

HYROX Training Program

12-Week Comprehensive Training Plan

Base Building Phase

Weeks 1-2: Base Building

Monday (Strength)	Tuesday (Running)	Wednesday (HYROX-Specific)	Thursday (Strength)	Friday (Running)	Saturday (Simulation/Endurance)	Sunday
Strength Focus Squats: 3x12 @ 60% 1RM Deadlifts: 3x10 @ 60% 1RM Pull-Ups: 3x8 Plank: 3x45s Warm-up: 10 min dynamic stretches	Aerobic Base 5km run @ easy pace (Zone 2, 60–70% max HR) Cool-down: 5 min walk	HYROX Skills SkiErg: 500m x 3, 90s rest Burpee Broad Jumps: 20m x 3 Wall Balls: 15 reps x 3 (6kg/4kg) Run 1km after each station	Upper Body Bench Press: 3x10 @ 60% 1RM Lunges: 3x12/leg (bodyweight) Rowing: 500m x 3, 90s rest Cool-down: 10 min stretch	Speed Work Interval Run: 6x400m @ 80% effort, 90s rest Warm-up: 1km jog	Endurance Long Run: 6km @ steady pace Optional: Yoga or mobility (30 min)	Rest or Active Recover (walk, light swim, 20–30 min)

Weeks 3-4: Base Building

Monday (Strength)	Tuesday (Running)	Wednesday (HYROX-Specific)	Thursday (Strength)	Friday (Running)	Saturday (Simulation/Endurance)	Sunday
Strength Focus Squats: 4x10 @ 65% 1RM Deadlifts: 4x8 @ 65% 1RM	Aerobic Base 6km run @ Zone 2 Cool-down: 5–10 min stretch	HYROX Skills SkiErg: 750m x 3, 90s rest Sled Push: 25m x 4 (light)	Functional Strength Farmers Carry: 50m x 3 (moderate weight) Bench	Speed Work Interval Run: 8x400m @ 85% effort, 90s rest	HYROX Simulation HYROX Mini-Simulation: 4x (1km run + 500m SkiErg + 15 Wall Balls) Rest 2 min between rounds	Rest or Active