



HYROX

4-WEEK TRAINING PLAN

COMPLETE RACE-READY PROGRAM

Cardio • Strength • Functional Fitness

4

WEEKS

5

DAYS/WEEK

8

STATIONS

60+

WORKOUTS

HYROXTRAININGGEAR.COM

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ABOUT THIS PROGRAM

This 4-Week HYROX Training Plan is designed to prepare you for race day — building the aerobic base, muscular endurance, and station-specific skills needed to crush all 8 HYROX stations. Each week progresses in intensity: Foundation → Build → Peak → Race Prep. Five training days per week with two planned recovery days.



THE 8 HYROX RACE STATIONS

#	STATION	DISTANC E/REPS	KEY TIPS
	SkiErg	1,000m	Lat pull + core drive. Keep cadence steady.
	Sled Push	50m	Low hips, drive through heels. Max power.
	Sled Pull	50m	Engage lats, pull in short sharp pulls.
	Burpee Broad Jump	80m	Explosive jump forward every rep.
	Rowing	1,000m	Drive legs first, then lean back, pull arms.
	Farmers Carry	200m	Tight core, upright posture, control grip.
	Sandbag Lunges	100m	Knee below hip, step through strongly.
	Wall Balls	100 reps	Full squat depth, hit the target every rep.



WEEK 1 — FOUNDATION

Goal: Build aerobic base, learn proper form for all 8 stations. Keep intensity at 65-70% max effort.

WEEK 1 | FOUNDATION — FORM & BASE

DAY	TYPE	WORKOUT	DURATION / REPS
MON Run + Row	Cardio Base	5km easy run + 2x500m rowing Focus on pace control	Run: 30-35 min Row: 2x500m @ 2:10/500m
TUE Station Skills	Strength + Skill	SkiErg 3x500m Sled Push 4x25m Farmers Carry 3x50m	Rest 90sec between sets 50% effort
WED Strength	Gym Session	Squat 4x8, Deadlift 3x6 DB Row 3x10, Lunges 3x12 Pull-ups 3x8	Rest 2 min between sets Focus on form
THU Station Skills	Skill Practice	Burpee Broad Jump 3x20m Sandbag Lunges 3x30m Wall Balls 3x20 reps	Steady pace 70% effort
FRI Long Cardio	Endurance	8km easy run or 45 min bike Finish with 10 min row	Heart rate < 150 BPM Conversation pace
SAT	ACTIVE REST	30 min walk + full body stretching Foam roll: quads, lats, calves	Low intensity only Prioritise mobility
SUN	REST DAY	Complete rest Hydrate well, sleep 8hrs	Recovery focus



WEEK 2 — BUILD

Goal: Increase training volume and station distances. Push to 75-80% effort on key sessions.

WEEK 2 | BUILD — VOLUME & INTENSITY

DAY	TYPE	WORKOUT	DURATION / REPS
MON Run + SkiErg	Cardio Build	6km run (with 2x1km tempo) + SkiErg 2x750m	Tempo pace: 5k race effort SkiErg: steady 2:05/500m
TUE Strength + Power	Strength	Deadlift 4x5, Box Jumps 4x6 Farmer Carry 4x50m Kettlebell Swings 3x15	Add 5-10% weight vs Week 1 Explosive on jumps
WED Station Circuit	Functional	Sled Push 6x25m Sled Pull 6x25m Burpee Broad Jump 4x20m	Rest 60sec between sets 75% effort
THU Row + Lunges	Endurance + Skill	Row 3x600m Sandbag Lunges 4x40m Wall Balls 4x25 reps	Negative split on rows Pace lunges consistently
FRI Long Run	Cardio Endurance	10km easy run Last 2km at race pace effort	Keep first 8km comfortable Build in the final push
SAT	ACTIVE REST	Yoga or light swim 30 min Full mobility routine	Focus on hip flexors and thoracic spine
SUN	REST DAY	Rest. Review Week 1 PRs. Plan fuelling for next week.	Track your times



WEEK 3 — PEAK

Goal: Maximum intensity week. Race-simulation workouts. Push 85-90% effort. Trust your training.

WEEK 3 | PEAK — RACE INTENSITY

DAY	TYPE	WORKOUT	DURATION / REPS
MON Race Sim Cardio	Race Prep	8km run @ race pace + 1000m SkiErg all-out	Target race pace or faster Note all times for tracking
TUE Full Station Day	Functional Peak	ALL 8 stations x1 round (Half distances/reps) SkiErg 500m → Wall Balls 50	Race order, race transitions Time the full circuit
WED Strength Peak	Strength	Deadlift 5x4 (heavy) Weighted Lunges 4x10 Single-arm Row 4x8 Pull-ups 4x max	Heaviest weights of program Full rest between sets
THU Interval Training	Speed + Power	10x200m run sprints (90sec rest) + Burpee Broad Jump 5x20m + Sled Push 4x25m (max effort)	90% effort on sprints Full recovery between sets
FRI Endurance Final	Long Cardio	12km run (easy-moderate) Finish: 1000m row + 100 wall balls	Don't crush yourself Save legs for Week 4
SAT	ACTIVE REST	Cold shower + foam roll 30 min walk, stretching	Ice any sore areas Eat well today
SUN	REST DAY	Complete rest. Visualize your race plan.	Mental preparation



WEEK 4 — RACE PREP & TAPER

Goal: Reduce volume by 40%, maintain intensity. Keep muscles sharp, legs fresh. Race day execution.

WEEK 4 | TAPER & RACE — EXECUTE YOUR PLAN

DAY	TYPE	WORKOUT	DURATION / REPS
MON Light Run	Taper Cardio	5km easy run + SkiErg 2x500m (easy pace)	70% effort only Keep it relaxed
TUE Station Tune-Up	Skill Sharpening	2 rounds: Sled Push 25m Burpee Broad Jump 20m Farmers Carry 50m	Light weight, race form No grinding today
WED Strength Maintenance	Light Strength	Squat 3x5 (moderate) Deadlift 3x4 (moderate) Pull-ups 3x6	60-70% of peak weight Focus on activation
THU Race Day Simulation	Full Race Warm-Up	3km run + full station flow at 60% effort (all 8 stations)	Practise transitions Know your race plan
FRI	REST	Full rest. Legs up. Light walk only. Good sleep.	Eat carbs today Hydrate well
SAT	PRE-RACE PREP	10 min easy jog + dynamic stretches Pack race gear, pin number Review race strategy	Sleep early tonight Meal prep done
SUN	RACE DAY!	GIVE IT EVERYTHING! HYROX RACE DAY hyroxtraininggear.com	You're ready! Trust the training!



NUTRITION GUIDELINES

PRE-WORKOUT	INTRA-WORKOUT	POST-WORKOUT
<ul style="list-style-type: none"> • Oats + banana 90 min before • 500ml water • Light carbs, low fat • Avoid heavy protein 	<ul style="list-style-type: none"> • Sip water every 10 min • Electrolyte drink for 60+ min sessions • 30g fast carbs if needed • Avoid solid food 	<ul style="list-style-type: none"> • 30g protein within 30 min • Complex carbs to refuel • 500–750ml water • Stretch + refuel combo

MACRO	TARGET	SOURCES
PROTEIN	1.8–2.2g/kg bodyweight	Chicken, fish, eggs, whey
CARBS	3–5g/kg on training days	Rice, oats, sweet potato, fruit
FATS	0.8–1.2g/kg bodyweight	Avocado, olive oil, nuts
HYDRATION	3–4 litres daily	More on race day / long sessions

RECOVERY & INJURY PREVENTION

<p>SLEEP 7-9 hours. Critical for muscle repair and performance adaptation.</p>	<p>FOAM ROLLING Quads, hamstrings, calves, lats. 60 sec per muscle group post-workout.</p>	<p>STRETCHING 10-15 min mobility work daily. Hip flexors, thoracic spine, ankles key.</p>
<p>ICE/HEAT Ice after intense sessions for acute soreness. Heat before workouts to warm up.</p>	<p>ACTIVE RECOVERY Light 20–30 min walk or swim on rest days. Keep blood flowing.</p>	<p>LISTEN TO BODY Skip a day if sharp pain. Soreness is ok. Pain is not. Consult a physio.</p>



WEEKLY PROGRESS TRACKER

METRIC	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SkiErg 1000m (time)				
Sled Push 50m (time)				
Row 1000m (time)				
Wall Balls 100 (time)				
Burpee Broad Jump 80m (time)				
Total Workout Sessions				
Avg Resting Heart Rate				
Notes / Feelings				

RACE DAY STRATEGY

	Go out at 80% for the first run. You'll overtake many who burn out early. Control is speed.
	Keep moving at stations. Set up your kit in advance. Know the layout before race day.
	Find your rhythm at each station. Exhale on exertion (push, pull, throw). Don't hold breath.
	When it hurts, think in segments. 'Just this station'. Break the race into 8 small races.
	Take on fluids between every station. 1 energy gel between row and farmers carry if needed.
	Last station — the crowd helps. Count out loud. Steady rhythm beats explosive bursting.

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