



MEN'S FITNESS ONLINE

# HYROX 8-WEEK BEGINNER TRAINING PLAN

Four sessions a week. Progressive running. Real strength work.  
A practical build towards your first race.

#### BEST FOR

Regular exercisers who can already run continuously for 30 minutes.

#### WEEKLY LOAD

Two runs, one strength session and one HYROX-specific session.

The goal is not to survive eight weeks of punishment. It is to arrive healthy, conditioned and able to pace the race.

# How to use this plan

HYROX is eight 1 km runs, each followed by a functional station. The running is the backbone of the event, while the stations test strength endurance under fatigue.

This plan is for a first-time competitor who already trains regularly. If you cannot yet run 5 km continuously or are new to strength training, build those foundations for another four to eight weeks first.

## Effort guide

**Easy:** full sentences, 4-5/10. **Steady:** controlled, 6/10. **Hard:** a few words at a time, 8/10. **Race effort:** sustainable across the whole event, never an early sprint.

## Weekly rhythm

Day	Session	Purpose
Monday	Rest or mobility	Recover from the weekend session
Tuesday	Running intervals	Improve speed and running economy
Wednesday	Strength	Build force for the stations
Thursday	Rest or easy movement	Control fatigue
Friday	Easy run	Build aerobic endurance
Saturday	Rest	Prepare for the key session
Sunday	HYROX-specific session	Practise running while fatigued

## Training rules

1. Warm up for 5-10 minutes before harder sessions. Include easy movement, leg swings, lunges, squats and several gradual accelerations.
2. Leave about two repetitions in reserve during strength work. Grinding to failure adds fatigue without improving the next session.
3. Move the days if needed, but avoid placing all four sessions back-to-back.
4. The Sunday workout should feel demanding but repeatable. Finish most sessions feeling that you could have done a little more.

# Eight-week overview

Wk	Focus	Tuesday	Wednesday	Friday	Sunday
1	Build the base	6 x 400 m hard; 90 sec walk/jog	Strength A	30 min easy	3 rounds: 800 m run, 500 m row, 20 walking lunges, 10 burpees
2	Add volume	5 x 600 m hard; 2 min easy	Strength B	35 min easy	4 rounds: 800 m run, 500 m SkiErg, 40 m farmers carry
3	Extend intervals	4 x 800 m hard; 2 min easy	Strength A	40 min easy	4 rounds: 1 km run, 15 burpee broad jumps, 20 sandbag lunges
4	Consolidate	3 x 1 km controlled hard; 3 min easy	Strength B, minus one set each	30 min easy	3 rounds: 1 km run, 500 m row, 500 m SkiErg, 15 wall balls
5	Race-specific work	5 x 1 km near target race pace; 2 min easy	Strength A	45 min easy	5 rounds: 1 km run followed by one different race station
6	Peak workload	6 x 1 km at target race pace; 90 sec easy	Strength B	50 min easy	Three-quarter simulation: 6 x 1 km runs with six stations at 75-85% effort
7	Sharpen and reduce	4 x 1 km slightly faster than target pace; 2 min easy	Strength A, volume down one-third	35 min easy	4 rounds: 1 km run, 500 m SkiErg or row, 20 lunges, 15 wall balls
8	Taper and race	4 x 400 m sharp, controlled; full recovery	Light full-body session	20 min easy + 4 x 20 sec strides	Race day

Do not use the overview as a licence to race every workout. The progression works because easy running remains easy and the harder sessions are controlled.

# WEEK 1

## BUILD THE BASE

DAY	SESSION	WHAT TO DO
Tuesday	Running intervals	6 x 400 m hard; 90 sec walk/jog
Wednesday	Strength	Strength A. Use the workout tables on the following page.
Friday	Easy run	30 min easy. Keep the effort conversational.
Sunday	HYROX session	3 rounds: 800 m run, 500 m row, 20 walking lunges, 10 burpees

Coach's note: Keep the first week deliberately modest. The aim is to establish rhythm, not prove fitness.

# WEEK 2

## ADD VOLUME

DAY	SESSION	WHAT TO DO
Tuesday	Running intervals	5 x 600 m hard; 2 min easy
Wednesday	Strength	Strength B. Use the workout tables on the following page.
Friday	Easy run	35 min easy. Keep the effort conversational.
Sunday	HYROX session	4 rounds: 800 m run, 500 m SkiErg, 40 m farmers carry

Coach's note: Use controlled transitions. Take enough time to begin each run with good posture rather than panic.

## WEEK 3

### EXTEND INTERVALS

DAY	SESSION	WHAT TO DO
Tuesday	Running intervals	4 x 800 m hard; 2 min easy
Wednesday	Strength	Strength A. Use the workout tables on the following page.
Friday	Easy run	40 min easy. Keep the effort conversational.
Sunday	HYROX session	4 rounds: 1 km run, 15 burpee broad jumps, 20 sandbag lunges

Coach's note: The Sunday session introduces longer compromised running. Settle your breathing before chasing pace.

## WEEK 4

### CONSOLIDATE

DAY	SESSION	WHAT TO DO
Tuesday	Running intervals	3 x 1 km controlled hard; 3 min easy
Wednesday	Strength	Strength B, minus one set each. Use the workout tables on the following page.
Friday	Easy run	30 min easy. Keep the effort conversational.
Sunday	HYROX session	3 rounds: 1 km run, 500 m row, 500 m SkiErg, 15 wall balls

Coach's note: This is a consolidation week. Slightly lower strength volume prevents fatigue from snowballing.

## WEEK 5

### RACE-SPECIFIC WORK

DAY	SESSION	WHAT TO DO
Tuesday	Running intervals	5 x 1 km near target race pace; 2 min easy
Wednesday	Strength	Strength A. Use the workout tables on the following page.
Friday	Easy run	45 min easy. Keep the effort conversational.
Sunday	HYROX session	5 rounds: 1 km run followed by one different race station

Coach's note: Use five different stations on Sunday. Choose the ones you most need to practise.

## WEEK 6

### PEAK WORKLOAD

DAY	SESSION	WHAT TO DO
Tuesday	Running intervals	6 x 1 km at target race pace; 90 sec easy
Wednesday	Strength	Strength B. Use the workout tables on the following page.
Friday	Easy run	50 min easy. Keep the effort conversational.
Sunday	HYROX session	Three-quarter simulation: 6 x 1 km runs with six stations at 75-85% effort

Coach's note: The simulation is not a race. Hold 75-85% effort and record where pace or technique deteriorates.

# WEEK 7

## SHARPEN AND REDUCE

DAY	SESSION	WHAT TO DO
Tuesday	Running intervals	4 x 1 km slightly faster than target pace; 2 min easy
Wednesday	Strength	Strength A, volume down one-third. Use the workout tables on the following page.
Friday	Easy run	35 min easy. Keep the effort conversational.
Sunday	HYROX session	4 rounds: 1 km run, 500 m SkiErg or row, 20 lunges, 15 wall balls

Coach's note: Training volume drops, but short quality work remains. Leave the week feeling sharper, not smashed.

# WEEK 8

## TAPER AND RACE

DAY	SESSION	WHAT TO DO
Tuesday	Running intervals	4 x 400 m sharp, controlled; full recovery
Wednesday	Strength	Light full-body session. Use the workout tables on the following page.
Friday	Easy run	20 min easy + 4 x 20 sec strides. Keep the effort conversational.
Sunday	HYROX session	Race day

Coach's note: Nothing you do now will create new fitness. The objective is to arrive rested, familiar and ready.

# Strength sessions

Alternate Strength A and Strength B as shown in the plan. Choose loads that leave roughly two good repetitions in reserve.

## STRENGTH A

Exercise	Sets	Reps / Distance
Back squat or goblet squat	4	5-8
Romanian deadlift	3	8
Walking lunge	3	10 each leg
Dumbbell bench press	3	8-10
Seated cable row	3	8-12
Heavy farmers carry	4	30-40 m

## STRENGTH B

Exercise	Sets	Reps / Distance
Trap-bar deadlift	4	4-6
Front squat or leg press	3	6-10
Bulgarian split squat	3	8 each leg
Standing overhead press	3	6-10
Lat pulldown or assisted pull-up	3	8-12
Front plank	3	30-60 sec

# No sled? Use these alternatives

Exact sled resistance changes with the surface, equipment and turf. Alternatives build similar qualities, but try to complete at least two or three sessions with a real sled, SkiErg and wall-ball target before race day.

Race station	Gym alternative
Sled push	Heavy leg press, prowler, switched-off treadmill push or heavy walking lunges
Sled pull	Heavy cable rows, hand-over-hand rope pulls, backward sled drag or plate-loaded rows
SkiErg	Rowing machine, straight-arm cable pulldown or resistance-band pulldown
Farmers carry	Heavy dumbbells, kettlebells or trap-bar carries
Sandbag lunges	Front-rack kettlebell, dumbbell or barbell walking lunges
Wall balls	Medicine-ball thrusters, light barbell thrusters or dumbbell thrusters

## Race-week checklist

- Confirm your start time, venue entry and transport
- Use the same shoes and clothing you have trained in
- Prepare a familiar pre-race meal and fluids
- Do not test a new gel, supplement or pre-workout
- Keep the first two runs controlled
- Break wall balls before technique collapses
- Use short, deliberate resets rather than waiting for total failure

## Race pacing

Begin close to a pace you could sustain for roughly 10 km in training, perhaps slightly slower if strength endurance is your weakness. After each station, shorten your stride, regain control and gradually return to rhythm. A short planned break is usually faster than an unplanned collapse.

# Race-day fuel and final notes

Two to four hours before: Eat a familiar meal containing carbohydrate, some protein and relatively little fat or fibre. Porridge with banana and yoghurt, toast with eggs and fruit, or rice with lean meat can work.

During the race: Many beginners can finish without eating during the event if they have fuelled beforehand. Athletes expecting a longer race may benefit from carbohydrate during the event, but only use products already tested in training.

Hydration: Drink normally the day before and arrive hydrated. Do not try to compensate by drinking litres immediately before the start.

## THE BOTTOM LINE

**HYROX rewards athletes who run well, move efficiently and control their effort while tired. Consistency beats punishment. Arrive at the start line healthy, conditioned and confident in your pacing.**

## Sources and notes

Race format and division loads are based on the official HYROX 2025-26 Singles Rulebook. Training recommendations are general information and are not a substitute for individual medical or coaching advice. Stop if pain, dizziness or unusual symptoms occur.

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