

# HYROX 8-Week Training Programs

Branded for **blackbeltwhitehat.com**

## Training Program Overview

LightGrey Week	Focus	Key Goals
1-2	Base Building	Establish movement patterns, build aerobic base
3-4	Strength & Endurance	Increase strength, improve running endurance
5-6	Intensity & Technique	Introduce interval training, refine skills
7-8	Peak & Taper	Maximize fitness, reduce volume before race

## 1 HYROX Training for Unfit Beginners

### Weeks 1-2: Start Slow, Focus on Basics

If you're new or unfit, begin with light cardio and basic functional exercises. Avoid heavy lifting or intense intervals.

- **Frequency:** 3 workouts per week, 20–30 minutes each.
- **Workouts:** Brisk walking/light jogging, bodyweight squats, lunges, light wall balls, mobility drills.
- **Example:** Walk 1 km, then 2 rounds of 10 squats and 10 wall balls (6–8 lbs).

### Weeks 3-4: Build Strength & Endurance

Progress to moderate runs and resistance training.

- Run 1.5 km continuously or in intervals (run 3 min, walk 2 min).
- Add sled push simulations (weighted sled or heavy object).
- Practice rowing technique on a machine.

### Weeks 5-6: Increase Intensity

Start interval running and circuit training.

- Run 400 m intervals at moderate pace, rest 1–2 minutes.

- Circuit of burpees, lunges, wall balls, and rowing for 15–20 minutes.
- Focus on form and breathing.

### Weeks 7-8: Peak & Prepare

Reduce volume but keep intensity.

- Shorter runs (800 m intervals) at race pace.
- Practice transitions between running and workouts.
- Simulate a mini HYROX session once per week.

#### Tips for Beginners

Prioritize mobility and stretching to reduce soreness. Use foam rolling after workouts. Hydrate and eat balanced meals to support recovery.

## 2 HYROX Training for Intermediate Athletes

### Weeks 1-2: Solid Base and Technique Refinement

You likely have a fitness foundation. Focus on improving weaknesses.

- Run 3–5 km steady pace twice a week.
- Strength training twice a week (deadlifts, squats, kettlebell swings).
- Practice sled push/pull with moderate load.

### Weeks 3-4: Build Strength & Aerobic Capacity

- Interval runs: 800 m repeats at faster pace.
- Functional circuits including rowing, wall balls, and burpees.
- Increase weights on sled and strength exercises.

### Weeks 5-6: High Intensity & Volume

- Longer intervals and tempo runs (2–3 km at threshold pace).
- Complex circuits mixing running and functional movements.
- Include plyometric exercises for power.

### Weeks 7-8: Taper and Race Prep

- Reduce training volume by 30–40%.
- Include race-specific drills, e.g., running into sled pushes.
- Focus on mental preparation and recovery.

#### Tips for Intermediates

Track progress with a training log. Use active recovery days (yoga, swimming). Prioritize sleep quality for better adaptation.

## 3 HYROX Training for Advanced Athletes

### Weeks 1-2: Maximize Strength & Conditioning Base

- Run 5–8 km easy pace twice a week.
- Heavy lifting three times a week focusing on compound lifts.
- High-intensity intervals for aerobic power.

### Weeks 3-4: Volume & Intensity Spike

- Interval runs: 1 km repeats at race pace or faster.
- Complex HYROX circuits with minimal rest.
- Plyometrics and speed drills.

### **Weeks 5-6: Race Simulation & Peak Fitness**

- Full HYROX simulation once per week.
- Fine-tune transitions and pacing.
- Reduce strength volume but maintain intensity.

### **Weeks 7-8: Taper & Recovery**

- Cut volume by 50%, maintain intensity.
- Focus on mobility, sleep, and nutrition.
- Mental visualization and race strategy.

## 4 Recovery: The Unsung Hero

Recovery is as important as training. It allows your body to repair and adapt. Without it, injury risk increases.

### Best Recovery Practices

- **Sleep:** Aim for 7–9 hours. Sleep boosts muscle repair and hormone balance.
- **Hydration:** Drink water throughout the day, not just during workouts.
- **Nutrition:** Eat a balanced diet rich in protein, carbs, and healthy fats.
- **Active Recovery:** Light activities like walking or yoga increase blood flow without strain.
- **Foam Rolling:** Helps break down muscle knots and improves circulation.

### Injury Prevention Tips

Warm up for 10–15 minutes with dynamic stretches. Increase training volume by no more than 10% per week. Listen to your body—rest if you feel sharp pain or extreme fatigue.

#### Anecdote: My First HYROX Journey

*"When I first signed up for HYROX, I was out of shape. Week 1 was tough—I could barely finish a light jog. I followed a beginner plan, focusing on walking and bodyweight exercises. By week 4, I could run 2 km without stopping and felt stronger pushing a sled. The key was listening to my body and not rushing. I avoided injury by stretching daily and sleeping well. Race day was challenging, but I finished strong and injury-free. This experience taught me patience and the value of recovery."*

## Comparison: Training Volume by Level

LightGrey Level	Wkly Days	Duration	Key Focus
Beginner	3	20–40 min	Basic endurance & movement
Intermediate	4–5	45–60 min	Strength & aerobic capacity
Advanced	5–6	60–90 min	High intensity & race simulation