

# 12-WEEK HYROX TRAINING PROGRAMME

The Complete Training Plan to Get You Race Ready

Beginner-Friendly Programme

4 Progressive Training Phases

Race Simulations & Mental Preparation

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# INTRODUCTION

The world's fastest growing fitness race - HYROX, is popular because it is challenging, fun and gets results. Whether you are completely new to HYROX and preparing for your first event, or you want to get in great shape before your first HYROX gym session, this 12 week training programme will help you reach peak performance.

This programme progresses from a foundation of general fitness, to HYROX specific fitness and preparation for a HYROX event. Use it to prepare for a competition or just to get in great shape. Always consult a doctor and/or health professional before undertaking a new exercise programme.

## THE 8 HYROX WORKOUT STATIONS

Station	Distance/Reps	Focus
SkiErg	1000m	Upper body endurance
Sled Push	50m	Lower body power
Sled Pull	50m	Posterior chain & grip
Burpee Broad Jumps	80m	Explosive power
RowErg	1000m	Full body cardio
Farmers Carry	200m	Grip & core stability
Sandbag Lunges	100m	Leg strength & fortitude
Wall Balls	75/100 reps	Coordination & endurance

## WHO IS THIS PROGRAMME FOR?

This 12-week HYROX programme is designed for beginners who want to complete their first HYROX race with confidence. You don't need to be an elite athlete, but you should have a basic fitness foundation.

### You're Ready to Start If:

- ✓ You can run 3-5km continuously at an easy pace
- ✓ You can perform basic bodyweight exercises (squats, push-ups, lunges)
- ✓ You have access to a gym with functional fitness equipment
- ✓ You can commit to 4-5 training sessions per week
- ✓ You're injury-free and medically cleared for intense exercise

### Build Your Base First If:

- You're currently inactive or sedentary
- You struggle to run continuously for 20 minutes
- You have recent injuries or chronic pain
- You've never done strength training before
- You can only train 2-3 times per week

**Important:** If you're in the second category, spend 4-8 weeks building your base fitness with regular running (3x per week) and basic strength training (2x per week) before starting this programme.

## PROGRAMME OVERVIEW

This 12-week programme is divided into four progressive phases, each building on the previous one. You'll start with foundational fitness and gradually progress to race-specific training, culminating in full race simulations before tapering for your event.

Phase	Weeks	Focus	Sessions/Week
Phase 1: Base Building	1-4	Aerobic capacity, movement patterns, strength foundation	4
Phase 2: Race-Specific	5-8	HYROX stations, lactate threshold, muscular endurance	5
Phase 3: Peak & Simulate	9-11	Full race simulations, mental preparation, fine-tuning	5
Phase 4: Taper	12	Recovery, activation, race preparation	3

## KEY PROGRAMME PRINCIPLES

- **Progressive Overload:** Training volume and intensity increase gradually across the 12 weeks
- **Periodisation:** Each phase has a specific focus with built-in recovery weeks
- **Specificity:** Training becomes increasingly race-specific as you progress
- **Recovery:** Rest days and deload weeks are programmed to prevent burnout and injury

## PHASE 1: BASE BUILDING (WEEKS 1-4)

The first phase focuses on building your aerobic engine and establishing solid movement patterns. You'll train four times per week, combining steady-state running with foundational strength work.

### Phase 1 Priorities:

- Maintaining consistent, comfortable pacing on runs
- Learning proper technique for SkiErg, RowErg, and BikeErg
- Building baseline strength with bodyweight and light weights
- Establishing a consistent training routine

### WEEK 1

Day	Session Type	Duration	Intensity	Notes
Monday	Easy Run	20 mins	Zone 2	Conversational pace
Tuesday	Rest/Active Recovery	-	-	Light stretching or yoga
Wednesday	Strength Foundation	30 mins	Moderate	Bodyweight exercises
Thursday	Cardio Mix	3x8 mins	Zone 2	SkiErg, RowErg, BikeErg
Friday	Rest	-	-	Full recovery day
Saturday	Long Run	30 mins	Zone 2	Build aerobic base
Sunday	Rest	-	-	Recovery

### WEEKS 2-4: PROGRESSIVE BUILD

**Week 2:** Increase run durations to 25-35 mins. Add goblet squats, dumbbell rows, and wall balls to strength sessions.

**Week 3:** Introduce interval running (6x3 mins Zone 3). Practice sled push technique. Long run extends to 40 mins.

**Week 4 (Recovery):** Reduce volume by 20-30%. Maintain movement patterns but allow body to adapt and recover.

## PHASE 2: RACE-SPECIFIC TRAINING (WEEKS 5-8)

Phase 2 introduces HYROX-specific workouts and increases training frequency to five sessions per week. You'll now combine running with workout stations, mimicking race conditions whilst building lactate threshold and muscular endurance.

### Phase 2 Priorities:

- Practicing transitions between running and workout stations
- Building power for sled push and pull
- Improving efficiency on SkiErg, RowErg, and BikeErg
- Developing mental toughness through higher-intensity sessions

### WEEK 5

Day	Session Type	Duration	Intensity	Notes
Monday	Run + Stations	4x(1km+station)	Moderate	SkiErg, Sled, Burpees, Row
Tuesday	Easy Run	30 mins	Zone 2	Recovery run
Wednesday	Strength Endurance	45 mins	Mod-High	Lunges, carries, wall balls
Thursday	Threshold Run	4x5 mins	Zone 4	Comfortably hard pace
Friday	Rest	-	-	Recovery day
Saturday	Long Run	45 mins	Zone 2	Steady endurance
Sunday	Active Recovery	20-30 mins	Easy	Light movement

### WEEKS 6-8: INTENSIFICATION

**Week 6:** Increase to 5x(1km + station). Add sled pull and farmers carry. Long run with 3 station breaks.

**Week 7:** Complete all 8 stations once. Mini race simulation (half distance: 4x1km with 4 stations).

**Week 8 (Recovery):** Reduce volume. Light strength work, easy runs. Prepare body for peak phase.

## PHASE 3: PEAK PERFORMANCE (WEEKS 9-11)

The final training phase focuses on race simulations and fine-tuning your performance. You'll complete practice runs at race pace, work on pacing strategy, and build the mental resilience needed for race day.

### Phase 3 Priorities:

- Full and partial race simulations
- Dialling in your pacing for each segment
- Practicing nutrition and hydration strategy
- Building confidence through successful training completions

### RACE SIMULATION SCHEDULE

Week	Day	Type	Effort Level	Purpose
Week 9	Saturday	Full Race Sim #1	Race Pace	Practice race day routine
Week 10	Saturday	Full Race Sim #2	Race Pace	Dial in pacing strategy
Week 11	Saturday	Full Race Sim #3	90% Effort	Confidence builder

**Critical Warning:** This is the most demanding phase. Do NOT skip recovery days or active recovery sessions. If you feel persistently fatigued, take an extra rest day. Better to arrive at race week slightly undertrained than injured or burnt out.



## PHASE 4: TAPER & RACE WEEK (WEEK 12)

The final week is all about arriving at the start line fresh, rested, and confident. Training volume drops significantly whilst maintaining intensity through short, sharp sessions. This is when your body absorbs all the hard work you've put in.

### WEEK 12: RACE WEEK

Day	Session Type	Duration	Intensity	Notes
Monday	Easy Run	20 mins	Zone 2	Keep legs loose
Tuesday	Activation Workout	20 mins	Moderate	Brief station practice
Wednesday	Short Intervals	4x2 mins	Zone 4	High intensity, low volume
Thursday	Rest	-	-	Full rest, final kit prep
Friday	Easy Jog + Drills	15 mins	Very Easy	Light activation
Saturday	Rest/Light Walk	20 mins	Very Easy	Stay off feet, early night
Sunday	RACE DAY	-	-	Trust your training!

### THE TAPER MINDSET

You might feel anxious, restless, or doubt your fitness this week. This is completely normal. Trust the process - your body is absorbing 11 weeks of training and preparing to perform. Stay calm, follow the plan, and focus on arriving fresh.

## UNDERSTANDING TRAINING ZONES

This programme uses heart rate zones to guide training intensity. Here's a breakdown:

Zone	% Max HR	BPM (typical)	Feel	Purpose
Zone 2 (Easy)	60-70%	120-140	Conversational pace	Aerobic base
Zone 3 (Moderate)	70-80%	140-160	Comfortably hard	Improves stamina
Zone 4 (Threshold)	80-90%	160-175	Hard effort	Race-specific fitness
Zone 5 (Max)	90-100%	175+	All-out effort	Used sparingly

**Calculate Your Zones:** Rough estimate of maximum heart rate is 220 minus your age. For example, a 30-year-old would have an estimated max HR of 190 bpm. For more accurate zones, consider a lactate threshold test.

# RACE DAY PREPARATION

## THE NIGHT BEFORE

- Eat a familiar, carbohydrate-rich meal (avoid trying anything new)
- Prepare your race kit and check all equipment
- Aim for 8-9 hours sleep
- Set multiple alarms and plan your morning schedule

## RACE MORNING TIMELINE

Time Before Race	Action
3-4 hours	Wake up, drink 500ml water, light stretching
2-3 hours	Eat breakfast (porridge, toast with peanut butter, bagel)
90 minutes	Leave for venue (factor in traffic/parking)
60 minutes	Arrive, collect race number, find start location
30 minutes	Begin warm-up: 10 min easy jog + dynamic stretches
15 minutes	Final toilet visit, light jogging, mental focus
5 minutes	Move to start line, final equipment check, deep breaths

## DURING THE RACE

- Start conservatively - the first 1km should feel easy
- Focus on smooth, efficient transitions between running and stations
- Stay mentally present - break the race into segments
- Remember your training - you've done this before

## COMMON MISTAKES TO AVOID

### Training Too Hard Too Soon:

Zone 2 runs should feel genuinely easy. Going too hard on easy days prevents proper recovery and limits aerobic development.

### Neglecting Strength Work:

The workout stations are just as important as running. Don't skip strength sessions. Sled pushes and farmers carries require specific preparation.

### Poor Pacing Strategy:

Starting too fast is the quickest way to blow up halfway through. Your first 1km should feel controlled, almost easy.

### Inadequate Transition Practice:

Fumbling at stations costs valuable seconds. Practice moving smoothly from running to each station during training.

### Ignoring Recovery:

More training isn't always better. Rest days allow adaptation and prevent injury. If you're constantly tired, you need more recovery.

# NUTRITION & RECOVERY

## DAILY NUTRITION PRIORITIES

- **Protein:** Aim for 1.6-2.2g per kg bodyweight daily to support muscle recovery. Spread across 3-4 meals.
- **Carbohydrates:** Your primary fuel source. Increase intake on training days, particularly around hard sessions.
- **Healthy Fats:** Essential for hormone production and overall health. Include nuts, seeds, avocados, and oily fish.
- **Hydration:** Aim for pale yellow urine throughout the day. Increase fluids on training days and in warm weather.

## NUTRITION TIMING AROUND TRAINING

When	What to Eat
2-3 hours before	Balanced meal with carbs and protein
30-60 mins before	Light snack if needed (banana, toast)
During (90+ min sessions)	Consider energy gels or sports drink
Within 30 mins after	Protein shake or recovery meal
2-3 hours after	Full meal with protein, carbs, and vegetables

## RECOVERY STRATEGIES

- **Sleep:** The most important recovery tool. Aim for 7-9 hours per night. Adaptation happens during sleep.
- **Rest Days:** Don't skip them! Rest days are when your body adapts and gets stronger.
- **Mobility Work:** Foam rolling, stretching, and mobility drills maintain range of motion and reduce injury risk.
- **Listen to Your Body:** Persistent soreness or declining performance means you need more recovery.

## FINAL THOUGHTS

Completing your first HYROX race is a significant achievement that requires dedication, consistency, and smart training. This 12-week programme provides a proven structure, but your commitment to following it will determine your success.

Remember that progress isn't always linear. Some weeks will feel harder than others, and that's completely normal. Trust the process, listen to your body, and don't compare your training to others - everyone's starting point is different.

The beauty of HYROX is that it combines running with functional fitness movements that have real-world application. The strength and endurance you build through this programme will benefit you far beyond race day.

When race day arrives, remember why you started this journey. Execute the plan you've practiced, stay mentally present, and enjoy the experience. Whether you finish in 90 minutes or 120 minutes, crossing that finish line after 12 weeks of dedicated training is something to be proud of.

**Good luck with your training, and we'll see you at the finish line!**