

XENOM MIAMI

Announced as a future XENOM stop. No date or venue has been published yet, so treat any date you see elsewhere as unconfirmed.

DATES

Date to be confirmed

VENUE

To be confirmed

STATUS

Announced, date pending

WHAT WE KNOW

- Named by XENOM as an upcoming competition.
- No published date, venue, or registration window at the time of writing.
- We monitor the official competitions page weekly and update this guide when a date lands.

WHAT TO TRAIN

- Build a general base now, the format is fixed so the training does not change with the city.
- Fix your weakest of the 10 events first, that is where the points are.
- Heat and humidity tolerance if the event lands mid-year.

Runway: Start a general block now and switch to a 12-week specific block once the date is published.

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/miami/ · Gap audit: crossfitbc.com/tools/xenom-epi-gap-audit

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

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