

XENOM DALLAS

The inaugural XENOM competition and the first time the 10-event Decathlon of Fitness format was run in full over two days.

DATES

June 27 to 28, 2026

VENUE

The Star, Frisco, Texas

STATUS

Completed, Season 001 inaugural competition

WHAT WE KNOW

- Two competition days, five events each day.
- Held at The Star in Frisco, the Dallas Cowboys training facility complex.
- Season 001 opener, so it set the reference scores the EPI is read against.

WHAT TO TRAIN

- Barbell cycling under fatigue, the events reward repeatability more than a one-rep max.
- Gymnastics volume, especially pulling capacity late in a session.
- Aerobic base so day two is not a survival exercise.

Runway: 16 to 20 weeks for a first XENOM, 12 weeks if you already train five days a week.

TRAIN FOR IT IN VANCOUVER

CrossFit, Olympic Lifting Development, and engine work sit inside one schedule at CrossFit BC in Olympic Village. Run the official EPI calculator, then bring the number to a coach and we build the block around your weakest events.

Guide: crossfitbc.com/programs/xenom/dallas/ · Gap audit: crossfitbc.com/tools/xenom-epi-gap-audit

Book: info@crossfitbc.com · 604-683-2446

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