

# 16-Week HYROX Training Program

Periodised across four phases: aerobic base → capacity → engine and speed → race peak and taper. Adapt weights to your own training maxes; treat the schedule as a flexible framework, not a rigid prescription.

## Phase 1: Base Building (Weeks 1-4)

### Week 1

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Running Base	Easy Run	30 min	Zone 2 (conversational pace)
		Dynamic Stretching	10 min	Light
Tuesday	Strength Foundation	Goblet Squats	3 x 12	16kg KB
		Push-ups	3 x 10	Bodyweight
		Bent Over Rows	3 x 12	15kg DBs
		Lunges	3 x 10 each leg	Bodyweight
		Plank Hold	3 x 30 sec	Bodyweight
Wednesday	Intervals + Stations	Run easy warm-up	1km (5-6 min)	Easy
		400m intervals	6 x 400m, 90s rest	80% effort
		SkiErg	3 x 250m	Moderate
		Sled Push (empty)	3 x 25m	Moderate
Thursday	Active Recovery	Light Jog or Walk	20 min	Very Easy
		Mobility Work	15 min	Light

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Friday	Strength + Conditioning	Back Squats	4 x 8	60% 1RM
		Bench Press	4 x 8	60% 1RM
		Deadlifts	3 x 8	60% 1RM
		Burpees	3 x 8	Bodyweight
		Rowing Machine	3 x 250m	Moderate
Saturday	Long Run	Steady State Run	45 min	Zone 2 (comfortable)
Sunday	Rest	Complete rest or light walk/stretch	—	—

## Week 2

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Running Base	Easy Run	35 min	Zone 2
		Strides	4 x 100m	80% effort
Tuesday	Strength Foundation	Goblet Squats	3 x 12	20kg KB
		Push-ups	3 x 12	Bodyweight
		Bent Over Rows	3 x 12	17.5kg DBs
		Walking Lunges	3 x 12 each leg	10kg DBs
		Plank Hold	3 x 40 sec	Bodyweight
Wednesday	Intervals + Stations	Run warm-up	1km	Easy
		600m intervals	5 x 600m, 2 min rest	80% effort
		SkiErg	4 x 250m	Moderate
		Sled Push	4 x 25m	Moderate

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Thursday	Active Recovery	Bike or Swim	25 min	Easy
		Yoga / Stretching	20 min	Light
Friday	Strength + Conditioning	Back Squats	4 x 8	65% 1RM
		Bench Press	4 x 8	65% 1RM
		Deadlifts	3 x 8	65% 1RM
		Burpee Broad Jumps	3 x 10	Bodyweight
		Rowing Machine	3 x 500m	Moderate
Saturday	Long Run	Steady State Run	50 min	Zone 2
Sunday	Rest	Complete rest or very light activity	—	—

### Week 3

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Running Base	Easy Run	40 min	Zone 2
		Hill Sprints	6 x 30 sec	85% effort
Tuesday	Strength Foundation	Front Squats	4 x 10	40kg
		Dips or Push-ups	3 x 15	Bodyweight
		Pull-ups (assisted if needed)	3 x 8	Bodyweight
		Bulgarian Split Squats	3 x 10 each	12kg DBs
		Farmer's Carry	3 x 40m	24kg KBs

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Wednesday	Intervals + Stations	Run warm-up	1km	Easy
		800m intervals	4 x 800m, 2.5 min rest	85% effort
		SkiErg	4 x 500m	Hard
		Sled Push (25kg added)	4 x 25m	Moderate-Hard
		Burpees	3 x 10	Fast pace
Thursday	Active Recovery	Light Run or Bike	30 min	Very Easy
		Foam Rolling	15 min	Light
Friday	Strength + Conditioning	Back Squats	4 x 6	70% 1RM
		Bench Press	4 x 6	70% 1RM
		Deadlifts	4 x 6	70% 1RM
		Wall Balls	3 x 15	9kg ball
		Rowing Machine	2 x 1000m	Hard
Saturday	Long Run	Steady State Run	55 min	Zone 2
Sunday	Rest	Complete rest day	—	—

#### Week 4 - Deload (reduce volume by 40%)

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Easy Run	Easy Run	25 min	Zone 2
Tuesday	Light Strength	Goblet Squats	2 x 10	16kg
		Push-ups	2 x 10	Bodyweight
		Rows	2 x 10	12kg DBs
Wednesday	Active Recovery	Walk or Light Bike	30 min	Very Easy

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Thursday	Rest	Complete rest	—	—
Friday	Light Session	Easy Run	20 min	Zone 2
		SkiErg	2 x 250m	Easy
Saturday	Easy Run	Steady Run	30 min	Zone 2
Sunday	Rest	Complete rest	—	—

## Phase 2: Capacity Building (Weeks 5-8)

### Week 5

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Tempo Run	Warm-up	10 min	Easy
		Tempo Run	20 min	Zone 3 (comfortably hard)
		Cool down	10 min	Easy
Tuesday	Strength + Power	Back Squats	4 x 5	75% 1RM
		Push Press	4 x 8	40kg
		Romanian Deadlifts	3 x 10	60kg
		Weighted Pull-ups	3 x 6	+5kg
		Box Jumps	3 x 8	Bodyweight
Wednesday	HYROX Simulation	Run	1km	Race pace
		SkiErg	1000m	Hard
		Run	1km	Race pace
		Sled Push	50m	50kg, Hard
		Run	1km	Race pace
		Burpee Broad Jumps	80m	Fast
Thursday	Recovery	Easy Swim or Bike	30 min	Zone 1
		Mobility Work	20 min	Light

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Friday	Strength Endurance	Front Squats	4 x 10	50kg
		Sandbag Lunges	3 x 20m	30kg
		Farmer's Carry	4 x 50m	32kg KBs
		Wall Balls	4 x 20	9kg
		Rowing Machine	4 x 500m, 1:30 rest	Hard
Saturday	Long Run + Stations	Run	60 min	Zone 2
		Then: SkiErg	500m	Moderate
		Sled Push	3 x 50m	Moderate
Sunday	Rest	Complete rest	—	—

## Week 6

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Intervals	Warm-up	1km	Easy
		1km intervals	4 x 1km, 2 min rest	90% effort
		Cool down	1km	Easy
Tuesday	Max Strength	Back Squats	5 x 5	80% 1RM
		Bench Press	5 x 5	80% 1RM
		Deadlifts	4 x 5	80% 1RM
		Weighted Pull-ups	4 x 5	+7.5kg
		Hanging Leg Raises	3 x 12	Bodyweight

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Wednesday	HYROX Simulation	Run	1km	Race pace
		Sled Pull	50m	75kg
		Run	1km	Race pace
		Burpee Broad Jumps	80m	Fast
		Run	1km	Race pace
		Rowing	1000m	Hard
Thursday	Active Recovery	Easy Run or Bike	30 min	Zone 1
		Mobility	15 min	Light
Friday	Strength Endurance	Front Squats	4 x 8	55kg
		Sandbag Lunges	4 x 20m	30kg
		Farmer's Carry	4 x 50m	32kg KBs
		Wall Balls	4 x 25	9kg
		SkiErg	4 x 500m, 1:00 rest	Hard
Saturday	Long Run + Stations	Run	65 min	Zone 2
		Wall Balls	3 x 20	9kg
		Sled Push	3 x 50m	Moderate
Sunday	Rest	Complete rest	—	—

## Week 7

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Threshold Run	Warm-up	1km	Easy
		Threshold reps	3 x 8 min, 2 min jog	Zone 3-4
		Cool down	1km	Easy
Tuesday	Strength + Power	Back Squats	5 x 4	82% 1RM
		Push Press	5 x 5	45kg
		Romanian Deadlifts	4 x 8	65kg
		Weighted Pull-ups	4 x 5	+10kg
		Box Jumps	4 x 6	Bodyweight
Wednesday	HYROX Simulation	Run	1km	Race pace
		SkiErg	1000m	Hard
		Run	1km	Race pace
		Sled Push	50m	75kg
		Run	1km	Race pace
		Sled Pull	50m	75kg
		Run	1km	Race pace
Thursday	Recovery	Easy Swim or Bike	35 min	Zone 1
		Mobility	20 min	Light

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Friday	Strength Endurance	Front Squats	4 x 8	60kg
		Sandbag Lunges	4 x 30m	30kg
		Farmer's Carry	5 x 50m	32kg KBs
		Wall Balls	4 x 30	9kg
		Rowing	5 x 500m, 1:00 rest	Hard
Saturday	Long Run	Run	70 min	Zone 2
		Strides	6 x 100m	Fast
Sunday	Rest	Complete rest	—	—

### Week 8 - Deload (reduce volume by 40%)

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Easy Run	Easy Run	30 min	Zone 2
Tuesday	Light Strength	Goblet Squats	3 x 8	20kg
		Push-ups	3 x 8	Bodyweight
		Rows	3 x 8	15kg DBs
Wednesday	Active Recovery	Walk or Bike	30 min	Very Easy
Thursday	Light Mini-Sim	Run	500m	Easy
		SkiErg	500m	Easy
		Run	500m	Easy
		Wall Balls	2 x 15	6kg
Friday	Rest	Complete rest	—	—
Saturday	Easy Run	Steady Run	35 min	Zone 2

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Sunday	Rest	Complete rest	—	—

## Phase 3: Engine and Speed (Weeks 9-12)

### Week 9

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	VO2 Max Intervals	Warm-up	1.5km	Easy
		400m intervals	8 x 400m, 90s rest	95% effort
		Cool down	1km	Easy
Tuesday	Strength + Power	Back Squats	5 x 3	85% 1RM
		Push Press	5 x 3	50kg
		Romanian Deadlifts	4 x 6	70kg
		Pull-ups	4 x AMRAP	Bodyweight or weighted
		Box Jumps	4 x 5	24" box
Wednesday	Compromised Running	Run	1km	Race pace
		Wall Balls	50 reps	9kg
		Run	1km	Race pace
		Sandbag Lunges	50m	30kg
		Run	1km	Race pace
		Burpee Broad Jumps	50m	Fast
		Run	1km	Race pace
Thursday	Recovery	Easy Swim or Bike	30 min	Zone 1
		Mobility	20 min	Light

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Friday	Strength Endurance	Front Squats	4 x 6	65kg
		Sandbag Lunges	5 x 30m	30kg
		Farmer's Carry	5 x 60m	32kg KBs
		Wall Balls	5 x 25	9kg
		SkiErg	6 x 500m, 1:00 rest	Hard
Saturday	Long Run + Mini-Sim	Run	75 min	Zone 2
		Then SkiErg	1000m	Moderate
		Sled Push	50m	50kg
Sunday	Rest	Complete rest	—	—

## Week 10

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Threshold + Speed	Warm-up	1km	Easy
		Threshold reps	4 x 6 min, 90s jog	Zone 4
		Strides	6 x 100m	Fast
		Cool down	1km	Easy
Tuesday	Max Strength + Power	Back Squats	5 x 3	87% 1RM
		Bench Press	5 x 3	85% 1RM
		Deadlifts	4 x 3	85% 1RM
		Weighted Pull-ups	4 x 4	+12.5kg
		Power Cleans	5 x 3	60kg

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Wednesday	Half-Distance HYROX Sim	Run	1km	Race pace
		SkiErg	1000m	Race effort
		Run	1km	Race pace
		Sled Push	50m	Race weight
		Run	1km	Race pace
		Sled Pull	50m	Race weight
		Run	1km	Race pace
		Burpee Broad Jumps	80m	Race effort
Thursday	Active Recovery	Easy Run or Bike	35 min	Zone 1
		Mobility	20 min	Light
Friday	Strength Endurance	Front Squats	4 x 8	60kg
		Walking Lunges	4 x 40m	24kg DBs
		Farmer's Carry	5 x 60m	32kg KBs
		Wall Balls	5 x 30	9kg
		Rowing	5 x 500m, 1:00 rest	Hard
Saturday	Long Run	Run	80 min	Zone 2
		Strides	6 x 100m	Fast
Sunday	Rest	Complete rest	—	—

## Week 11 - Peak Volume

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	VO2 Intervals	Warm-up	1.5km	Easy
		1km intervals	5 x 1km, 90s rest	90% effort
		Cool down	1km	Easy
Tuesday	Strength + Power	Back Squats	5 x 3	87% 1RM
		Push Press	5 x 3	52.5kg
		Romanian Deadlifts	4 x 5	75kg
		Pull-ups	5 x 6	Weighted
		Box Jumps	5 x 5	30" box
Wednesday	Full HYROX Simulation	Run	1km	Race pace
		SkiErg	1000m	Race effort
		Run	1km	Race pace
		Sled Push	50m	102kg (Open weight)
		Run	1km	Race pace
		Sled Pull	50m	78kg (Open weight)
		Run	1km	Race pace
		Burpee Broad Jumps	80m	Race effort
		Run	1km	Race pace
		Rowing	1000m	Race effort
		Run	1km	Race pace
		Farmer's Carry	200m	24kg KBs

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Thursday	Recovery	Easy Swim or Bike	40 min	Zone 1
		Mobility	25 min	Light
Friday	Strength Endurance	Front Squats	5 x 6	65kg
		Sandbag Lunges	5 x 40m	30kg
		Farmer's Carry	6 x 60m	32kg KBs
		Wall Balls	5 x 30	9kg
		SkiErg	6 x 500m, 1:00 rest	Hard
Saturday	Long Run + Stations	Run	85 min	Zone 2
		Mixed stations: SkiErg / Sled / Burpees	3 x 5 min	Moderate
Sunday	Rest	Complete rest	—	—

### Week 12 - Deload

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Easy Run	Easy Run	35 min	Zone 2
		Strides	4 x 100m	Fast
Tuesday	Light Strength	Back Squats	3 x 5	65% 1RM
		Push-ups	3 x 10	Bodyweight
		Rows	3 x 10	15kg DBs

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Wednesday	Mini Simulation	Run	500m	Easy
		SkiErg	500m	Moderate
		Run	500m	Easy
		Wall Balls	2 x 20	9kg
		Run	500m	Easy
Thursday	Rest	Complete rest	—	—
Friday	Light Session	Easy Run	25 min	Zone 2
		Mobility	20 min	Light
Saturday	Easy Long Run	Steady Run	45 min	Zone 2
Sunday	Rest	Complete rest	—	—

## Phase 4: Race Peak and Taper (Weeks 13-16)

### Week 13 - Race Pace Sharpening

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Race Pace Intervals	Warm-up	1.5km	Easy
		Race pace reps	4 x 1km, 2 min rest	Goal race pace
		Cool down	1km	Easy
Tuesday	Strength + Power (lighter)	Back Squats	4 x 3	80% 1RM
		Push Press	4 x 3	50kg
		Romanian Deadlifts	3 x 5	70kg
		Pull-ups	4 x 5	Bodyweight
		Box Jumps	4 x 4	Bodyweight

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Wednesday	Full Race Simulation	Run	1km	Race pace
		SkiErg	1000m	Race effort
		Run	1km	Race pace
		Sled Push	50m	Race weight
		Run	1km	Race pace
		Sled Pull	50m	Race weight
		Run	1km	Race pace
		Burpee Broad Jumps	80m	Race effort
		Run	1km	Race pace
		Rowing	1000m	Race effort
		Run	1km	Race pace
		Farmer's Carry	200m	24kg KBs
		Run	1km	Race pace
		Sandbag Lunges	100m	20kg
		Run	1km	Race pace
Wall Balls	100 reps	9kg		
Thursday	Recovery	Easy Swim or Bike	30 min	Zone 1
		Mobility	25 min	Light

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Friday	Strength Endurance (lighter)	Front Squats	3 x 6	60kg
		Sandbag Lunges	3 x 30m	30kg
		Farmer's Carry	4 x 50m	32kg KBs
		Wall Balls	3 x 25	9kg
		SkiErg	4 x 500m, 1:00 rest	Hard
Saturday	Long Run	Run	70 min	Zone 2
		Strides	6 x 100m	Fast
Sunday	Rest	Complete rest	—	—

### Week 14 - Final Quality Block

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	VO2 Intervals (shortened)	Warm-up	1km	Easy
		400m intervals	6 x 400m, 90s rest	95% effort
		Cool down	1km	Easy
Tuesday	Strength + Power (maintain)	Back Squats	4 x 3	80% 1RM
		Push Press	4 x 3	47.5kg
		Romanian Deadlifts	3 x 5	65kg
		Pull-ups	3 x 5	Bodyweight
		Box Jumps	3 x 4	Bodyweight

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Wednesday	Half Sim (Quality)	Run	1km	Race pace
		SkiErg	1000m	Race effort
		Run	1km	Race pace
		Sled Push	50m	Race weight
		Run	1km	Race pace
		Burpee Broad Jumps	80m	Race effort
		Run	1km	Race pace
		Wall Balls	50 reps	9kg
Thursday	Recovery	Easy Bike or Swim	30 min	Zone 1
		Mobility	20 min	Light
Friday	Light Conditioning	Front Squats	3 x 5	60kg
		Walking Lunges	3 x 30m	20kg DBs
		Wall Balls	3 x 20	9kg
		Rowing	3 x 500m	Moderate
Saturday	Tempo Run	Warm-up	10 min	Easy
		Tempo	15 min	Zone 3
		Cool down	10 min	Easy
Sunday	Rest	Complete rest	—	—

## Week 15 - Taper

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Race Pace Touch	Warm-up	1km	Easy
		Race pace reps	3 x 800m, 2 min rest	Goal race pace
		Cool down	1km	Easy
Tuesday	Strength (maintenance)	Back Squats	3 x 3	75% 1RM
		Push Press	3 x 3	45kg
		Pull-ups	3 x 4	Bodyweight
Wednesday	Mini Sim	Run	500m	Race pace
		SkiErg	500m	Race effort
		Run	500m	Race pace
		Sled Push	25m	Race weight
		Run	500m	Race pace
		Wall Balls	25 reps	9kg
Thursday	Easy Run	Easy Run	25 min	Zone 2
		Strides	4 x 100m	Fast
Friday	Mobility	Mobility / Stretching	30 min	Light
Saturday	Easy Run	Easy Run	25 min	Zone 2
		Strides	4 x 80m	Fast
Sunday	Rest	Complete rest	—	—

## Week 16 - Race Week

Day	Workout Type	Exercise	Sets x Reps / Duration	Weight / Intensity
Monday	Light Shakeout	Easy Run	20 min	Zone 1-2
		Strides	4 x 80m	Smooth, fast
Tuesday	Activation	Bodyweight Squats	2 x 10	Easy
		Push-ups	2 x 8	Easy
		Easy Run	15 min	Zone 1
Wednesday	Race Pace Touch	Warm-up	800m	Easy
		Race pace reps	3 x 400m, 2 min rest	Goal race pace
		Cool down	800m	Easy
Thursday	Rest	Complete rest or 15 min walk	—	—
Friday	Pre-Race Shakeout	Easy Run	15 min	Zone 1
		Strides	3 x 80m	Smooth, fast
		Mobility	15 min	Light
Saturday	RACE DAY	HYROX Competition	Full race	All-out
Sunday	Active Recovery	Light Walk	30-45 min	Very easy
		Mobility	15 min	Light

*Note: Weeks 1-6 follow the detail published in the source article (with Week 6 completed). Weeks 7-16 are constructed in keeping with the periodisation framework — capacity work in Phase 2, VO2 / compromised running in Phase 3, sharpening and taper in Phase 4. Loads are illustrative; calibrate to your own training maxes and recovery.*