

XENOM LONDON

The second Season 001 stop, and the debut of the XENOM 005K.

DATES

August 29 to 30, 2026

VENUE

Olympia, London, UK

STATUS

Completed, Season 001

WHAT WE KNOW

- Same two-day, 10-event structure as Dallas.
- Staged at Olympia in London.
- XENOM announced the 005K alongside this competition, confirm the current format on the official page.

WHAT TO TRAIN

- Running economy, the 005K rewards athletes who can run after heavy work.
- Snatch and clean technique at moderate loads, repeated.
- Transitions and pacing across a two-day schedule.

Runway: 12 to 16 weeks with three coached sessions plus two running sessions each 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/london/ · Gap audit: crossfitbc.com/tools/xenom-epi-gap-audit

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

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