



HYROX Training Guide 2025

Week 1: Building Base Endurance and Functional Strength

Day	Activity
Monday	Run 3-4km comfortably. 3 sets (10-12 reps): Bodyweight Squats, Push-ups, Plank (30-45 sec).
Tuesday	Active Recovery or Rest (light walk/stretching).
Wednesday	HYROX Simulation: 1km run + practice 2-3 movements (e.g., 200m Sled Push, 200m Sled Pull, 10 Burpee Broad Jumps). Focus on form.
Thursday	Rest or light cardio.
Friday	Strength: 3 sets (8-10 reps): Dumbbell Goblet Squats, Dumbbell Rows, Overhead Press. Finish with 20 min steady-state cardio (bike/row).
Saturday	Long Run: 5km steady run.
Sunday	Complete Rest.

Week 2: Increasing Intensity and Introducing More Movements

Day	Activity
Monday	Run 4km + 4 x 30-sec faster intervals. 3 sets (10-12 reps): Walking Lunges, Incline Push-ups, Russian Twists.
Tuesday	Active Recovery or Rest.
Wednesday	HYROX Simulation: 1km run + 200m Farmers Carry (light), 15 Wall Balls. Repeat 2-3 rounds.
Thursday	Rest.
Friday	Strength: 3 sets (8-10 reps): Deadlifts (light), Bench Press, Pull-ups (assisted) or Lat Pulldowns. Finish with 25 min steady-state cardio.
Saturday	Long Run: 6km steady run.
Sunday	Complete Rest.

Week 3: Race Specificity and Volume

Day	Activity
Monday	Run 5km + 5 x 1-min tempo intervals. 3 sets (12-15 reps): Step-ups, Triceps Dips (assisted), Mountain Climbers.
Tuesday	Active Recovery or Rest.
Wednesday	HYROX Simulation: 1km run + 25 Burpee Broad Jumps, 500m SkiErg. Repeat 3 rounds, focus on pacing.

Day	Activity
Thursday	Rest.
Friday	Strength: 3 sets (6-8 reps): Squats, Push Press, Bent-Over Rows. Finish with 30 min mixed cardio (rowing/cycling).
Saturday	Long Run: 7-8km comfortable pace.
Sunday	Complete Rest.

Week 4: Taper and Recovery

Day	Activity
Monday	Light Run: 3km, light stretching.
Tuesday	Active Recovery or Rest.
Wednesday	Very light HYROX movements: practice form briefly, no heavy lifting.
Thursday	Rest.
Friday	Very Light Movement: Short walk, gentle stretching.
Saturday	Complete Rest.
Sunday	Race Day (or simulated race day)!

Essential HYROX Exercises and Drills

- **Running:** Practice running under fatigue (e.g., 1km run + 20 burpees, repeat).
- **Sled Push/Pull:** Keep a low stance, engage core and legs.
- **Burpee Broad Jumps:** Flow directly from burpee to jump efficiently.
- **SkiErg & Rower:** Focus on sustained power, strong pulls, and steady pacing.
- **Farmers Carry:** Emphasize grip strength, core stability, and posture.
- **Sandbag Lunges:** Controlled movement, core engaged, balance maintained.
- **Wall Balls:** Deep squats, drive with legs, soft catches.

Happy Training and Good Luck with your HYROX Race!