

HYBRID TRAINING SPLIT

27 March 2026

This training split is designed to build a powerful engine, strong legs, full-body strength, and unstoppable hybrid conditioning.

| | AM | PM |
|------------------|---|------------------|
| MONDAY | Tempo Run + 15 min stretching | Gym - Push |
| TUESDAY | Gym - Legs | Hyrox / HIIT |
| WEDNESDAY | Easy Run + 15 min stretching | Intervals |
| | Core Workout | |
| THURSDAY | Gym - Pull | Spin Bike Zone 2 |
| | | Hyrox / HIIT |
| FRIDAY | Easy Run + 15 min stretching | Pool Swim |
| SATURDAY | Gym – Leg Conditioning | Rest |
| | Hill Sprints or Sprints / Long Run + 15 min stretching | |
| SUNDAY | Long Run / Big Day Hike | Rest |

SESSIONS PER WEEK

Gym x 4

- 50–60 minute sessions focused on 3–4 major lifts and 2 accessory exercises.
- Perform 3–5 sets of 8–12 reps using heavy weight.
- 1 x leg conditioning session per week, 30 minutes duration.

Run x 5 / 6

- Easy runs are kept in Zone 2. Focus on efficient technique, light footstrike, and high cadence.
- Tempo runs are controlled efforts just below threshold.
- Intervals, hill sprints, and sprints are pace-specific and executed with intent.

Cross Training x 4

- Hyrox and HIIT sessions develop conditioning, work capacity, and sport-specific performance.

Rest x 2

- Rest blocks are built into the schedule to allow full physiological recovery between high-output sessions.