	High
Long Run	Low-Moderate	Easy, building duration	Moderate (duration-based)

02. PHASE BREAKDOWN

PHASE 1 Foundation

Weeks 1-4

Build aerobic base. Establish movement patterns. Moderate loads, high consistency.

Phase 1 is about building habits and base fitness. Do not chase intensity. The goal is to complete every session and finish each week feeling like you could have done more. Week 4 is a deload — reduce all sets by 1 and all cardio duration by 30%.

Monday — Lower Body Strength (Phase 1)

Exercise	Sets	Reps / Duration	Notes
Back Squat	4	5 reps @ 70% 1RM	Focus on depth and control
Romanian Deadlift	3	8 reps	Hinge from hips, soft knee
Bulgarian Split Squat	3	8 reps / leg	Use dumbbells, control descent
Calf Raise	3	15 reps	Full range, pause at bottom

Wednesday — Upper Body Strength (Phase 1)

Exercise	Sets	Reps / Duration	Notes
Bench Press or OHP	4	5 reps @ 70% 1RM	Alternate exercises each week
Weighted Pull-Up or Lat Pulldown	4	6-8 reps	Full hang, chin over bar
Barbell Row	3	8 reps	Chest supported is fine
Face Pull	3	15 reps	Shoulder health — never skip

Friday — Full Body Strength (Phase 1)

Exercise	Sets	Reps / Duration	Notes
Deadlift	3	5 reps @ 72% 1RM	Conventional or trap bar
Dumbbell Press	3	10 reps	Control the eccentric
Dumbbell Row	3	10 reps / arm	Elbow to hip, no rotation
Goblet Squat	2	12 reps	Accessory — lighter load

PHASE 2 Build

Weeks 5-8

Increase load and cardio intensity. Introduce tempo work. Push strength numbers.

Phase 2 increases load on all compound movements by 5-10% compared to Phase 1. Cardio shifts to include one tempo session per week. Week 8 is a deload.

Monday — Lower Body Strength (Phase 2)

Exercise	Sets	Reps / Duration	Notes
Back Squat	4	4 reps @ 75% 1RM	+5% from Phase 1
Romanian Deadlift	4	6 reps	Increase load from Phase 1
Bulgarian Split Squat	3	6 reps / leg	Add load if Phase 1 felt easy
Nordic Curl or Leg Curl	3	8 reps	Hamstring injury prevention

Wednesday — Upper Body Strength (Phase 2)

Exercise	Sets	Reps / Duration	Notes
Bench Press or OHP	4	4 reps @ 75% 1RM	+5% from Phase 1
Weighted Pull-Up	4	5-6 reps	Add load if bodyweight is easy
Pendlay Row	3	6 reps	More explosive than Phase 1 row
Face Pull	3	15 reps	Same load — shoulder health

Friday — Full Body Strength (Phase 2)

Exercise	Sets	Reps / Duration	Notes
Deadlift	4	4 reps @ 77% 1RM	+5% from Phase 1
Incline Dumbbell Press	3	8 reps	Variation from flat press
Cable or Dumbbell Row	3	8 reps / arm	Controlled, full range
Front Squat or Goblet Squat	3	8 reps	Quad emphasis

PHASE 3 Peak

Weeks 9-12

Max intensity. Race simulation. Taper in week 12 if preparing for a Hyrox event.

Phase 3 is the hardest block. Load is at its highest. Cardio includes one long run per week targeting 60-90 minutes at Zone 2, and one interval session. If you are preparing for a Hyrox event, week 12 is a taper — reduce volume by 50%, keep intensity.

Monday — Lower Body Strength (Phase 3)

Exercise	Sets	Reps / Duration	Notes
Back Squat	5	3 reps @ 82-85% 1RM	Heavy — rest 3 min between sets
Romanian Deadlift	4	5 reps	Near max for the rep range
Bulgarian Split Squat	3	5 reps / leg	Loaded, controlled descent
Sled Push (if available)	4	20m per rep	Substitute: heavy lunges 10/leg

Wednesday — Upper Body Strength (Phase 3)

Exercise	Sets	Reps / Duration	Notes
Bench Press or OHP	5	3 reps @ 82-85% 1RM	Heavy — rest 3 min
Weighted Pull-Up	4	4-5 reps	Max loaded pull
Barbell Row	4	5 reps	Heavy, controlled
Face Pull	3	15 reps	Never skip — shoulder health

Friday — Full Body Strength (Phase 3)

Exercise	Sets	Reps / Duration	Notes
Deadlift	4	3 reps @ 82-85% 1RM	Rest 3-4 min between sets
Push Press	3	5 reps	Explosive — power development
Weighted Pull-Up or Row	3	6 reps	Loaded
Farmers Carry	4	30m per rep	Grip + core — Hyrox-specific

03. PROGRESS TRACKING

Track these numbers at the start of each phase. You should see improvement in both strength and cardio by week 12. If one is stalling, review nutrition and recovery before changing the program.

Strength Benchmarks

Lift	Week 1	Week 4	Week 8	Week 12
Back Squat 1RM (estimated)				
Deadlift 1RM (estimated)				
Bench Press 1RM (estimated)				
Overhead Press 1RM (estimated)				
Pull-Up Max Reps (bodyweight)				

Cardio Benchmarks

Test	Week 1	Week 4	Week 8	Week 12
1km Run Time				
5km Run Time				
10km Run Time				
2000m Row Time				
Zone 2 Avg HR (30 min easy)				

Weekly Log Template (copy for each week)

Print or duplicate this table for each week. Track load, distance, or time for each session.

Day	Session	Key Load / Distance	RPE (1-10)	Notes
Monday	Lower Strength			
Tuesday	Zone 2 Cardio			
Wednesday	Upper Strength			
Thursday	Tempo / Intervals			
Friday	Full Body Strength			
Saturday	Long Run			
Sunday	Rest	—	—	

04. NUTRITION AND RECOVERY BASICS

You are training two energy systems simultaneously. Nutrition is not optional — it is part of the program. These are minimum requirements, not a detailed macro plan.

Element	Target	Why It Matters
Protein	1.6-2.2g per kg bodyweight daily	Muscle repair + endurance adaptation
Carbohydrates	Higher than most lifters expect	Glycogen for runs + strength sessions
Pre-training meal	1-2 hours before sessions over 45 min	Prevents performance drop late in session
Post-training	Protein + carbs within 60 min	Recovery window — do not miss it
Hydration	Minimum 2.5-3L water on training days	Sweat output is higher with dual training
Sleep	7-9 hours — non-negotiable	Most recovery happens during sleep

MOST COMMON MISTAKE

The most common mistake hybrid athletes make is undereating on training days. If you are doing 5 sessions per week combining strength and cardio, your caloric needs are significantly higher than a single-sport athlete. Feeling flat in sessions is almost always a nutrition problem, not a programming problem.

READY TO COMPETE?

Read the complete Hyrox training guide at:

hybridstrengthlab.com/hyrox/what-is-hyrox-training