

FREE HYROX TRAINING PLAN · ADVANCED

8-week HYROX training plan: advanced (chasing a pb)

Eight weeks, seven days a week including named rest days, written as a programme rather than generated from a template. Weeks 1 to 4 build the base and teach the eight stations; weeks 5 to 7 make everything race-specific; week 8 is the taper. Raced several times, ready for double sessions and 10+ hours a week.

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Weeks 1-4 · Base

Learn the eight stations, build the engine.

Weeks 5-7 · Build, peak

Everything race-specific.

Week 8 · Race week

Taper: arrive fresh, not fitter.

45 sessions

4-6 a week, named rest days.

Pacing rules for the advanced track

- 8-week advantage: You've practiced compromised running extensively - use this confidence for steady pacing
- Opening strategy: More aggressive than 4-week preparation allows - start at 85% effort knowing you have the fitness base
- Station confidence: 8 weeks of practice means you know your capabilities - execute stations with purpose, not hesitation
- Compromised running mastery: You've practiced running under fatigue - maintain form and pace when others struggle
- Negative split approach: Use your extended preparation to build throughout the race - get stronger as others fade
- Mental advantage: 8 weeks builds genuine confidence - race with the knowledge that you're thoroughly prepared

How to use it

- Tick each session as you do it. Weeks 1 to 4 build the base, 5 to 7 are race-specific, week 8 is the taper.
- Where a load shows two weights, such as 102kg/152kg on the sled push, the first is the women's and the second the men's.
- No sled or SkiErg? The swaps are listed at roxhype.com/training-plan/beginner.
- Racing on a set date? The plan builder at roxhype.com/training-plan fits the phases to your date, your days and your kit.

This week: Double sessions require 6+ hours between AM/PM work. Hit 25+ cal per 30 seconds on Tuesday's power intervals. Friday's half simulation at 95% effort establishes your baseline - target sub-35 minutes.

☐ **MONDAY Double Session**

AM Session:

- 5x1600m @ 3:30-3:45/km
- 2 min rest between

PM Session (6+ hrs later):

- 5x3 Back Squats @ 85-90%
- 5x3 Box Jumps (75cm/90cm)
- 4x8 DB Rows (20kg/28kg)

Two sessions. Full recovery between. Add weight if easy.

☐ **TUESDAY Station Power**

Power Intervals:

- 5x30s max cal SkiErg (30s rest)
- 5x30s max cal Row (30s rest)
- 5x25m Sled Sprint (152kg/202kg)

Rest 60s between

- 3x15 Wall Balls (9kg Pro)

Target 25+ cal/30s. Maximum power output.

☐ **WEDNESDAY Active Recovery**

Recovery:

- 60 min easy bike or swim
- 20 min mobility work
- Optional: yoga or sauna

HR under 120 bpm

Full recovery. Tomorrow is hard.

☐ **THURSDAY V02 Max + Skills**

AM: Speed Work

- 8x400m @ 3:00-3:15/km
- 90s rest between

PM: Station Work

- 100 Burpee Broad Jumps for time
- 100 Wall Balls (9kg) for time

Record all times!

Push into red zone. Should be very hard.

☐ **FRIDAY Partial Simulation**

Half HYROX:

- 1km Run → 1000m SkiErg
- 1km Run → 50m Sled Push (152kg/202kg)
- 1km Run → 50m Sled Pull (103kg/133kg)
- 1km Run → 80 BBJ

Target: Sub-35 minutes

95% effort. Practice elite transitions.

☐ **SATURDAY Long Zone 2**

Aerobic Base:

- 75 min @ 5:00-5:30/km
- HR Zone 2 (120-135)
- Total: 13-15km

Stay easy. Build aerobic engine.

☐ **SUNDAY Rest Day**

- Complete double sessions with quality recovery
- Hit all power targets in intervals

Elite foundation week introducing double sessions (AM running, PM strength). Monday's 5x1600m at 3:30-3:45/km builds your speed base while Thursday's 8x400m at 3:00-3:15/km develops pure speed. Friday's half simulation targets sub-35 minutes.

This week: Monday's AM/PM split maximizes adaptation - threshold running builds lactate buffering while PM deadlifts maintain power. Tuesday's EMOM density work - finish each minute with 10-15 seconds rest.

☐ **MONDAY Threshold + Strength**

AM: Threshold Work

– 5x1200m @ 3:45-4:00/km

– 90s rest between

PM: Heavy Lifting

– 5x5 Deadlifts @ 85% (1.75x BW)

– 4x8 DB Push Press (20kg/24kg each)

– 3x12 KB Swings (32kg/40kg)

Heavy day. Add 5kg if completing easily.

☐ **TUESDAY Station Density**

20 Min EMOM:

Min 1: 15 Wall Balls (9kg)

Min 2: 200m Row

Min 3: 15m Sled Push (152kg/202kg)

Min 4: 10 Burpee Broad Jumps

Repeat 5 rounds

Maintain pace. No drop-off allowed.

☐ **WEDNESDAY Recovery**

Active Recovery:

– 45 min easy bike

– 15 min stretching

– Optional: massage

HR under 120. Pure recovery.

☐ **THURSDAY Race Pace 1Ks**

Elite Intervals:

– Warm-up 15 min

– 6x1000m @ 3:45-4:00/km

– 2 min rest

– Cool-down 10 min

All under 4:00!

Race pace. Stay consistent, no fade.

☐ **FRIDAY Station Practice**

All 8 Stations @ Pro Weights:

500m run between @ race pace

Target Times:

– SkiErg <3:30

– Sled Push <2:00

– Sled Pull <3:30

– BBJ <4:30

– Row <3:30

– Farmers <1:30

– Lunges <3:30

– Wall Balls <3:45

Hit every target time. Full intensity.

☐ **SATURDAY Tempo Run**

Sustained Tempo:

– 35 min @ 3:45-4:00/km

– No breaks

– Target: 8.5-9km

Sustained hard effort. Championship pace.

☐ **SUNDAY Rest Day**

- Execute power endurance work at championship intensity
- Complete all VO2max intervals at target pace

Power endurance focus with Monday's double session (5x1200m AM, heavy deadlifts PM). Tuesday's 20-min EMOM builds station density. Friday's full station practice requires hitting elite targets: SkiErg <3:30, Row <3:30.

This week: Speed pyramid structure: 3x800m at 2:45-3:00, 3x400m at 2:30-2:45, 6x200m at 1:15-1:20. Station PRs Tuesday - go for broke with 5-minute rest between attempts. Saturday's 90-minute compromised run builds elite endurance.

☐ **MONDAY Speed Pyramid**

Elite Speed:

- 3x800m @ 2:45-3:00 (2 min rest)
- 3x400m @ 2:30-2:45 (90s rest)
- 6x200m @ 1:15-1:20 (60s rest)

Total: 45 min

Maximum speed. Full recovery crucial.

☐ **TUESDAY Station PRs**

Power Testing:

- Max cals 60s: SkiErg, Row
- Fastest 50m: Sled Push/Pull
- 50 Wall Balls for time (9kg)
- 50 BBJ for time

Rest 5 min between tests

Go for PRs! Record everything.

☐ **WEDNESDAY Active Recovery**

Recovery:

- 50 min swim or bike
- 20 min yoga
- Sauna optional

Very easy!

Tomorrow is lactate work. Recover fully.

☐ **THURSDAY Lactate Tolerance**

10x400m Repeats:

- On 2:30 cycle
- Target: 1:20-1:25 per 400m
- Rest is remainder of 2:30

Must hit every split!

This hurts. Embrace the lactate.

☐ **FRIDAY Complex Compromised**

Elite Circuit:

5 Rounds:

- 600m Run @ 3:45/km
- 20 Wall Balls (9kg)
- 20m Sled Push (152kg/202kg)
- 15 BBJ

Rest 2 min between rounds

Maintain exact pace. Championship effort.

☐ **SATURDAY Long Compromised**

90 min Zone 2:

Every 15 min:

- 20 Air Squats
- 20 Push-ups
- 20 Sit-ups

Maintain 5:00-5:30/km

Building fatigue resistance.

☐ **SUNDAY Rest Day**

- Set station PRs in time trials
- Hold 3:45/km in compromised runs

Peak intensity week with Monday's speed pyramid (800s, 400s, 200s). Tuesday you'll attempt station PRs - aim for 60+ cals in 60 seconds. Thursday's 10x400m on 2:30 cycle builds elite lactate tolerance.

This week: Half simulation Monday validates sub-35 minute fitness. Wednesday's 5x1600m at 3:45-4:00/km maintains threshold without accumulating fatigue. Saturday's 40-minute tempo at 3:50-4:00/km is your last hard long effort.

☐ **MONDAY Half Simulation**

Stations 1-4:

- 1km → 1000m SkiErg
- 1km → 50m Sled Push
- 1km → 50m Sled Pull
- 1km → 80 BBJ
- 1km finish

Target: 33-35 minutes

90% effort. Dial in elite pacing.

☐ **TUESDAY Power Maintenance**

Light Power:

- 5x3 Box Jumps (80cm/95cm)
- 5x3 MB Slams (9kg/12kg)
- 5x3 Power Cleans (60kg/80kg)

Max speed, light loads

Explosive but not fatiguing.

☐ **WEDNESDAY Threshold 5x1600**

Threshold Work:

- 15 min warm-up
- 5x1600m @ 3:45-4:00/km
- 2 min rest
- 10 min cool-down

Controlled effort. Stay smooth.

☐ **THURSDAY Recovery**

Easy Day:

- 40 min swim or bike
- 20 min mobility
- Massage if available

Tomorrow is hard. Rest up.

☐ **FRIDAY Station Technique**

Race Pace Practice:

All 8 stations @ 85%:

- 300m SkiErg
- 20m each sled
- 40 BBJ
- 300m Row
- 100m Farmers
- 50m Lunges
- 50 Wall Balls

300m run between

Smooth technique at race pace.

☐ **SATURDAY 40 Min Tempo**

Sustained Effort:

- 40 min @ 3:50-4:00/km
- No breaks
- Target: 10km

Last hard long effort.

☐ **SUNDAY Rest Day**

- Complete lactate work maintaining power output
- Execute all double sessions successfully

Transition to race specificity with Monday's half simulation targeting 33-35 minutes. Wednesday's 5x1600m at threshold maintains aerobic power. Friday's station practice at 85% grooves race technique.

This week: Double lactate Monday: 8x600m at 3:30/km AM, then maintain strength with 80% loads PM. Thursday's 10x400m on 2:30 cycle requires 1:18-1:22 pace. Friday's 3/4 simulation practices late-race fatigue.

☐ **MONDAY Double Lactate**

AM: Lactate Work
– 8x600m @ 3:30/km
– 90s rest
PM: Strength Maintenance
– 3x5 Back Squats (80%)
– 3x5 Bench Press (80%)
– 3x5 Deadlifts (80%)

Maintain strength while pushing lactate.

☐ **TUESDAY Max Power Test**

Station Power:
– 1000m SkiErg max (target <3:25)
– 1000m Row max (target <3:25)
– 100m Sled Push for time
– 100m Sled Pull for time
– 100 Wall Balls for time
Rest 8 min between
Max effort on each. Beat previous PRs.

☐ **WEDNESDAY Recovery**

Active Recovery:
– 60 min easy swim
– Sauna 20 min
– Massage
Full recovery day. Stay very easy.

☐ **THURSDAY Lactate Repeats**

10x400m on 2:30:
– Target: 1:18-1:22
– Rest is remainder
– No fade allowed!
Then: 4x200m @ max
Elite lactate tolerance. Push through.

☐ **FRIDAY 3/4 Simulation**

Stations 1-6 @ Pro:
– Complete 6 stations
– 6x1km runs
– Target: 52-55 min
Pro weights throughout
90% effort. Practice late race fatigue.

☐ **SATURDAY Long Compromised**

90 min run:
Every 10 min:
– 250m Row
– 15 Wall Balls
– 10 Burpees
Maintain sub-5:00/km
Building elite endurance.

☐ **SUNDAY Rest Day**

- Complete full simulation under 70 minutes
- Execute elite pacing strategy

Championship prep featuring Monday's double lactate session (8x600m AM, strength PM). Tuesday's max power tests target <3:25 for 1000m ergs. Friday's 3/4 simulation (stations 1-6) aims for 52-55 minutes.

This week: Thursday's full simulation is THE TEST - execute your race plan exactly, target sub-70. Tuesday's lactate work (3 sets of 4x400m) maintains sharpness. Weekend is recovery only - trust the taper.

☐ **MONDAY Strength + Speed**

Maintenance:

- 3x3 Squats (85%)
- 3x3 Deadlifts (85%)
- 3x3 Bench (85%)

Then: 6x200m @ 3:00/km pace

Stay powerful. Don't max out.

☐ **TUESDAY Elite Lactate**

Lactate Session:

- 3x(4x400m)
- 400s @ 1:18-1:20
- 30s rest between
- 3 min between sets

Championship lactate work. Very hard.

☐ **WEDNESDAY Rest Day**☐ **THURSDAY FULL SIMULATION**

Championship Test:

Full HYROX @ 95-100%

Pro Division:

- Wall Balls: 9kg
 - Sled Push: 152kg/202kg
 - Sled Pull: 103kg/133kg
 - Farmers: 24kg/32kg
 - Sandbag: 20kg/30kg
- Target: SUB-70 MINUTES

This is it. Full send. Negative split.

☐ **FRIDAY Recovery**

Light Recovery:

- 30 min easy swim
- Stretching
- Massage

Flush and recover. Very easy.

☐ **SATURDAY Light Practice**

Station Touch:

1 Round @ 60%:

- 200m each erg
- 10m each sled
- 20 BBJ
- 25 Wall Balls
- 50m Farmers

Just moving. Stay very light.

☐ **SUNDAY Rest Day**

- Hit race pace for all intervals
- Complete final simulation at 90% effort

Elite testing week with Thursday's FULL HYROX simulation at 95-100% effort targeting sub-70 minutes. Tuesday's elite lactate session (3x4x400m) is your final hard workout. Saturday is light station touches only.

This week: Final speed Monday: 6x800m should feel smooth at 2:50-3:00. Tuesday's station PRs are confidence builders - beat week 3 times. Friday's back-half simulation (stations 5-8) practices closing strong.

☐ **MONDAY** **Speed Session**

Final Speed:

- 6x800m @ 2:50-3:00
- 2 min rest
- 4x400m @ 1:18-1:22
- 90s rest

Sharp and fast!

Last hard speed work. Stay smooth.

☐ **TUESDAY** **Final Station PRs**

Last PR Attempts:

- 500m SkiErg (target <1:40)
- 500m Row (target <1:35)
- 75 Wall Balls for time
- 60 BBJ for time

Beat everything!

Final power test. Go for broke.

☐ **WEDNESDAY** **Elite Circuit**

Championship Circuit:

3 Rounds:

- 800m @ 3:45/km
- 25 Wall Balls (9kg)
- 20m Sled Push (152kg/202kg)
- 15 BBJ

Rest 3 min between

95% effort. Last hard workout!

☐ **THURSDAY** **Recovery Run**

Easy Recovery:

- 35 min easy run
- HR under 130
- 5-6km total

Very easy. Flush the legs.

☐ **FRIDAY** **Final Partial Sim**

Stations 5-8:

- 1km → 1000m Row
- 1km → 200m Farmers
- 1km → 100m Lunges
- 1km → 100 Wall Balls
- 1km finish

Target: 33-35 min

85% effort. Dial in late race pacing.

☐ **SATURDAY** **Easy Shakeout**

Light Movement:

- 20 min easy jog
- 6x100m strides @ 80%
- 10 min walk

Stay loose and relaxed.

☐ **SUNDAY** **Rest Day**

- Maintain race sharpness with reduced volume
- Perfect pre-race activation routine

Final sharpening with Monday's 6x800m at 2:50-3:00 and Tuesday's final station PR attempts. Wednesday's elite circuit at 95% is your last hard effort. Friday's partial sim (stations 5-8) dials in late race pacing.

This week: Monday's 6x200m at race pace should feel effortless. Tuesday's 70% station work is movement rehearsal only. Thursday is 20 minutes total - just activation. Sunday: execute your sub-70 plan!

☐ **MONDAY Neural Activation**

Speed Touch:

- 30 min easy run
- 6x200m @ race pace
- Full recovery
- Focus on form

Fast but relaxed. Perfect technique.

☐ **TUESDAY Light Touch**

1 Round @ 70%:

- 300m SkiErg
- 15m Sled Push
- 15m Sled Pull
- 20 BBJ
- 300m Row
- 50m Farmers
- 25m Lunges
- 25 Wall Balls

Movement rehearsal. 70% max!

☐ **WEDNESDAY Rest Day**☐ **THURSDAY Final Activation**

Race Prep:

- 15 min easy jog
- 3x100m @ race pace
- 5 Wall Balls
- 5 Burpees
- Dynamic stretching

20 min total

Activate nervous system. Visualize success.

☐ **FRIDAY Rest Day**☐ **SATURDAY Rest Day**☐ **SUNDAY RACE DAY!**

Elite Protocol:

- 4 hrs: Large breakfast
- 3 hrs: Light snack + coffee
- 2 hrs: Final fuel
- 90 min: Arrive venue
- 60 min: Full warm-up
- 45 min: Station practice
- 30 min: Final warm-up
- 15 min: Race brief
- 5 min: Final strides

Target: SUB-70 MINUTES

EXECUTE. DOMINATE. 🏆

Trust your preparation. Negative split. Own it!

- Execute taper feeling fresh and powerful
- Achieve sub-70 minute race time

Championship week with minimal volume. Monday's 6x200m at race pace maintains speed. Tuesday's light station rehearsal at 70% keeps movement patterns. Thursday's activation is 20 minutes total. Sunday: DOMINATE!

You cannot gain fitness in the last week. You can absolutely arrive tired.

DAY	DO
☐ Monday	Light Circuit Gentle reactivation after rest. 2 Rounds: 250m Row, 10 Goblet Squats, 10 Push-ups. This maintains movement quality without adding training stress.
☐ Tuesday	Easy Run + Strides 20-min easy run with 4x100m strides. The strides are fast but relaxed sprints that activate your nervous system for race day speed.
☐ Wednesday	Complete Rest Full recovery day. Focus on nutrition, hydration, and mental preparation. Your fitness is established - now just maintain it.
☐ Thursday	Race prep Three days before race day. A 15-min walk, 10 min mobility and a light touch of the stations. Keep it gentle.
☐ Friday	Complete Rest Rest. Two days to go: sort your kit, your travel and your race plan.
☐ Saturday	Complete Rest The day before the race. Last rest day: eat normally, go to bed early, picture your race going to plan.
☐ Sunday	RACE DAY! Race day. Stick to your pacing plan and enjoy it. The work is done.

Want the plan to change when your week does?

A written plan cannot react to a missed session or a heavy week. The RoxHype app takes this plan and your race date and rebuilds each week from what you actually did. roxhype.com/get-the-app
After the race: every result and split, and a free race report, on roxtimes.com.