

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 Recovery (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 |