

# **HYROX Training Plan**

**Day A: Engine + Technique**

**Day B: Strength & Sleds**

**Day C: Race-Specific Bricks**

## **WEEKS 1-4: BASE PHASE**

Day A: Run intervals (6×400m → 5×600m → 4×800m) + SkiErg (6×250m, focus on technique)

Day B: Sled push/pull 6×15-20m at 60% load, Goblet squat 3×10-12, DB RDL 3×10-12, Farmer hold 3×30-40s. Alternate light/heavy weeks.

Day C: 3 rounds: 600m run + 10 burpee broad jumps + 300m row + 2-3min walk

## **WEEKS 5-8: BUILD PHASE**

Day A: 5×1km at race pace (RPE 7-8) + Burpee broad jumps 4×12-14

Day B: Sled push/pull 4×20m at 80-85%, Trap-bar deadlift 5×3, Split squat 3×6/leg

Day C: 2 rounds: 1km run + 15 burpee broad jumps + 500m row + 3min walk. Week 8: Half simulation (run + ski, run + sled, run + sled, run + row)

Week 8 Benchmark: 1km run time, max wall balls in 2min, dead hang time

## **WEEKS 9-11: PEAK PHASE**

Day A: 4×1km at race pace + Wall balls 5×12-15

Day B: Sled push/pull 4×20m at 75-80%, Trap-bar deadlift 4×3, Core work

Day C: Week 9:  $\frac{3}{4}$  simulation (run + ski + sled push + sled pull + burpees).

Week 11: Full simulation at 80-90% effort

## **WEEK 12: TAPER**

Day A: 3×800m at race pace + Wall balls 3×10

Day B: Light sled touches + mobility

Day C: Mini-brick early in week, then rest 2 days out

**HYROX STATIONS (in order): 1km run → SkiErg → 1km run → Sled push → 1km run → Sled pull → 1km run → Burpee broad jumps → 1km run → Row → 1km run → Farmer carry → 1km run → Sandbag lunges → 1km run → Wall balls**