ATHX GAMES 2027 · 12-WEEK PLAN

Start here. Do the tests in week 1, write down your results and work out your paces and loads. Every session in the plan points back to them.

YOUR DETAILS

Name: _____

Competition date: _____

Category: ☐ LITE ☐ ATHX ☐ PRO **Division:** ☐ Women ☐ Men

WEEK 1 TESTS

Test	Result	How to test
Shoulder to overhead · 1RM	kg	From the shoulders to locked out overhead. Strict press, push press or jerk all count. 15 or 20 kg bar.
Back squat · 2RM	kg	Hip crease below the knee on both reps.
Deadlift · 3RM	kg	Grip outside the knees, no sumo. Three continuous reps or three singles within one minute.
3 km run	min	Flat course, all out.
1,000 m SkiErg	min	Any damper setting, all out.

Strength total: S2OH + squat + deadlift = _____

This is what scores at the event. There, the deadlift counts as the average of two windows.

YOUR PACES

Pace	How to work it out	Example	Yours
Run · test pace	3 km time ÷ 3	4:30/km	/km
Run · interval pace	Test pace - 5 s/km	4:25/km	/km
Run · easy pace	Test pace + 1:15/km	5:45/km	/km
SkiErg · test pace	1,000 m time ÷ 2	1:55/500 m	/500 m
SkiErg · test + 2 s	Test pace + 2 s/500 m	1:57/500 m	/500 m
SkiErg · test + 3 s	Test pace + 3 s/500 m	1:58/500 m	/500 m
SkiErg · test + 4 s	Test pace + 4 s/500 m	1:59/500 m	/500 m
SkiErg · test + 6 s	Test pace + 6 s/500 m	2:01/500 m	/500 m

Example: 3 km in 13:30 and 1,000 m on the SkiErg in 3:50.

YOUR LOADS

% of result	Shoulder to overhead	Back squat	Deadlift
60%			
70%			
75%			
80%			
85%			
87.5%			
90%			
92.5%			

Multiply each result by the percentage and round to 2.5 kg. Example: 100 kg × 75% = 75 kg.

ATHX GAMES 2027 PLAN · WEEKS 1–4

Base (weeks 1–4), specific (5–10) and taper (11–12). Loads come from "Your loads" and the paces in parentheses from "Your paces". Change whatever you need.

Week	Block	Mon · Strength: S2OH and squat	Tue · Run and SkiErg	Thu · Deadlift and upper body	Fri · MetCon X	Sat · Aerobic or mock competition	Done	RPE
1 **Monday:** __/__	**Base**	Test: S2OH 1RM and back squat 2RM. Enter the results on page 1	Test: 3 km all out. 10 min later, 1,000 m SkiErg test	Test: deadlift 3RM · Dumbbell bench press 3×12 · One-arm dumbbell row 3×12	Technique: row, dumbbell ground to overhead, bench press, sandbag squat and carry, burpees over bench	Easy 40 min run	☐ ☐ ☐ ☐ ☐	
2 **Monday:** __/__	**Base**	S2OH 5×5 at 70% · Squat 4×6 at 70%	20 min easy run (easy pace) + SkiErg 5×300 m (test + 6 s), 1 min rest	Deadlift 4×5 at 70% · Dumbbell bench press 3×12 · Dumbbell row 3×12	3 easy rounds: 12 cal row, 10 ground to overhead, 10 bench press, 10 sandbag squats, 10 burpees over bench	Easy 40 min run	☐ ☐ ☐ ☐ ☐	
3 **Monday:** __/__	**Base**	S2OH 5×4 at 75% · Squat 4×5 at 75%	Run 5×600 m (interval pace), 90 s rest + SkiErg 4×500 m (test pace), 1 min rest	Deadlift 4×4 at 75% · Dumbbell bench press 4×10 · Dumbbell row 4×10	4 rounds: 15 cal row, 12 ground to overhead, 12 bench press, 12 sandbag squats, 30 m carry, 12 burpees	Easy 45 min run	☐ ☐ ☐ ☐ ☐	
4 **Monday:** __/__	**Base (deload)**	S2OH 3×5 at 60% · Squat 3×5 at 60%	25 min easy run (easy pace) + SkiErg 3×500 m (test + 4 s), 1 min rest	Deadlift 3×5 at 60% · Hip and shoulder mobility, 15 min	Rest or 20 min of mobility	Mock competition 1: strength, endurance and MetCon X. Log it on page 6	☐ ☐ ☐ ☐ ☐	

S2OH = shoulder to overhead. Warm up with build-up sets before your working sets. Wednesday and Sunday are rest days.
For MetCon X, use your category's loads (page "2027 Workouts and Loads"). If you can't move them with good technique yet, start lighter.

ATHX GAMES 2027 PLAN · WEEKS 5–8

Week	Block	Mon · Strength: S2OH and squat	Tue · Run and SkiErg	Thu · Deadlift and upper body	Fri · MetCon X	Sat · Aerobic or mock competition	Done	RPE
5 **Monday:** __/__	**Specific**	S2OH 5×3 at 80% · Squat 5×3 at 80%	2 rounds: 1.5 km (test pace) + 6 min SkiErg (test + 4 s), 4 min rest	Deadlift: 2 windows of 3 at 80% in 1 min, 1 min rest · Dumbbell bench press 4×10 · Row 4×10	Half competition at your competition load: half of each station, timed	Easy 50 min run	☐ ☐ ☐ ☐ ☐	
6 **Monday:** __/__	**Specific**	S2OH 4×2 at 85% · Squat 4×2 at 85%	Run 4×800 m (interval pace), 90 s rest + 8 min continuous SkiErg (test + 3 s)	Deadlift: 2 windows of 3 at 85% in 1 min, 1 min rest · Dumbbell bench press 4×8 · Row 4×8	24 min EMOM: 15 cal row / 12 ground to overhead / 12 sandbag squats / 10 burpees over bench	Easy 50 min run	☐ ☐ ☐ ☐ ☐	
7 **Monday:** __/__	**Specific**	S2OH 5×2 at 87.5% · Squat 5×2 at 87.5%	Endurance test in training: your run distance (test pace), then SkiErg until minute 24	Deadlift: 2 windows of 3 at 87.5% in 1 min, 1 min rest · Dumbbell bench press 3×10	Full MetCon X at 80% of your competition load, timed	Easy 55 min run	☐ ☐ ☐ ☐ ☐	
8 **Monday:** __/__	**Specific (deload)**	S2OH 3×3 at 70% · Squat 3×3 at 70%	25 min easy run (easy pace) + SkiErg 3×500 m (test + 2 s), 1 min rest	Deadlift 3×3 at 70% · Mobility, 15 min	Rest or 20 min of mobility	Mock competition 2: strength, endurance and MetCon X. Log it on page 6	☐ ☐ ☐ ☐ ☐	

ATHX GAMES 2027 PLAN · WEEKS 9–12

Week	Block	Mon · Strength: S2OH and squat	Tue · Run and SkiErg	Thu · Deadlift and upper body	Fri · MetCon X	Sat · Aerobic or mock competition	Done	RPE
9 Monday: __/__	Specific	S2OH: singles up to 92.5% · Squat 3×2 at 90%	3 rounds: 1 km (interval pace) + 4 min SkiErg (test + 2 s), 3 min rest	Deadlift: 2 windows of 3 at 90% in 1 min, 1 min rest · Dumbbell bench press 3×8	Full MetCon X at your competition load, timed	Easy 45 min run	☐ ☐ ☐ ☐ ☐	
10 Monday: __/__	Specific	S2OH 3×1 at 90% · Squat 3×1 at 90%	Run 3×1 km (interval pace), 2 min rest + 5 min SkiErg (test + 2 s)	Deadlift: 2 windows of 3 at 80% in 1 min, technique only	Rest or 20 min of mobility	Mock competition 3: the full event on competition timing. Log it on page 6	☐ ☐ ☐ ☐ ☐	
11 Monday: __/__	Taper	S2OH 3×2 at 80% · Squat 3×2 at 80%	Run 4×600 m (interval pace), 90 s rest + SkiErg 3×500 m (test pace), 2 min rest	Deadlift: 2 windows of 3 at 75% in 1 min · Dumbbell bench press 2×8	2 easy rounds of all seven stations at 70% of your load	Easy 35 min run	☐ ☐ ☐ ☐ ☐	
12 Monday: __/__	Taper	S2OH 3×1 at 70% · Squat 3×1 at 70%. Try out your attempt loads	20 min easy run (easy pace) with 4 strides + 2×250 m SkiErg	Mobility and technique, 20 min	Rest	Competition day	☐ ☐ ☐ ☐ ☐	

2027 WORKOUTS AND LOADS · INDIVIDUAL

Individual format for the 2027 season. Circle your category and division in the MetCon X table.

STRENGTH · 20 MIN

- Minutes 0–5 · Shoulder to overhead, 1RM.
- Minutes 5–10 · Back squat, 2RM.
- Minutes 10–15 · Deadlift, 3RM: warm up until minute 12, then two 1-minute windows with 1 minute of rest. The average of both counts.
- Load of your choice on a 15 or 20 kg bar. Score: the sum of the three lifts in kg.

ENDURANCE · 24 MIN CAP

- Run in 300 m laps: 2.4 km (8 laps) in LITE; 3 km (10 laps) in ATHX and PRO.
- After the run, SkiErg until minute 24. Score: SkiErg meters.
- Each missing lap costs a 500 m penalty. Counting your laps is up to you.

METCON X · 25 MIN CAP

Station	LITE Women	LITE Men	ATHX Women	ATHX Men	PRO Women	PRO Men
1. Row (RowErg)	20 cal	30 cal	35 cal	45 cal	35 cal	45 cal
2. Dumbbell ground to overhead	20 × 7.5 kg	20 × 15 kg	30 × 12.5 kg	30 × 20 kg	30 × 2 × 15 kg	30 × 2 × 22.5 kg
3. Dumbbell bench press	20 × 7.5 kg	20 × 15 kg	30 × 12.5 kg	30 × 20 kg	30 × 15 kg	30 × 22.5 kg
4. Sandbag squat	20 × 20 kg	20 × 30 kg	30 × 30 kg	30 × 50 kg	30 × 50 kg	30 × 70 kg
5. Sandbag carry	30 m × 20 kg	30 m × 30 kg	30 m × 30 kg	30 m × 50 kg	30 m × 50 kg	30 m × 70 kg
6. Burpees over soft bench	20 reps	20 reps	30 reps	30 reps	30 reps	30 reps
7. Row (RowErg)	20 cal	30 cal	35 cal	45 cal	35 cal	45 cal

- Ground to overhead: LITE single arm, no need to alternate; ATHX alternating arms with one dumbbell; PRO with two dumbbells.
- Bench press: weight per dumbbell. Burpees: in LITE you may step over the bench; in ATHX and PRO, jump over with both feet.
- Score: finish time. In LITE, if time runs out, add 1 s to 25:00 for each calorie, rep or meter left.

Sources: athxgames.com/workouts/2027, /movement-standards/2027 and /how-it-works (checked November 20, 2026) and the joint position statement of ACSM, the Academy of Nutrition and Dietetics and Dietitians of Canada on nutrition and athletic performance (2016). Independent template, not affiliated with ATHX Games.

MOCK COMPETITION LOG

Write down your goal, then each mock competition when you finish it. In strength and SkiErg, a positive gap is better; in MetCon X, a negative one.

Measure	Goal	Mock 1	Mock 2	Mock 3	Notes
Plan week		**4**	**8**	**10**	
Date					
STRENGTH (kg)					
Shoulder to overhead · 1RM					
Back squat · 2RM					
Deadlift · window 1					
Deadlift · window 2					
Deadlift · average of both windows					
Strength total					
ENDURANCE					
Run time					
SkiErg · meters					
METCON X					
MetCon X time					
Left at 25:00 (LITE only)					
GAP TO GOAL					
Strength (kg)					
SkiErg (m)					
MetCon X (s)					

RACE DAY SHEET

Fill it in the night before and keep it in your bag. Your heat time is when you enter the warm-up zone.

My heat time: _____

SIX ZONES, ONE AFTER ANOTHER

From your heat	My time	Zone	My plan
-60 min		**Arrival**	Check in with your ticket (in your ATHX account) to get your wristband.
-10 min		**Before the warm-up**	Go to the warm-up zone: you sign in and get your bib and the chip for endurance.
0		**1. Warm-up · 30 min**	Briefing and warm-up; you may share a rack. My warm-up: _____
+30 min		**2. Strength · 20 min**	S2OH 1RM (min 0–5): open at ____ kg, goal ____ kg Squat 2RM (min 5–10): open at ____ kg, goal ____ kg Deadlift 3RM: warm up until min 12 Window 1 (min 12) ____ kg · window 2 (min 14) ____ kg
+50 min		**3. Refuel · 10 min**	I drink _____ · I eat _____ Running shoes: yes / no · Review: ____ laps at ____ /km
+60 min		**4. Endurance · 30 min (24 cap)**	Run: ____ laps of 300 m at ____ /km (you count them) SkiErg at ____ /500 m · damper ____ · goal _____ m
+90 min		**5. Recovery · 30 min**	I drink _____ · I eat _____ Change shoes or clothes: yes / no · Review MetCon X
+120 min		**6. MetCon X · 30 min (25 cap)**	Goal ____:____ · Row ____ · Ground to overhead ____ · Bench ____ Squat ____ · Carry ____ · Burpees ____ · Row ____
+150 min		**Finish**	Finisher patch and one last recovery zone.

WHAT TO BRING

- ☐ The ticket in your ATHX account, for check-in
- ☐ Running shoes and, if you use them, lifting shoes (no barefoot)
- ☐ Your own chalk: the organizers ask everyone to bring their own
- ☐ If you use them: belt, one pair of knee sleeves, elbow sleeves and wrist wraps
- ☐ Water and food you've already tested, for Refuel and Recovery
- ☐ A change of clothes

EQUIPMENT

Allowed in strength: chalk, belt, knee sleeves, elbow sleeves, wrist wraps and lifting shoes.

Not allowed: straps, grips, grip tape, gloves of any kind, knee and elbow wraps, lifting suits, headphones and competing barefoot.

Knee sleeves: one pair only, not rolled. No belt on the MetCon X sandbag squat.

EATING AND DRINKING

- Nothing new on race day: eat and drink what you tested in your mock competitions.
- Last meal with easy-to-digest carbs, 1 to 4 hours before your heat.
- Refuel (10 min): drink and have some quick carbs you know well: a drink, a gel or fruit.
- Recovery (30 min): drink and eat early, so you reach MetCon X with your food digested.
- Ask the organizers what water and food the zones will have: the official website doesn't say.

Sources: athxgames.com/workouts/2027, /movement-standards/2027 and /how-it-works (checked November 20, 2026) and the joint position statement of ACSM, the Academy of Nutrition and Dietetics and Dietitians of Canada on nutrition and athletic performance (2016). Independent template, not affiliated with ATHX Games.